Prevalence of Diabetes Mellitus Type 2 Risk Factors among Nurses in Mongolia

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Abstract : In this study we aimed to detect main risk factors for diabetes in Mongolia and obtain data we used survey modified questionnaire. Survey data were obtained from 634 valid nurses (day work nurses-317, shift work nurses-317). Participants who were pregnant, less than 20 years old and no check for fasting glucose level were excluded from the survey in order to determine the risk factors of diabetes. Our study result shows the main risk factors of diabetes were physical inactivity, overweight and obesity, alcohol and tobacco use and lack of vegetable and fruit consumption. Peripheral blood glucose level was normal in subjects with BMI 26.28 ± 0.56, but 20 % of the subjects with normal blood glucose level were obese. Blood glucose level was higher in subjects with BMI 28.63 ± 2.32 and 36 % of them were obese. According to our study results, 3.62% of the surveyed population were identified having no diabetes risk factors, 52.3% were at risk, 28.8% were in higher risk for diabetes by the WHO criteria. In general, the prevalence of blood glucose were especially higher in shift work nurses.