

## Prevalence, Awareness, and Risk Factors of Diabetes in Ahvaz: South West of Iran

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**Abstract :** Introduction: This study was designed to determine the prevalence of diabetes in people aged over 20 years in Ahvaz, Iran. Material and Methods: The study population selected by cluster sampling. Fasting blood sugar (FBS) assessed after minimum 8 hours night fasting. A questionnaire included: age, sex, weight, height, blood pressure, waist circumference and previous history of diabetes were completed for each patient.  $FBS \geq 126\text{mg/dl}$  and/or oral hypoglycemic treatment and/or insulin was defined as diabetes,  $FBS = 100\text{--}125\text{ mg/dl}$  as impaired fasting glucose (IFG) and  $FBS < 100\text{mg/dl}$  as normal. Results: Study population was 936 persons (47.2 % male and 52.8% female). The mean age of a population was  $42.2 \pm 14$  years. Diabetes was detected in 15.1 % of population. Only 57 cases (6.1%) were aware of their disease and 9% had unknown diabetes. Diabetes was detected in 14.5% of male (11.3% unknown and 3.2 % known diabetes) and in 11.7% of female (7% unknown and 4.7% known diabetes). Prevalence of diabetes had no significant difference ( $P=0.21$ ) in male and female but unknown diabetes was significantly higher in male ( $P=0.025$ ). Prevalence of diabetes was increased with rising of age between 20-60 years old but decreasing after 60 years old. Diabetes was related to age, waist circumference and systolic and diastolic blood pressure, TG level and BMI in both sex ( $P=0.0001$ ). Conclusion: More than half of female and three-fourth of male diabetic patients are unaware of their disease in South of Iran. Diabetes screening should be intensified in this population.

**Keywords :** diabetes, prevalence, risk factor, awareness

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