

**Prevalence of Hypertension,
Diabetes Mellitus & Obesity
among Secretariat Employees
of Bangladesh**

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INTRODUCTION

- ◆ Over the past few years, attention has been increasingly focused on the upcoming epidemic of non communicable diseases (NCDs).
- ◆ By 2020, it is predicted that these diseases will be causing seven out of every 10 deaths in developing countries like Bangladesh.
- ◆ Hypertension (HTN), diabetes mellitus (DM) and obesity are three major components of NCDs.
- ◆ Primary prevention is the key to control of the global epidemic of NCDs.

Aims of this Study

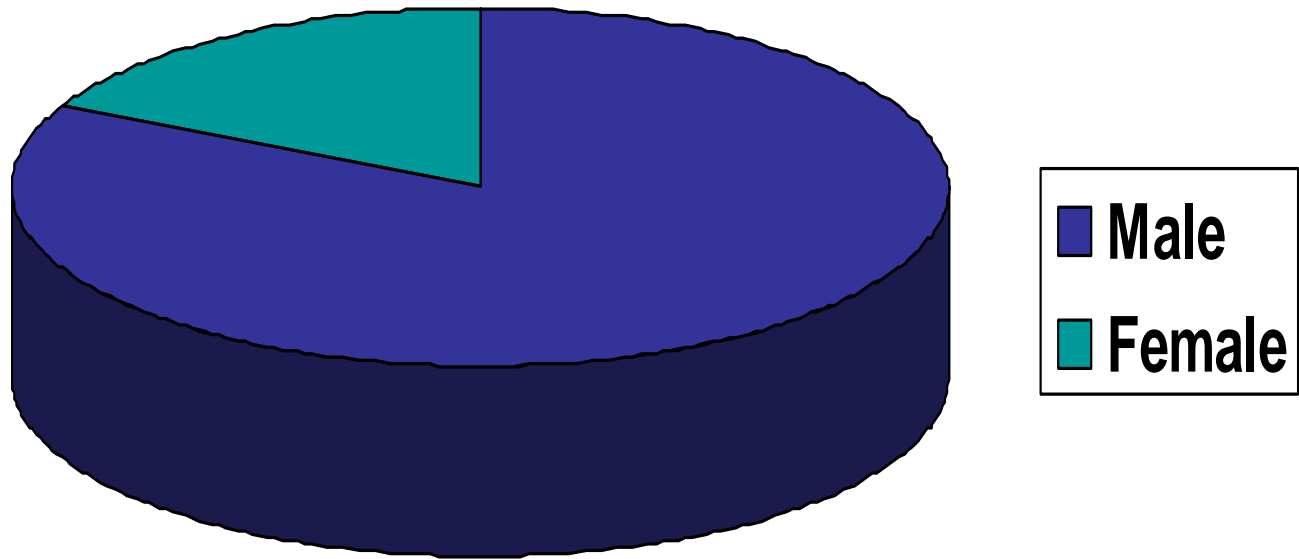
To explore the prevalence and to determine the risk factors of HTN, DM and obesity among secretariat employees of Bangladesh.

Methods

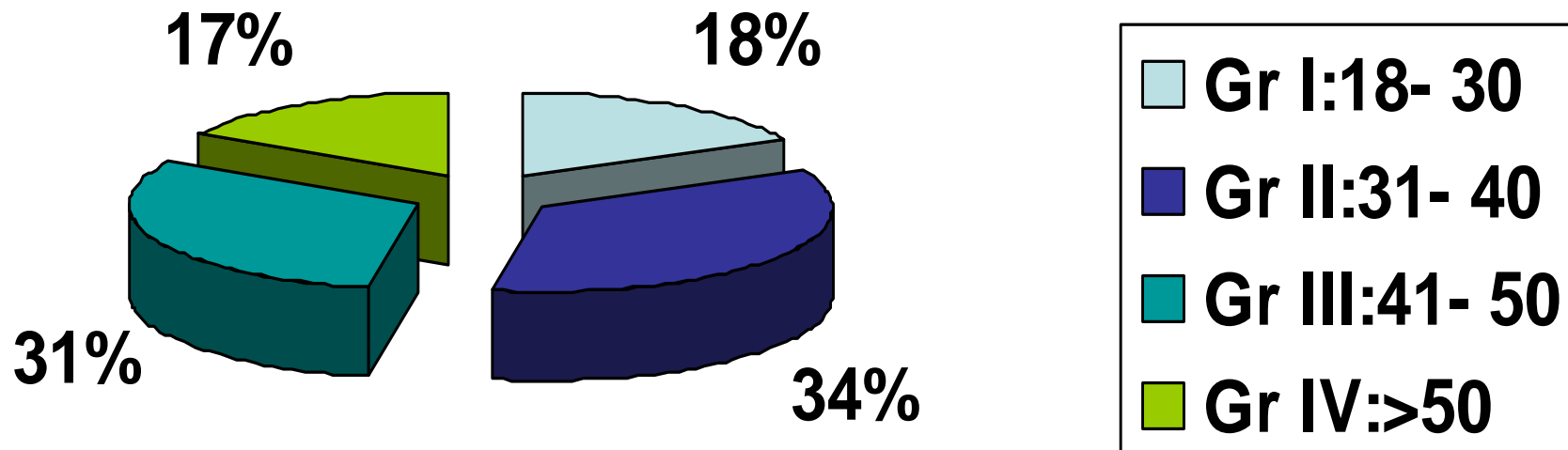
- ◆ Type of Study: Cross sectional type of descriptive study.
- ◆ Study Population: 1000 employees of Bangladesh Secretariat irrespective of age, sex or class.
- ◆ Duration: 1st to 31st December, 2008.
- ◆ BP, BMI, Blood sugar level in fasting & 2 hours after 75 gm glucose were measured in each cases.
- ◆ Socio-demographic variables and different related risk factors were also evaluated.

