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A Study on Prevalance of Abdominal Obesity Among Adult Diabetes Mellitus Type 2 Patients**Dr. Shilpa Varma**

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Introduction

Rapid globalization and industrialization principally in developing countries may contribute to substantial increase in lifestyle related diseases. Obesity has turned into one of the global health burdens of 21st century. Indian population is passing through transition phase where sustenance circumstances are being replaced by abundant availability of food but reduced physical work. There are considerable researches connecting obesity as major risk factor in development of diabetes. Nonetheless, it is now being recognized that for given BMI, central adiposity rather than lower body fat distribution poses considerable risk of metabolic and cardiovascular complications of obesity. The aim of this study was to evaluate quantitative evidence on relationship between abdominal obesity and the incidence of type 2 diabetes in adults, both genders, and to scrutinize the relative adequacy of different measures of abdominal obesity. A cross-sectional study was carried out from March 2020 to July 2020 in the out-patient department. The sample size was 198 patients and aggregate age of the study subjects was 56 years and 72.62% had Women: > 80 cm and Men: > 94 cm. Though waist circumference cannot discern abdominal subcutaneous fat, total abdominal fat and total body fat but is dynamically correlated with BMI and is easily measured and can be monitored by patients themselves. Exhibiting a strong co-relationship of increased abdominal obesity to incidence of type 2 diabetes this study proposes that simple measure of abdominal obesity in everyday practice may help identify patients at increased risk of developing type 2 diabetes.

Biography

Dr Shilpa Varma (PhD, MSc Dietetics and Applied Nutrition) is Chief Clinical Nutritionist Bellevue MultiSpeciality Hospital, T2T Hormone Clinics, India, Mumbai and Child Hormone Foundation, Mumbai. She is National Executive Committee Member IAPEN India Association for Parenteral and Enteral Nutrition. She is Chief Program Officer IAPEN Nutrition and Diabetes India. She is a Director Partner at HealthyHey Nutrition Company. She is a visiting faculty at D.Y. Patil University, Navi Mumbai. She is the member of various National and International Associations. She has co-authored many text books and FSSAI manual and various publications.

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