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India conducts first ever nationwide epidemiological diabetes study

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Key findings underscore the need for better control of glycemia, blood pressure and lipid parameters to prevent diabetes-related complications



A nationwide study funded by the Indian Council of Medical Research and coordinated by the Madras Diabetes Research Foundation, has found that only a third of individuals with known diabetes in India have good control of diabetes, fewer than half have good control of blood pressure and LDL (bad) cholesterol, and only 7.7% meet all three targets.

The study, comprising a vast sample size of 113, 043 people across 30 States and Union Territories of India, is the first extensive epidemiological study consisting of participants from all across the country. The results of the study have been published in *The Lancet Diabetes and Endocrinology*.

The study revealed that 36.3% of the population with diabetes achieved good glycemic control, 48.8% achieved good blood pressure control and 41.5% achieved LDL cholesterol control.

Higher education, male sex, rural residence and shorter duration of diabetes were associated with better achievement of the combined goals of diabetes treatment.

16.7% of the population reported using a blood glucose monitor to check their blood sugars at home. Only 36.9% of those on insulin performed any self-monitoring of blood glucose, notwithstanding the guidelines that all such individuals should self-monitor their glucose levels regularly.

Less than 20% of the diabetes population reported consuming three servings of fruits and vegetables per day (compared to the WHO recommendation of five servings a day). Less than 25% of people with diabetes performed moderate to vigorous physical activity.