RESULTS

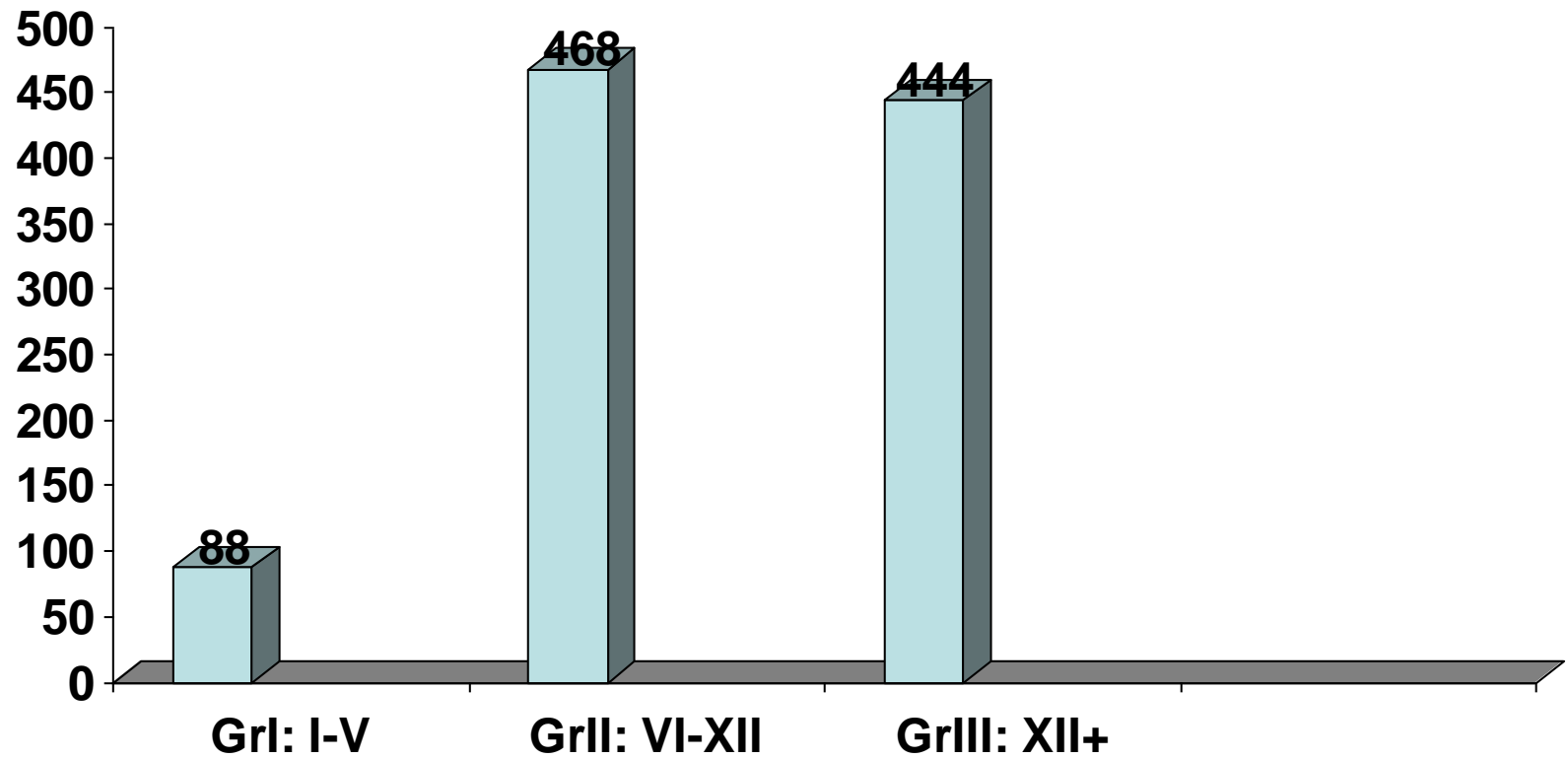
Male: Female ratio among Secretariat Employees (4.75:1)



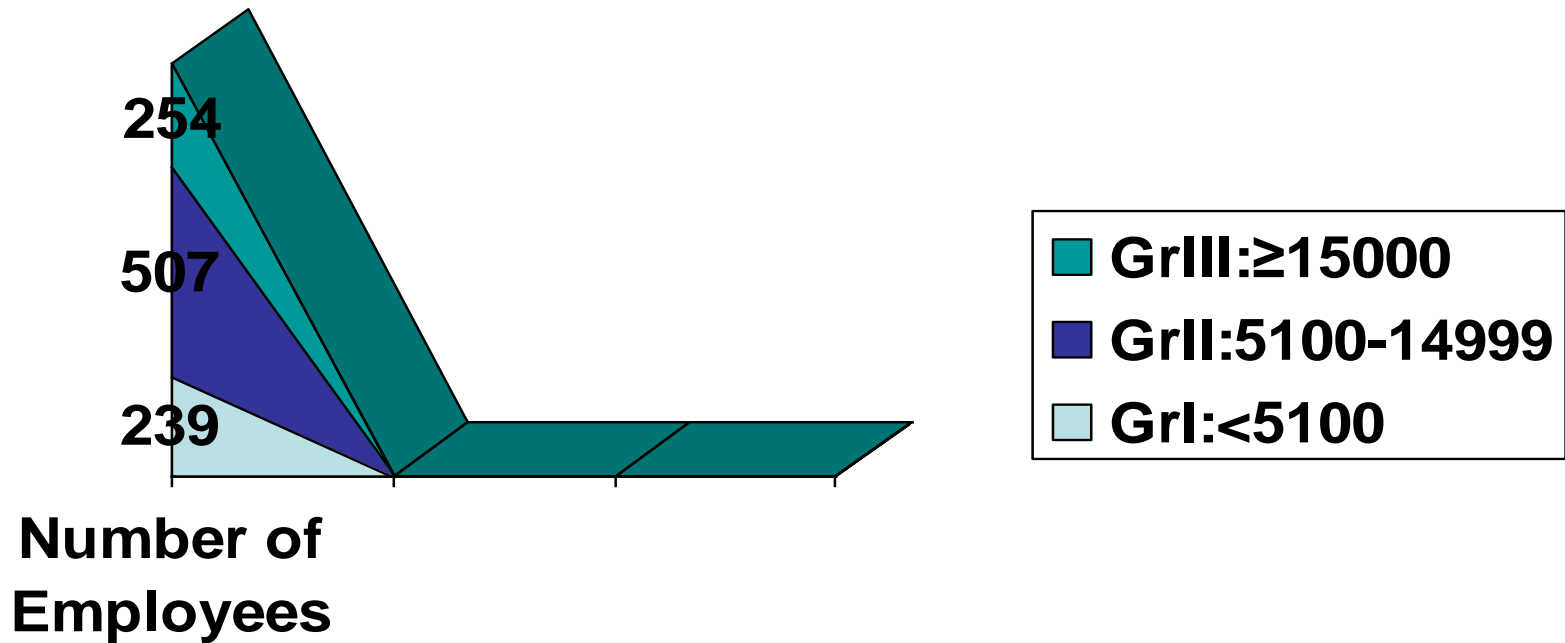
Age Distribution of Secretariat Employees



