

Prevalence of Diabetes, Hypertension, Hyperlipidemia and its Associated Factors Among Indian Oil Corporation Limited (IOCL) Office Employees of Ranchi town.

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ABSTRACT

INTRODUCTION: Diabetes mellitus Type 2 and hypertension are among the most common non-communicable chronic disease in developed and developing countries around the world. And it occurs at a higher prevalence in the middle age group to older age group and result from both genetic and environmental etiological factors. They are main preventable risk factors for coronary heart disease, stroke, end-stage renal failure, disability and increased health-care costs. Also include elevated serum total cholesterol, triglycerides, low-density lipoprotein cholesterol (LDL-C), low serum high-density lipoprotein cholesterol (HDL-C) along with DM and HT.

Diabetes and Hypertension, a lifelong disease and factors associated with it, nowadays, are increasing in alarming rates among different occupational groups. Many studies have found that sedentary lifestyle, positive family history and also unhealthy diet patterns and increased stress are risk factors for diabetes and hypertension. The job of IOCL employees is sedentary in nature and accompanies high levels of stress. With this background the present study was conducted with the following objective.

KEY WORDS: DM, HT, Hyperlipidemia, IOCL office, associated factor, Fasting blood sugar, HbA1c and Lipid profile.

OBJECTIVE: To assess the prevalence of DM, HT and Hyperlipidemia with associated factors among the employees of IOCL.

METHODOLOGY: Samples of 50 IOCL employees were purposively selected from Ranchi town. The relevant information was collected with the help of pretested tool questionnaire, with sociodemographic profile, anthropometric, biochemical estimation, and dietary assessment along with life style and family history profile.

RESULT: Prevalence of diabetes was found to be 12% while 42% were Prediabetes as per fasting glucose and 16% found to be diabetes while 46% were pre diabetes as per HbA1c. Also prevalence of HT 24% in stage 1, 8% in stage 2 while 34% were in pre hypertension along with 68% prevalence of hyperlipidemia. Whereas family history, BMI, waist circumference and life style were found to be associated factors with diabetes and hypertension.

Diet also plays a leading role in developing the metabolic disorders. In this context, nutrient intake of respondents was calculated through 24 recall method and compared with RDA. The present study is shows that intake of fat and protein was higher than RDA. And Food consumption pattern is also one of the important parameter that reflects the dietary pattern of the individual. Thus the present study was showed that majority of respondent consumed unhealthy food and outside food, and intake of extra salt. Majority of respondent belong to nonvegetarian.

CONCLUSION: The study identified a high prevalence of pre stage of diabetes, hypertension and hyperlipidemia among IOCL employee. The important factor that were associated with diabetes, hypertension were age, physical inactivity, BMI, waist circumference, unhealthy dietary pattern and also significant with family history and consumption of alcohol and smoking.

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