

Study of prevalence of diabetes, hypertension, hypercholesterolaemia and obesity in non academic staff of a Medical Faculty (DHHO study) using a screening program.

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Introduction:

Prevalence of non communicable diseases (NCDs) in state sector employees of Sri Lanka is largely unknown hindering the implementation of preventive and control measures.

Objectives:

To assess prevalence of (NCDs) and risk factors in staff and to study feasibility of a screening program.

Design, settings and methods:

All consenting non academic staff at Faculty of Medicine, Colombo were included. The screening program comprised a self administered questionnaire (demographic data, NCDs and its risk factors and risk behaviours), physical measurements and basic laboratory tests.

Results:

Of the 165 participants 57.6% were males and 69 % were aged 21 to 50 years. 7.9%, 4.8% and 7.3% of the participants already had diabetes, hypertension, and dyslipidaemia respectively. 30.9%, 37.6%, 17.6%, 29% and 7.9% had a family history of diabetes, hypertension, hypercholesterolaemia, heart disease and stroke respectively. 17.0% 11.0%, 0%, and 6.1% were newly diagnosed as having prehypertension, hypertension, diabetes and prediabetes respectively by the screening program. 29.6 % had hypercholesterolaemia. 50.3% and 21.2% had high Body Mass Index and central obesity respectively. 26.3% of males smoked. 27.6% did not eat recommended portions of fruits and vegetables. 79.7% lead a sedentary life. 34 % had difficulty controlling anger. 26.6% and 90% were stressed by relationship problems and unexpected, undesirable change.

Conclusions:

There is a significant prevalence of NCD and their risk factors among the staff. The screening program was found to be feasible. Screening programs of this nature at institutional level improves awareness *and* early diagnosis of NCD and risk.