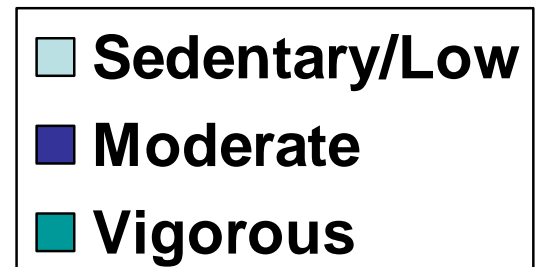
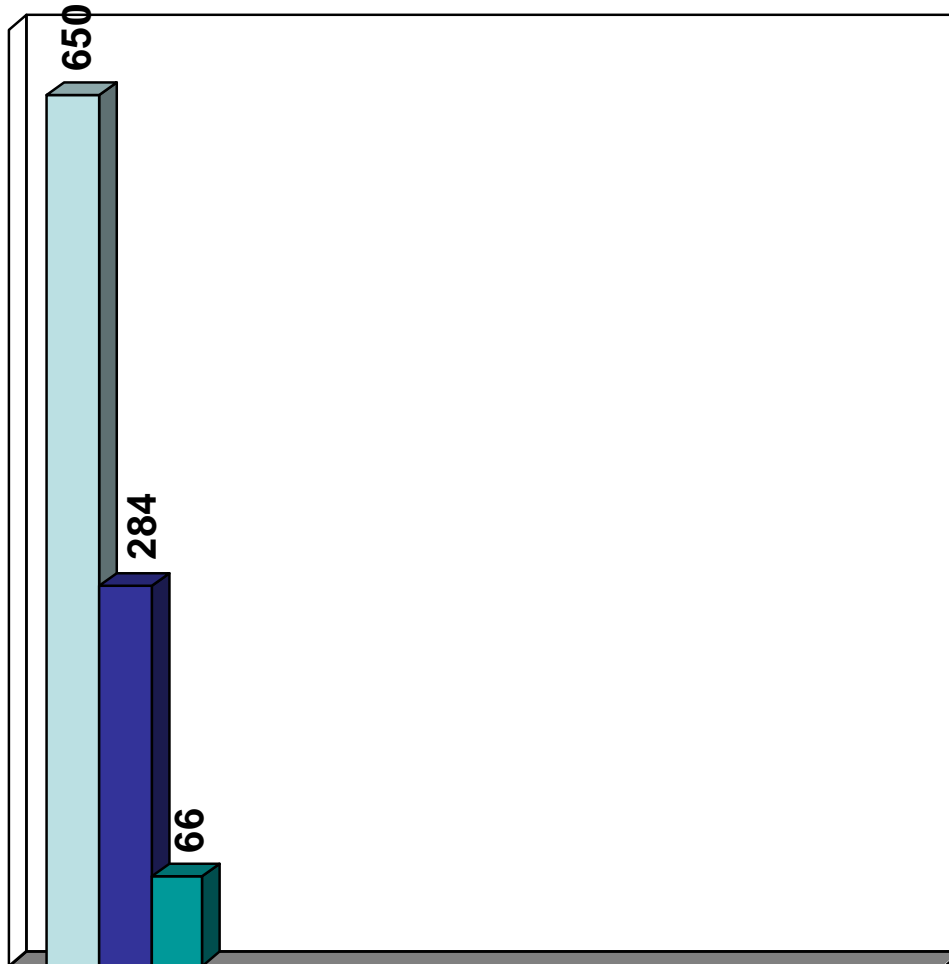
Educational Status



