

## Some Salient Points in Type 2 Diabetes Prevalence in Rural Bengal

Rangadhar Pradhan, B. Dinesh Kumar and Analava Mitra\*

*School of Medical Science and Technology, Indian* DOI: 10.31901/24566772.2009/03.02.02

*Kharagpur 721 302, West Bengal, India*

*Telephone: 091-03222 282220; Fax : 091-03222 282221,*

*E-mail: \* <amitra@smst.iitkgp.ernet.in>*

**KEYWORDS** Type 2 diabetes. Prevalence. Rural Bengal.

**ABSTRACT** Diabetes mellitus is a complex metabolic disorder characterized by failure to properly utilize glucose and other metabolites in the body causing spillover of these substances in the urine, mainly due to relative or absolute deficiencies of insulin secretions by the  $\beta$ - cells of the pancreas. Our observations indicates that prevalence of diabetes in rural Bengal is in between 3.5% - 5.7%. Religion wise prevalence in rural Bengal shows Muslims have lowest prevalence (4.8%) and it is highest in Hindus (5.4%) while Christians (5.1%) in between. Analysis of Food intake patterns show the prevalence of diabetes is more in meat eaters (7.2%). It is most in pork eaters (7.6%), intermediate in chicken eaters (6.4%) and lowest in those who take goat/sheep (6.1%). In vegetarians it is 5.8% and in fish eaters it is 5.2%. Other factors, such as migration from one place to another, food intake habit, exercises have a great role in type 2 diabetes management.