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**Original article**

**Prevalence of type 2 diabetes and anthropometric correlates among tribal and non tribal adult population of Boko Bongaon Block , Kamrup District, Assam**

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 **Abstract**

**Introduction**: The prevalence of chronic non communicable diseases like diabetes is showing an upward trend in most countries , and for several reasons this trend is likely to increase. The estimated number of adults with diabetes in 2007 was 246 million of these, 80% live in developing countries, the largest numbers on the Indian subcontinent and in China. Approximately 85–95% of all cases of diabetes are type 2 diabetes and the worldwide explosion of this disorder is a major health care burden.

**Objective**: To study the correlation of the prevalence of type 2 diabetes and anthropometric correlates among the tribal and non tribal adult population of Boko Bongaon Block of Kamrup district, Assam. **Material and methods**: A community based cross sectional study was conducted among 330 tribal and 330 non tribal adult respondents. Data were collected by house to house visits and anthropometric measurements were done along with estimation of FBS using glucometer.

**Results**: The prevalence was highest among the non tribal males (10.1%) followed by non tribal females(7%) , tribal females(6%) and least among the tribal males (2.1%). Most of the anthropometric parameters viz. weight, waist circumference, hip circumference, Body Mass Index (BMI) and WHR were significantly higher among the diabetics than those of the non diabetics more among the non tribal than tribal males, among females differences were not so significant.

**Conclusion**: The anthropometric parameters were found to be significantly high among the diabetics than the non diabetics in the non tribal category.

**Keywords:** Body Mass Index (BMI), Waist Hip Ratio (WHR), Hip circumference (HC), Waist circumference(WC), Fasting Blood Sugar (FBS)