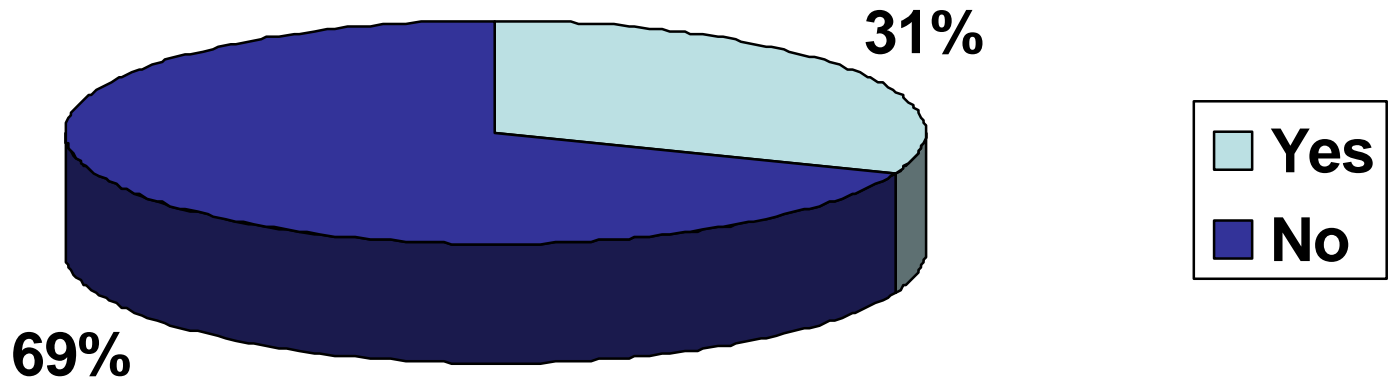
Monthly Basic Income



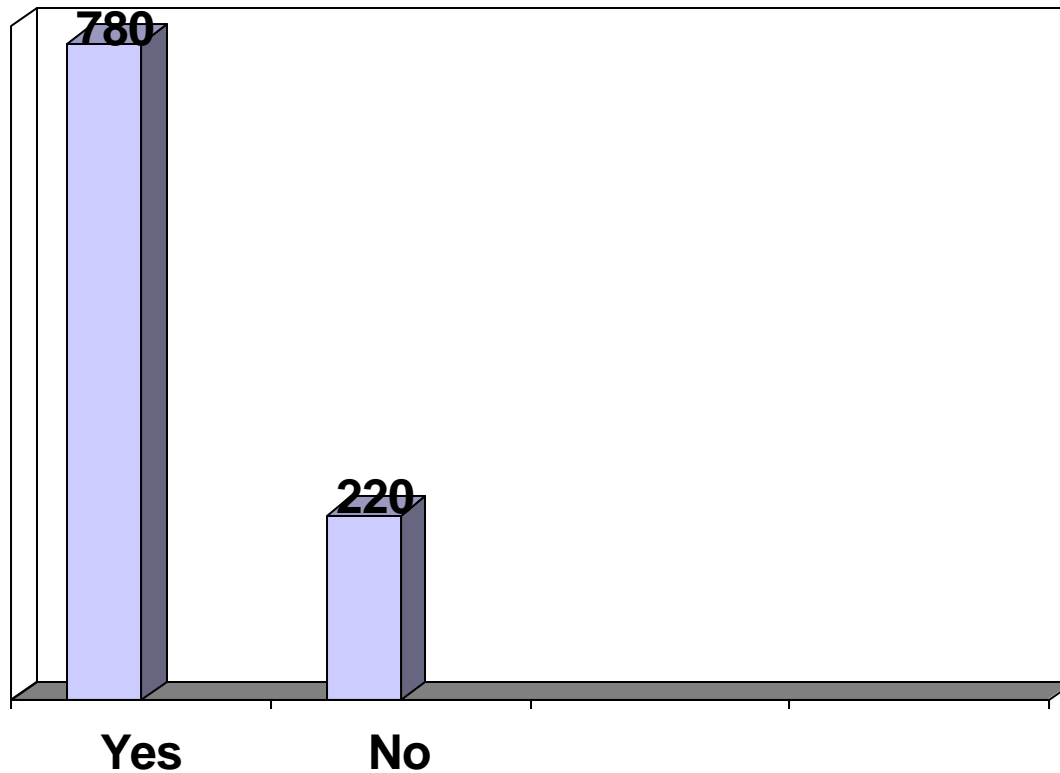
Physical Activity



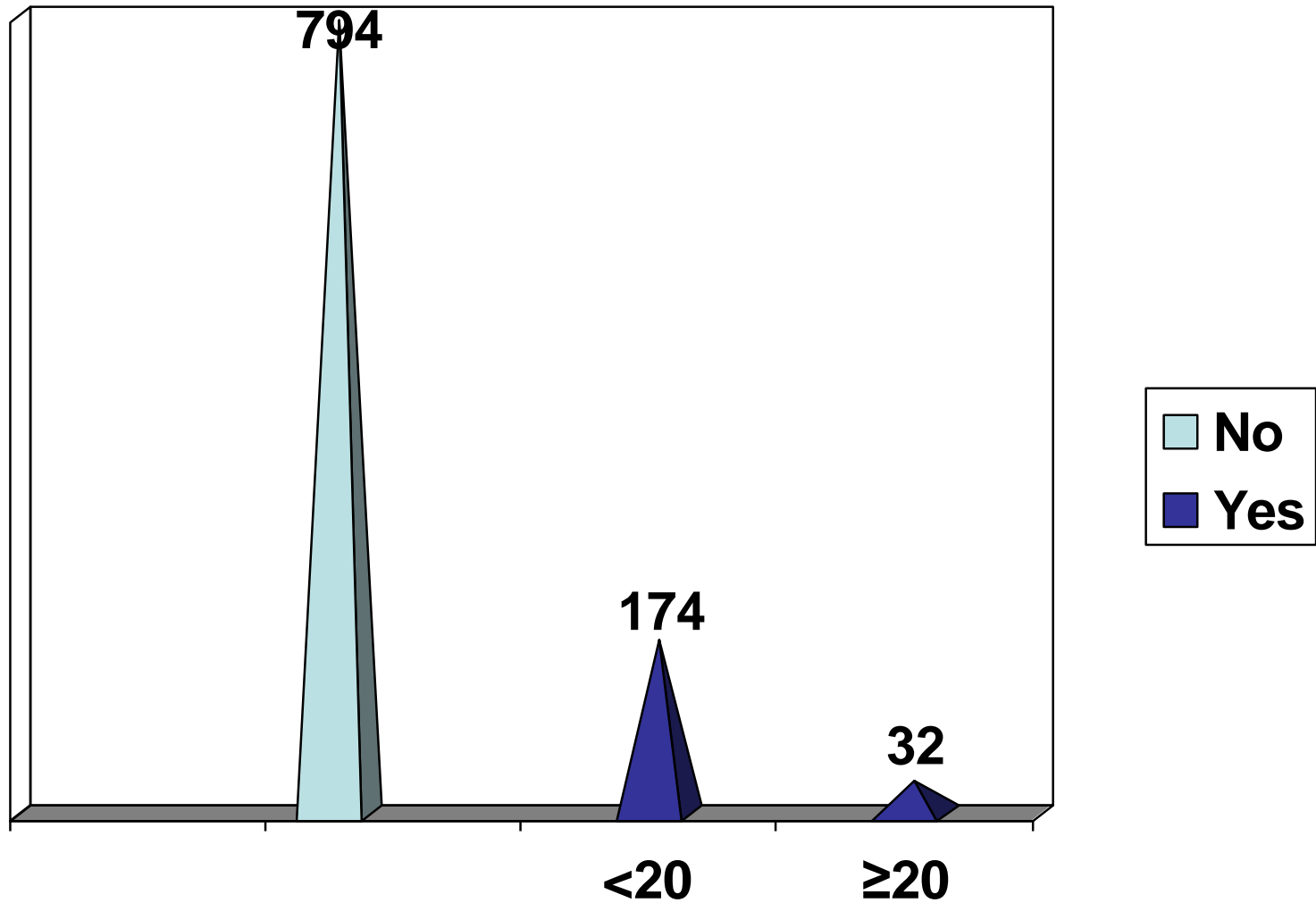
Regular Exercise



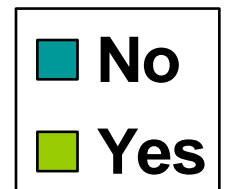
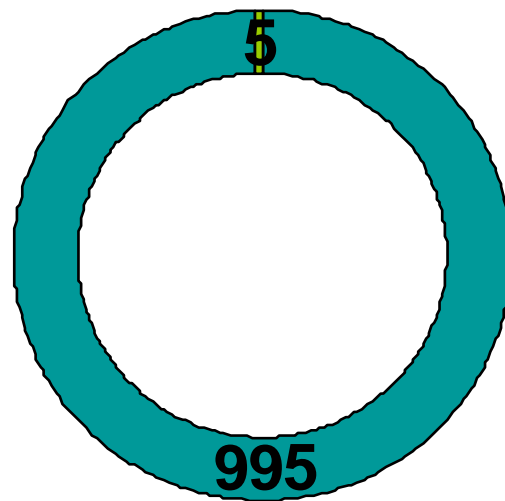
Daily Intake of Added Salt in Diet



