The Association Between Pre-Diabetes With Body Mass Index and Marital Status in an IranianUrban Population.

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Abstract

Pre-diabetes increased the development of diabetes mellitus (type 2). The aim of study was to determine the association of body weight, education and marital status with pre-diabetes in an Iranian urban population.A sample of 788 subjects (360 men and 428 women) between the ages 30-85 years participated in our study and anthropometric measurements, educational level and fasting blood sugar of participants were recorded. The t and Chi square tests were used for continuous and categorical variables. The association of age, BMI categories, educational level and marital status to pre-diabetes was assessed by estimating the odds ratio. A p-value ≤ 0.05 were considered significant. The analysis was done using SPSS version 11.5. Our study showed that pre-diabetic subjects were older and low educated than normoglycemic subjects. Mean BMI and educational level were associated to pre-diabetes only in women. The odds of being pre-diabetes also were higher in obese women than in normal BMI women. No relationship was found between education and marital status with pre-diabetes in both men and women. Based on our finding, it is possible that advancing age and obesity has increased in pre-diabetes. This highlights the importance of population based survey to monitor blood glucose for effective prevention and control.