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The most significant risk factors for type 2 diabetes in Uzbek populationAnna Alieva V¹, Ismailov S I² and Rakhimova G N³¹Republican Specialized Scientific and Practical Medical Center of Endocrinology, Uzbekistan²Tashkent Pediatric Medical Institute, Uzbekistan³Tashkent Institute of Doctors' Postgraduate Education, Uzbekistan

Background & Aim: Early diagnosis of type 2 Diabetes (DM) is both medically and cost-effective. But each population needs specific risk groups to be revealed to establish at the national level and improve the effectiveness of DM screening programs. Our aim was to reveal the most significant DM risk factors for Uzbek population.

Material & Methodology: We performed multifactorial analysis for the most common DM risk factors among 696 Uzbek men and 1413 women without known DM. Findrisk questionnaire was modified to include national reference data for waist circumference. Oral glucose tolerance test was performed to all participants. DM and prediabetes were diagnosed according to IDF recommendations. Statistical analysis was performed using Shigan's method based on Bayes' method of probability.

Results: The most significant DM (prevalence 7.9%) risk factor was age>45 (OR 12.33; 95% CI=2.34-64.87). DM was revealed in 9.15% of people aged>45. The next important risk factor was Arterial Hypertension (AH) (OR 4.18; 95% CI=2.89-6.05). Of all patients with AH (28%), 11.8% had DM and 56% of all patients with newly diagnosed DM had AH. 60% of patients with newly diagnosed DM had abdominal obesity (OR 2.27; 95% CI=1.42-3.63); 9.98% had family history of DM (OR 2.48; 95% CI=1.86-3.30). Analysis of combination of risk factors revealed that the most significant was co-existence of hereditary, age>45, AH and obesity. DM was newly diagnosed in 32% of this group of patients. Physical inactivity (OR 2.2; 95% CI=1.08-4.5) found in 9.7% of people with DM) in combination with above mentioned factors increased DM prevalence only by 3-5%. There were no significant differences between men and women.

Conclusion: Co-existence of hereditary, obesity and AH in Uzbek people aged>45 leads to DM in 32%. Program of early diagnosis of DM in groups of patients with these risk factors and their combination should be developed at the national level.

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