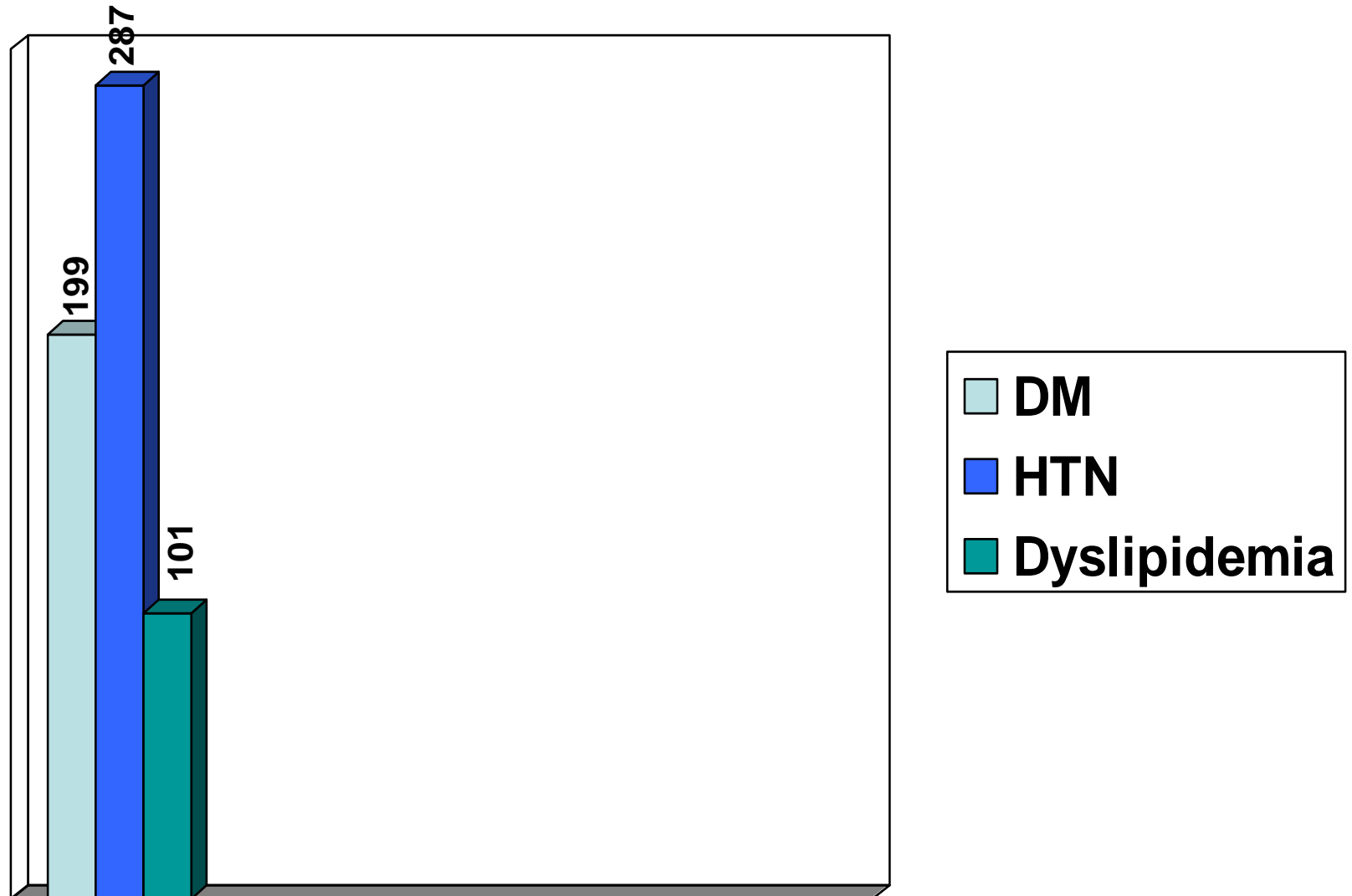
Cigarette Smoking



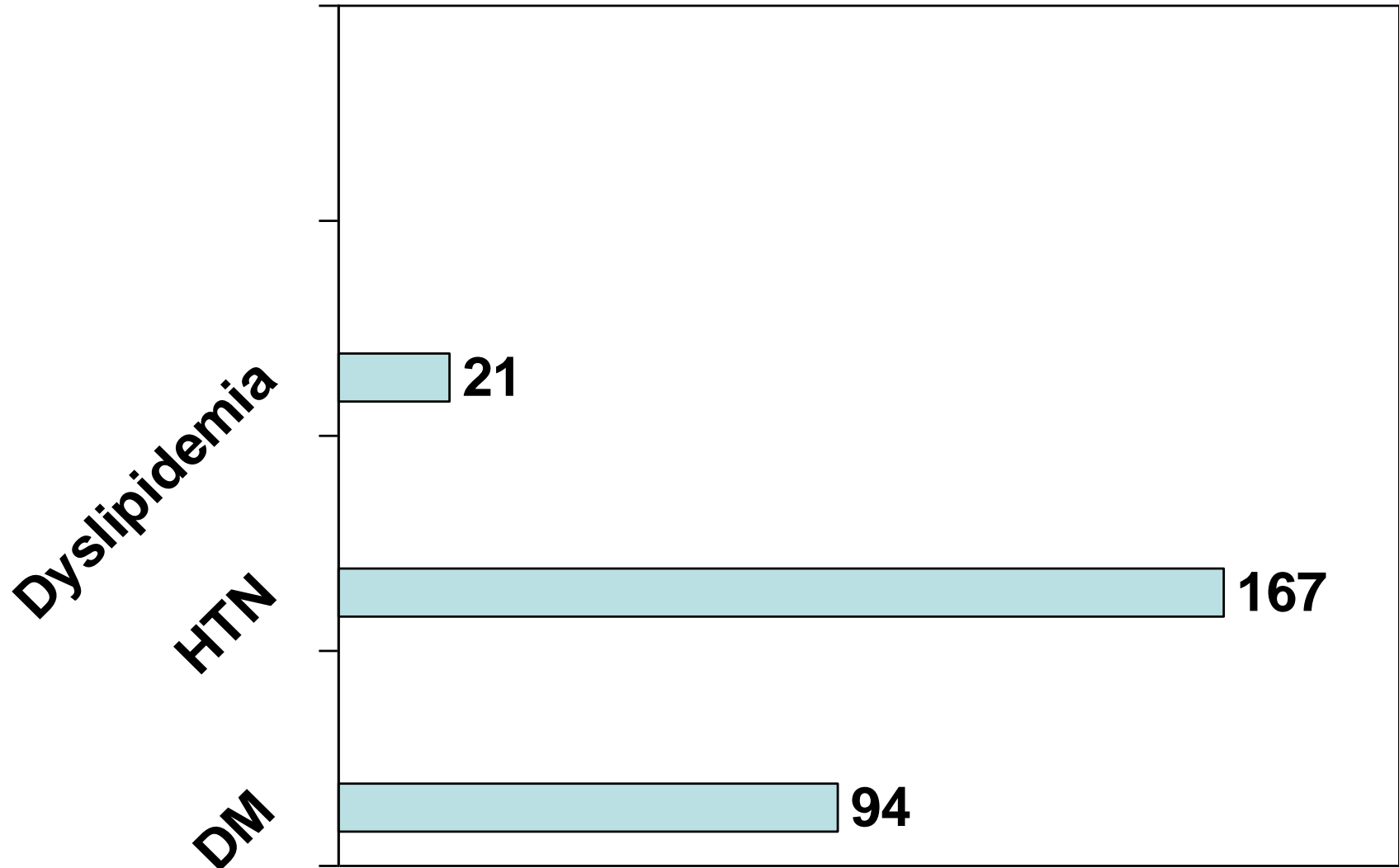
Daily Alcohol Intake



