Identification & Evaluation of Predictive Risk Factors for Type 2 Diabetes Mellitus in an Indo-Guyanese Cohort.

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**Study Goals & Purpose**

- Understand how Guyanese (especially of East Indian descent) are managing their diabetes.
- Obtain an understanding of the prevalence of Type 2 Diabetes in the region as well as the severity.
- Evaluate 4 Risk Factors associated with T2DM.

**Methods**

- **Random Blood Sugar Test**: Of 75 individuals at Skeldon Hospital in Skeldon, Guyana & Crab Water Creek Diabetes Outreach on the dates of May 22, 24-25 & 26-2012.
- 3 members were excluded for normal results.
- 72 remaining individuals, 65 were of Indo-Guyanese (East Indian) descent.
- These individuals were asked to provide the following information with explicit permission: Age, Sex, Race, Family history of Diabetes, and Fasting Status.

**Results**

**Predictive Power (Odds Ratio) of Assorted Demographic Characteristics [Accounting for Self-Identifying Diabetic Status]**

- **Classification of Population with Known Demographic Characteristics into Diagnostic Criteria Accounting for Self-Identifying Diabetic Status**
  - **Pre-Diabetic**: 42%
  - **Normal**: 8%
  - **Diabetic**: 50%

**Discussion/Conclusion**

- **Clinical Implications**
  - The age group 25-30 has the highest prevalence of Type 2 Diabetes and is of great concern to the target population.
  - As such, it is of utmost importance to prevent and manage Type 2 Diabetes in this age group.

**References**


**Acknowledgements**

- Berbice Regional Health Authority
- Restoring Hope International
- Skeldon Hospital
- Dr. Vishalya Sharma