

Study: 1 in 5 Indian adults suffers from both diabetes & hypertension

33% Of Citizens In State Suffer Twin Ailments

TIMES NEWS NETWORK

Mumbai: One in every five Indian adults living in urban cities suffers not only from hypertension but also diabetes. In Maharashtra, more disturbingly, one in three persons is struck by the twin epidemic. These are some of the highlights of India's largest clinic-based survey to assess the prevalence of diabetes and hypertension. The findings of the study, called Screening India's Twin Epidemic (SITE), were announced on Monday in Mumbai.

The overall health picture, the study suggests, is grim: 60%, or three out of every five Indians, have either diabetes or hypertension or both. The corresponding figure in Maharashtra, at 67%, is worse. In particular, almost 40% of those tested in the state had diabetes. And every second person had hypertension.

The only parameter where Maharashtra performed better than the all-India average was in the



DOUBLE WHAMMY

15,662 patients were screened for the study in eight Indian states. In Maharashtra alone, 1,842 patients were studied

	MAHARASHTRA	NATIONAL
Prevalence of diabetes	40	35
Prevalence of hypertension	56	46
Prevalence of both diabetes and hypertension	29	21

All figures in per cent

level of awareness: if 7% of those tested in the eight states put together didn't know they had these diseases, in Maharashtra it was 5%.

The SITE study, sponsored by a multinational pharmaceutical company, Sanofi, tested almost

► Obesity, non-vegetarianism blamed, P 4

16,000 people living in urban cities across eight states over the last three years. Patients walking into general practitioners' clinics for complaints other than diabetes and hypertension were tested.

"It is shocking that 60% of those we studied suf-

fered from hypertension or diabetes or both," said Dr Shashank Joshi, the principal investigator for the SITE study. He further said that the total number of people suffering from either of the two diseases was almost as much as the number of people having both the diseases. "This only shows how uncontrolled the diseases are. People don't monitor their sugar or blood pressure regularly."

The study assessed people on three parameters: if their levels of glycated haemoglobin were under 7, if their blood pressure was less than 130/80 and their levels of bad cholesterol less than 100 mg/dl.