Obesity and type 2 diabetes among Cypriot adults based to nationwide study

Eleni Andreou[1,2], Dimitrios Papandreou[1,6], Photos Hadjigeorgiou[6], Christoforos Giannaki[2], George Aphamis[2], Christiana Philippou[1], Christoforos Christoforou[3], Rebecca Kokkinofta[4], Christos Dioghenous[4], Costas Andreou[1] and **Antonios Zampelas[5]**

[1]Cyprus Dietetic and Nutrition Association, Cyprus.
[2]Department of Life and Health Sciences, University of Nicosia, Cyprus.
[3]Cyprus Center for European and International Affairs University of Nicosia, Cyprus.
[4]DNA Biomedical Science Lab, Cyprus.
[5]Unit of Human Nutrition Department of Food Science and Technology Agricultural University of 22 Athens, Greece.
[6]Zayed University Abu Dhabi, United Arab Emirates.
[7]Department of Medical School, University of Nicosia, Cyprus

Obesity rates in Cyprus are very high and epidemiological information on type 2 Diabetes mellitus is limited. The correlates of type 2 diabetes among adults remain unknown in the Cypriot population. Thus, the purpose of this study is to provide the first national estimate of the prevalence of type 2 diabetes and investigate its correlates. A randomly stratified nationally sample of 1001adults aged 18-80 participated in the study. Only 950 subjects completed the study. All subjects were free of any diseases (known diabetes, kidney, liver), medication and supplementation. The overall prevalence of diabetes and pre-diabetes based on WHO criteria was 9.2% and 16.3%, respectively. After adjusting for age, energy intake, smoking and physical activity participants with obesity (BMI) (OR=2.00, P<0.001), waist circumference (WC) OR=2.08, P<0.001), hypertension (HT) (OR=1.99, P<0.001) and hypercholesterolemia (HC) (OR=2.07, P<0.007) were most likely to develop T2DM compared with the normal ones. The odds of having Diabetes was also found significant between subjects with high levels of Triglycerides (TG) (OR=1.49, P<0.007), compared with the normal ones and between subjects with low levels of HDL (OR=1.44, P<0.008) compared with the ones with high levels of HDL. The prevalence of type 2 diabetes in Cyprus is relatively medium- high. However, the pre-diabetes rates are very high showing a promising increase towards total rates of type 2 Diabetes. Obesity, HT, WC, TG, HC and low HDL are all strong correlates of type 2 Diabetes. Healthy education programs should be initiated for young and older- aged people and those with described abnormal risk factors.

Biography

Eleni Andreou is working as Assistant Professor of Nutrition in Department of Life and Health Sciences, University of Nicosia, Cyprus.

aeleni@spidernet.com.cy

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