

Diabetes spreading fast in Madhya Pradesh



DIABETES spreading fast in MP

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Madhya Pradesh, Indore, Feb 23, 2021 (Issuewire.com) - To study the prevalence of diabetes in the state of Madhya Pradesh, the epidemiological survey was conducted by **Dr. Sunil M Jain** from TOTALL Diabetes Hormone Institute, Indore. The survey was conducted from 2017 to 2018 and was done as per the guidance of **Madras Diabetes Research Foundation, Chennai**, and was funded by ICMR. This was a cross-sectional door-to-door survey of individuals aged 20 years and above, taken up with the objective of providing accurate data on the prevalence of diabetes and 'pre diabetes' .

Dr. Sunil M Jain, Managing Director, TOTALL Diabetes Hormone Institute, Indore, who lead the ICMR-INDIAB study in Madhya Pradesh observed that the prevalence of [diabetes](#) is 6.0% and that of prediabetes is 19.2%. The prevalence of diabetes was more than double in urban areas (11.8%) compared to rural areas (3.7%). Interestingly, only 51.1% of the urban residents and 30.9% of the rural residents in Madhya Pradesh were aware of their diabetes. 49.9 % of the urban and 69.1% of the rural population was diabetic but unaware and came to know of their disease during a test done as part of this survey. It was also noted that among the individuals with known diabetes, only 37% in urban and 27% in rural areas had good control of their diabetes.

Since Pre diabetes gets converted to diabetes in a few years so a large number of pre-diabetes in MP is indicative of a future big rise in the number of diabetics in the state. Hence, adopting a healthy lifestyle is the need of hours to control the rapid spread of diabetes.

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Source : TOTALL Diabetes Hormone Institute

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