

BACKGROUND

- ✓ The **adequate management** of non-communicable diseases **includes detection, screening** and treatment.
- ✓ **Identification** of individuals at risk of diabetes mellitus is **important** in order to **decrease the disease burden**.

OBJECTIVES

- ✓ To **assess the prevalence and predictors of prediabetes** among the general public of a multiethnic society

METHODS

- ✓ **Study design & duration:** Prospective observational; 3 months
- ✓ **Study population:** General public of Ras Al Khaimah, UAE
- ✓ **Inclusion criteria:** Non-diabetic individuals
- ✓ **Study tool:** The Canadian Diabetes Risk Questionnaire

RESULTS

- ✓ **No. of individuals screened:** 391
- ✓ **No. of eligible individuals:** 206
- ✓ **Prevalence of prediabetes:** 52.6% [206/319]
- ✓ **Mean age of participants:** 36.8±9 years
- ✓ **Mean body mass index:** 27±4 kg/m²
- ✓ **Mean waist circumference:** 91±12 cm

Fig. 1: Ethnic origin of the study participants

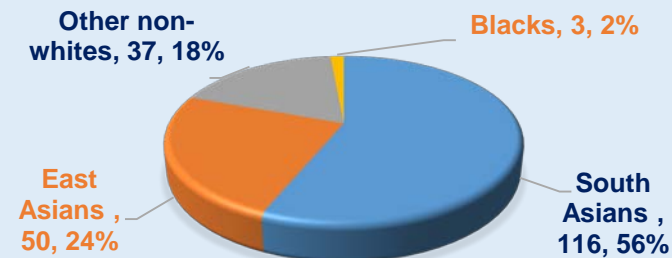


Fig. 2: CANRISK Categories of the study participants

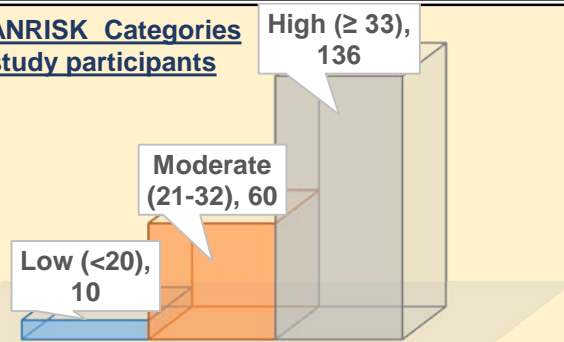


Table 1. Predictors of diabetes risk among participants (ANOVA-Tukey HSD Test)

Predictors	CANRISK category	Mean scores	Q	P
Age	High & Low	38.90	7.33	0.000
	Moderate & Low	33.85	4.39	0.006
		26.30		
Body mass index	High & Moderate	27.74	3.84	0.019
	High & Low	24.63	7.59	0.000
	Moderate & Low	21.60	3.75	0.023
Waist circumference	High & Moderate	94.60	3.84	0.019
	High & Low	86.00	8.39	0.000
	Moderate & Low	75.80	4.55	0.004
High blood pressure	High & Low	131.69	6.48	0.000
		112.20		
High blood sugar	High & Moderate	112.33	6.12	0.000
	High & Low	93.51	7.91	0.000
		88.00		

CONCLUSION

- ✓ Modifiable risk factors, *body mass index, waist circumference, high blood pressure & high blood sugar* remains **decisive predictors of prediabetes** across different ethnic groups