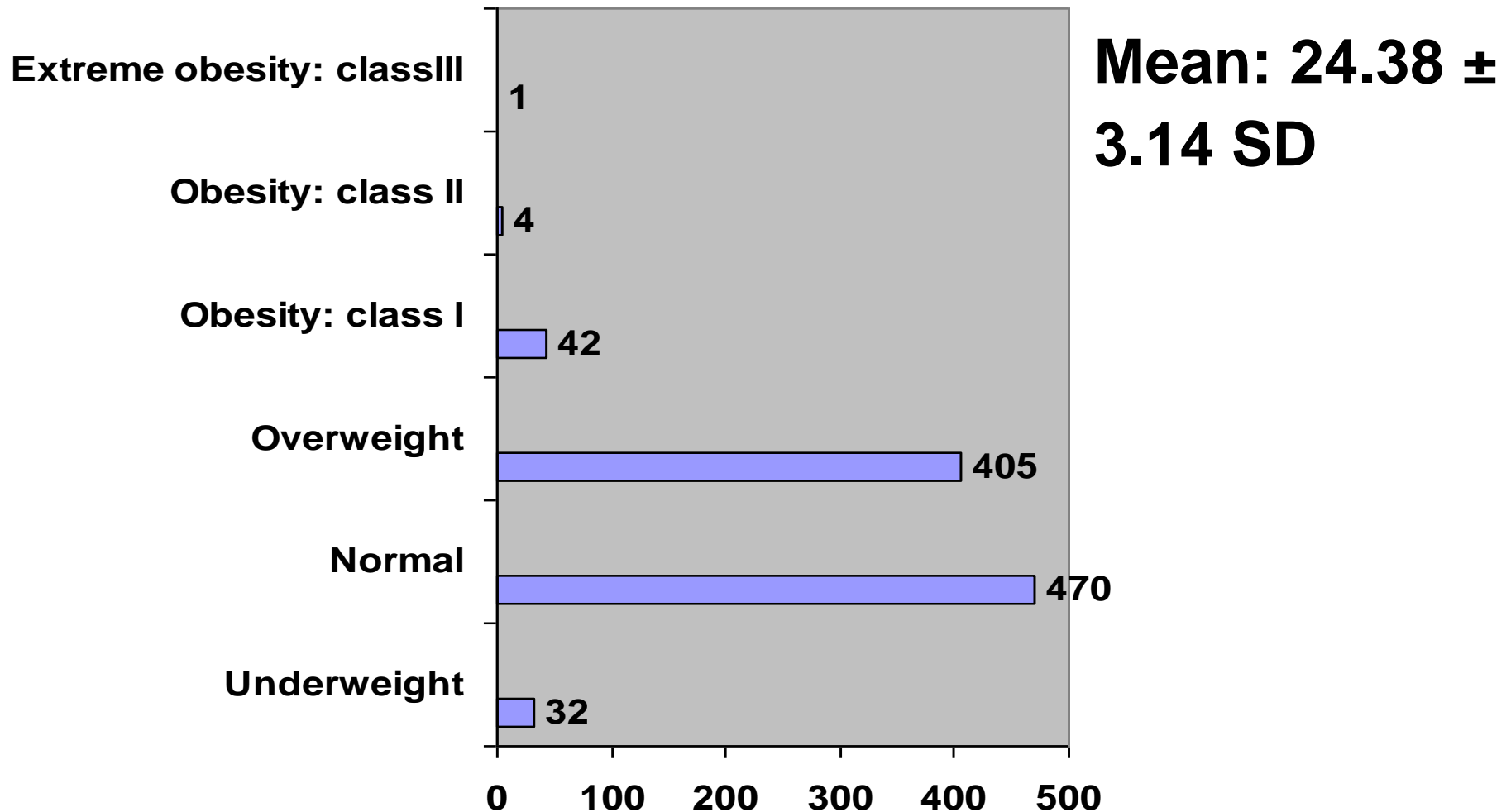
History among 1st degree relative



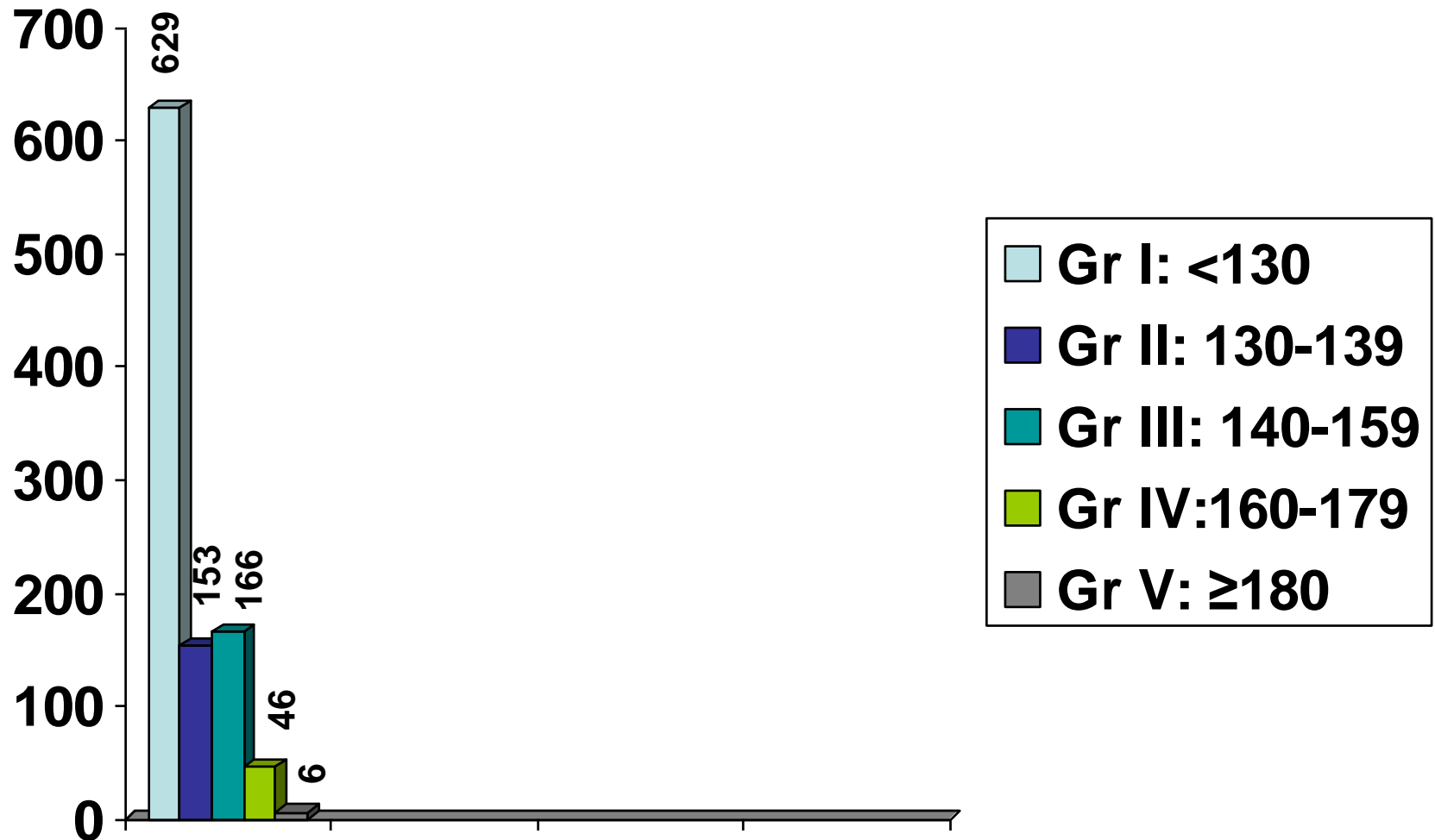
