



Insights from diabetes on wheels: A community-based screening

Baraneedharan

Senior Consultant - Diabetology, Kauvery Hospital, Alwarpet, Chennai, Tamil Nadu

1. Background

The sociodemographic diversity across India influences the diabetes and prediabetes burden in defined population groups. A community-based initiative, the 'Diabetes on the Wheels' program aims to document the diabetes burden among the population in the metropolitan Chennai city of Tamil Nadu, India.

2. Methodology

A cross sectional, community-wide screening was conducted using organized camps among residents of regions with socioeconomic diversity in the city of Chennai, India. Demographics, anthropometric readings, daily carbohydrate consumption and random blood sugar (RBS) levels were recorded.

3. Results

The study included 3971 participants with a mean age of 49.3 ± 15.4 years and an M: F = 0.95. At enrolment, 19.4% had prediabetes and 18.4% had diabetes. Overall, 31% had a history of diabetes with 52% of them living with diabetes for > 5 years. Among the rest with no history of T2DM (N = 2725), 21% had dysglycaemia (RBS >140 mg/dl) with one-third having a family history of T2DM. Two-thirds of the population with dysglycemia had obesity. About 82-90% of those with T2DM had regular follow-up visits. Regular exercise (>30 min/day) and healthy sleep patterns (>8 h / day) were in 19-25% and in 24- 30% of the individuals with dysglycaemia and a history of T2DM, respectively. Daily carbohydrate intake was higher than the recommended amount (carbohydrates in diet - 45-65%) among those with suspected diabetes (88.5%) and young individuals (<30 years) with diabetes (86%). Among the small proportion of women with GDM (3.4%), 55% had developed T2DM, 73-74% had obesity or central obesity.

4. Conclusion

The study highlights the higher-than-national estimates of diabetes burden among the residents of a city in southern India. There is a high consumption of carbohydrate-rich diet among those unaware of their dysglycemia status. Community-specific focused awareness camps could help promote relevant lifestyle adaptations for effective glycemic control in the population.

Citation: Baraneedharan. Insights from Diabetes on Wheels: A community-based screening. *Kauverian Med J.* 2025;2(7):23

Academic Editor: Dr. Venkita S. Suresh

ISSN: 2584-1572 (Online)



Copyright: © 2025 by the authors. Submitted for possible open access publication under the terms and conditions.