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Ramesh Holla

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Assessment of risk of Diabetes Mellitus by using Indian Diabetes Risk Score among Housekeeping staff

Dr. Ramesh Holla, Sandra Maria John, Anushka Choudhary, Pallavi Prasad, Tushar Malik

Abstract

Introduction: Diabetes mellitus (DM) is one of the Non-communicable diseases, which is increasing all over the world resulting in increase in morbidity. Madras Diabetes Research Foundation has developed the Indian Diabetes Risk Score (IDRS), to assess the chances of development of diabetes mellitus. **Objectives:** To assess the diabetes risk profile of Housekeeping staff using IDRS and to study the proportion of individual risk factors of diabetes among the participants. **Methods:** The present cross sectional study was conducted among housekeeping staff working in medical college, dental college and affiliated hostels of Mangalore campus affiliated to Manipal Academy of Higher Education. Data was collected by study questionnaire including anthropometric measurements and Indian Diabetes Risk Score. The collected data were coded and entered into Statistical Package for Social Sciences. **Result:** majority of the study participants were in the age group of 35 to 49 years (n=44, 46.8%) and were females (n=50, 53.2%). 60.6% (n=57) were in the moderate risk of developing diabetes as per IDRS followed by 30.9% (n=29) were in the low risk. **Conclusion:** It has been observed that most of the house keeping staffs are having low to moderate risk of developing diabetes

Keywords : Risk, IDRS, Diabetes, housekeeping staff, India