Known Cases of Corresponding Diseases



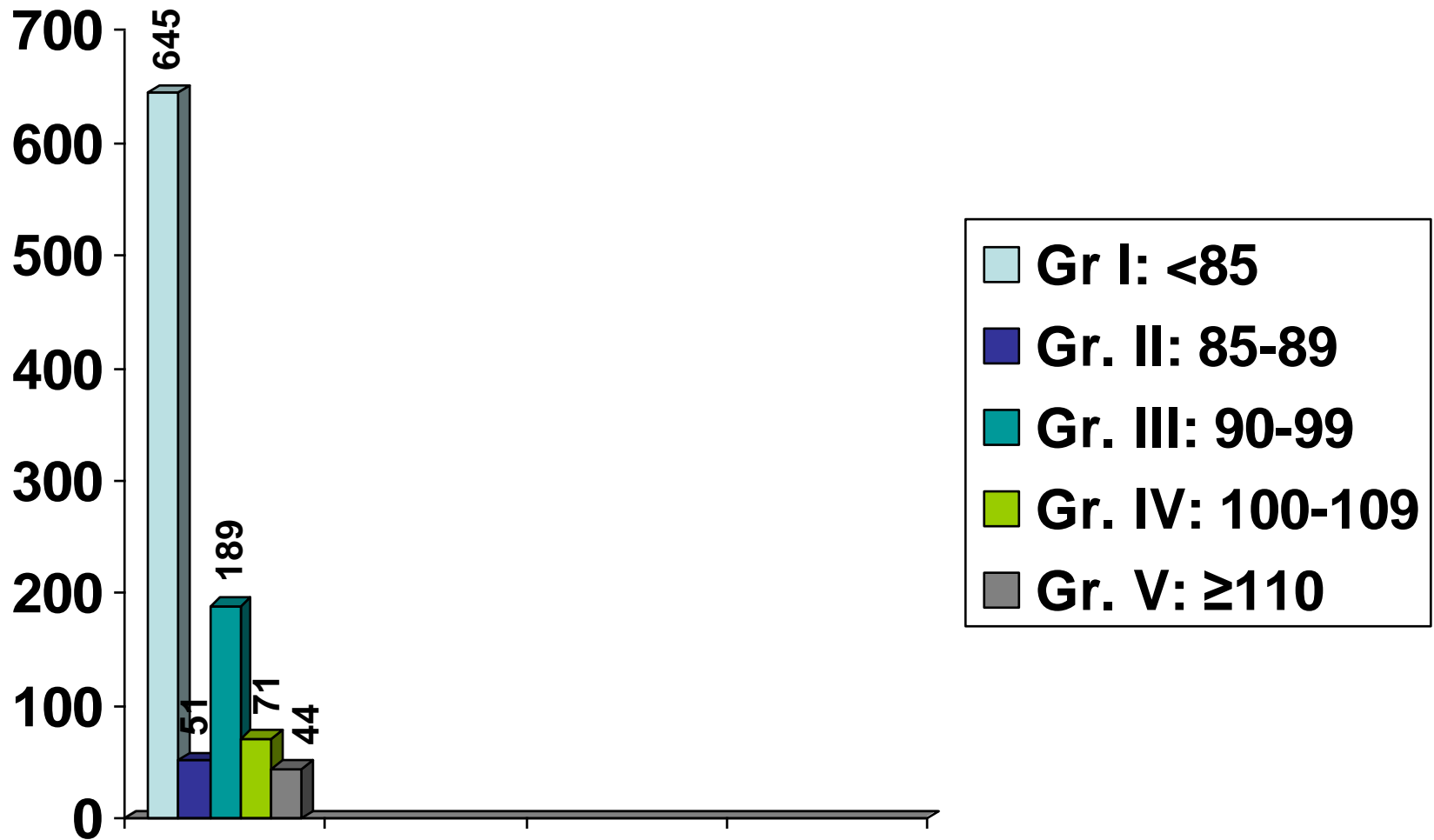
Distribution of Secretariat Employees on BMI score



