

Research Details**Herdin Record #:** PC050922**Language:** En**Abstract**

The project aims to determine the national prevalence of diabetes mellitus in the Philippines. Prevalence in the urban and rural areas among the various age groups was studied together with complications of the disease and some characteristics such as high blood pressure, obesity and genetics. Certain socio-economic factors namely educational attainment, occupation, income and marital status were also observed. A total of twelve thousand two hundred and ninety-seven (12,297) subjects ranging in age 20 to 65 years from forty-four (44) barangays randomly selected nationwide constituted the sample. After fasting 10 hours overnight, venous blood was drawn from each subject 2 hours after the administration of a 75 grams glucose test dose. Physical measurements such as height, weight and blood pressure were taken. Other data were collected through interview. The survey revealed a national prevalence of 4.1 percent. The prevalence was 4 percent and 4.2 percent in the male and female, respectively. More diabetics were found in the urban areas (6.8 percent) as compared to 2.5 percent in the rural areas. The frequency of the disorder becomes evident in the second decade showing a rapid rise in the fifth decade. Prevalence appears to be highest among administrative and executive workers and among the high income groups. No definite trend may be noted among the diabetics with regard to their educational attainment. Among the diabetics, high blood pressure was observed in 20.1 percent of the males and 5.3 percent of the females. Almost 50 percent of the diabetic males and 85 percent of the diabetic females showed normal blood pressure. Diabetics among the obese population constituted 27.6 percent. There were more females (62.2 percent) than males (34.8 percent). Obesity is more common among the diabetics than the non-diabetic. Classical symptoms of diabetes mellitus, such as frequent urination, thirst sensation and weight loss were observed. The relatives of diabetics were reported to be affected by the disease (30.2 percent), particularly parents and siblings. Twenty-seven percent (27 percent) of the diabetics consulted private physicians and were treated with antidiabetic tablets. More than 50 percent of diabetics of both sexes were undetected cases during the survey. (Author)

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Related Institutions Section [for research reports/projects only]

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