Type 2 diabetes mellitus is strongly associated with obesity.

There is a significant correlation between type 2 diabetes mellitus and obesity, especially in older individuals. Awareness needs to be raised about these comorbidities and how they affect each other.

New Delhi, November 24, 2106: India has the infamous distinction of being the Diabetes capital of the world and on the obesity front, India ranks third worldwide. Clearly, these two morbidities are plentiful in the Indian population.

Several studies have aimed at evaluating this relationship. The Nurses’ Health Study compared women with stable weight (those who gained or lost <5 kg) after the age of 18 years to women who gained weight. Those who had gained 5.0 to 7.9 kg had a relative risk of diabetes of 1.9; this risk increased to 2.7 for women who gained 8.0 to 10.9 kg. Similar findings were noted in men in the Health Professionals Study. The excess risk for diabetes with even modest weight gain is substantial.

Padma Shri awardee Dr. K.K Aggarwal, President HCFI and National President Elect IMA adds, “More than 80 percent of cases of type 2 diabetes can be attributed to obesity. It is seen that there is a curvilinear relationship between BMI and the risk of type 2 diabetes. The lowest risk is associated with a BMI below 22 kg/m². At a BMI greater than 35 kg/m², the relative risk for diabetes adjusted for age increases to 61. The risk may further increase by a sedentary lifestyle or decrease by exercise.”

Weight gain after age 18 years in women and after age 20 years in men increases the risk of type 2 diabetes. It is a matter of extreme concern as weight gain precedes the onset of diabetes. Among Pima Indians (a group with a particularly high incidence of type 2 diabetes), body weight gradually increased 30 kg (from 60 kg to 90 kg) in the years preceding the diagnosis of diabetes. Conversely, weight loss is associated with a decreased risk of type 2 diabetes.

“Insulin resistance with high insulin levels is characteristic of obesity and is present before the onset of high blood sugar levels. Obesity leads to impairment in glucose removal and increased insulin resistance, which result in hyperinsulinemia. Hyperinsulinemia contributes to high lipid levels and high blood pressure”, added Dr. K.K Aggarwal further.
It is important that those with preexisting Diabetes or those with a family history of type 2 Diabetes mellitus maintain a healthy body mass index. This will not only help in improving the course, severity and extent of the existing disease but also help in preventing the development of serious complications in high risk individuals.

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About Heart Care Foundation of India

Initiated in 1986, the Heart Care Foundation of India is a leading National NGO working in the field of creating mass health awareness among people from all walks of life and providing solutions for India's everyday healthcare needs. The NGO uses consumer-based entertainment modules to impart health education and increase awareness amongst people. A leading example of this is the Perfect Health Mela; an annual event started in 1993 that is attended by over 2-3 lakh people each year. The Mela showcases activities across categories such as health education seminars and check-ups, entertainment programs, lifestyle exhibitions, lectures, workshops, and competitions. In addition to this, the NGO conducts programs and camps to train people on the technique of hands only CPR through its CPR 10 mantra for revival after a sudden cardiac arrest. They currently hold three Limca book of world records for the maximum number of people trained in hands-only CPR in one go. Keeping article 21 of the Indian Constitution in mind, which guarantees a person Right to Life, Heart Care Foundation of India has also recently initiated a project called the Sameer Malik Heart Care Foundation Fund to ensure that no one dies of a heart disease just because they cannot afford treatment.

For more information, please contact

Heart Care Foundation of India

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