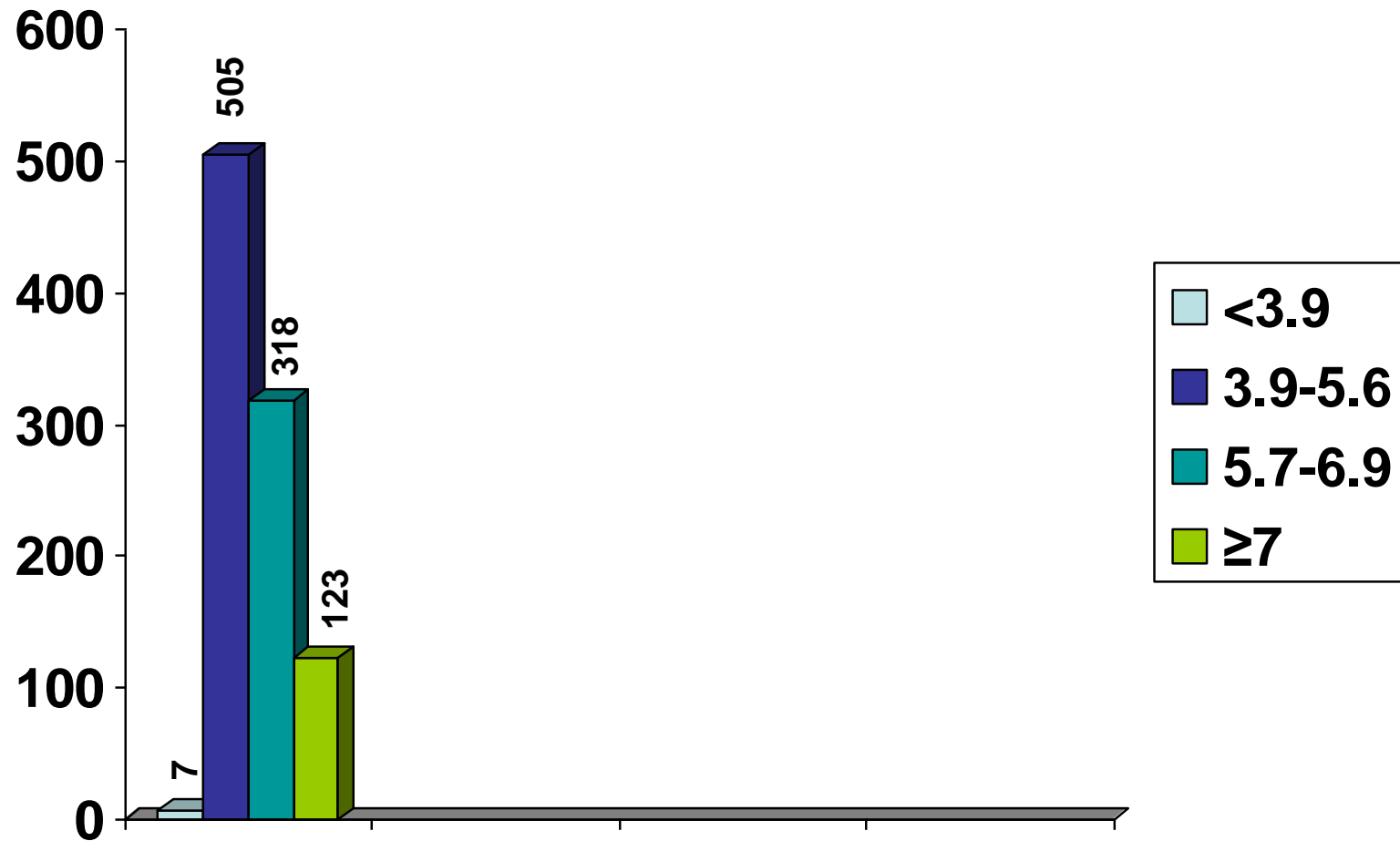
Blood Pressure (Systolic)



Blood Pressure (Diastolic)

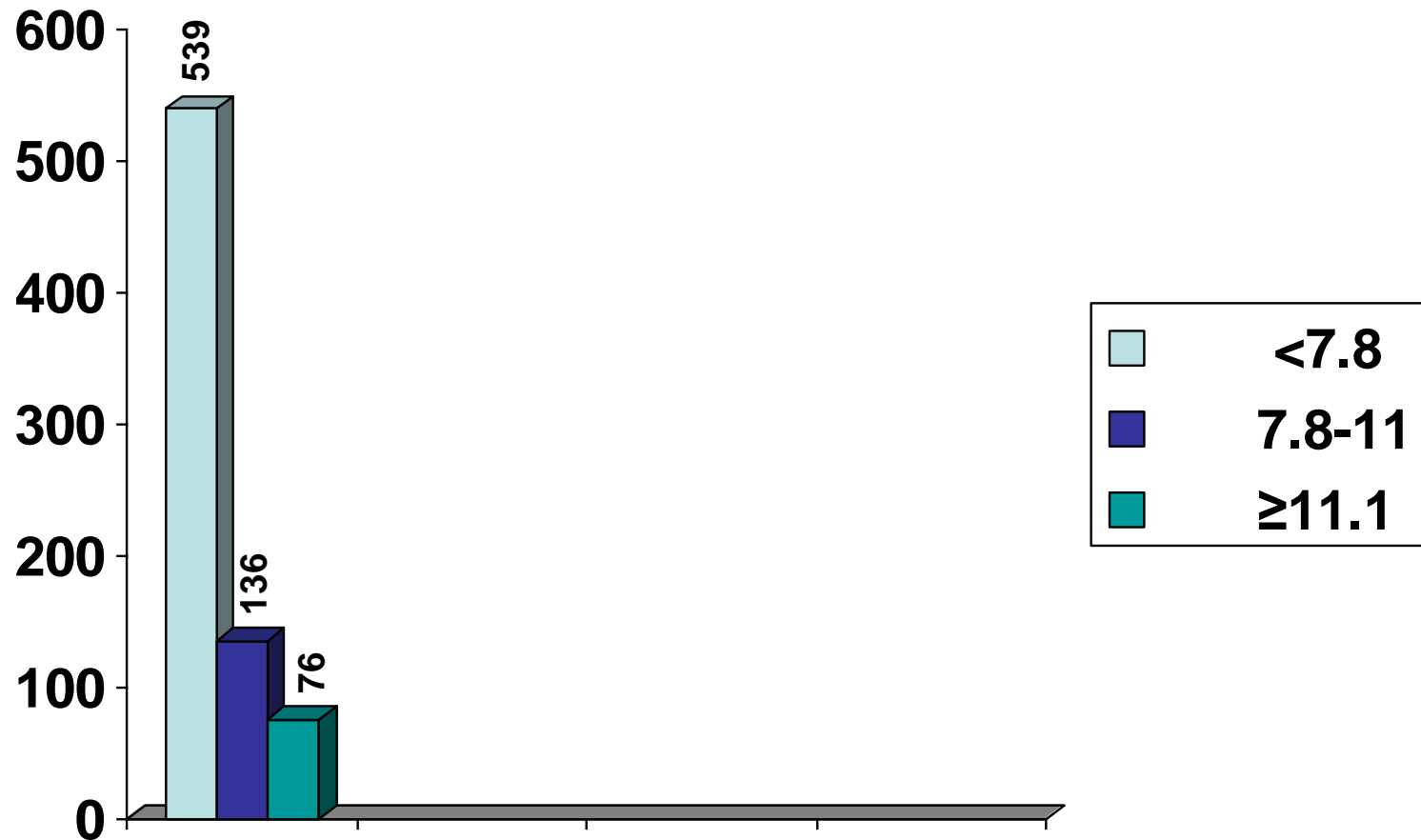


Blood Sugar Level (Fasting)



Blood Sugar Level

(2hrs after 75g glucose/breakfast)



Fasting Lipid Profile

(mg/dL)	Number		
Total cholesterol			
<200	783	Mean	170.6559
200-239	118	SD	± 39.37493
>240	55		
LDL-C			
<100	471		
100-129	323	Mean	103.728
130-159	111	SD	± 30.90094
160-189	33		
>190	18		

Fasting Lipid Profile

(mg/dL)	Number		
HDL-C			
<40	756	Mean	36.45607
40-59	196	SD	± 5.938177
≥60	4		
Triglyceride			
<150	470	Mean	169.0094
150-199	251	SD	± 97.69165
200-499	215		
>500	19		

Conclusion

- ◆ The magnitude of the burden of NCDs is large enough to demand urgent attention and action.
- ◆ Multi disciplinary action is essential to prevent this condition since the risk factors are entrenched in the framework of society.





THANK YOU