

## Prevalence of type 2 diabetes mellitus in Iran and its relationship with gender, urbanisation, education, marital status and occupation

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### Abstract

**Introduction:** We investigated the prevalence of type 2 diabetes mellitus and its relationship between gender, urbanisation, education, marital status and occupation in the Iranian population. **Methods:** A total of 2000 men and women aged between 10 and 75 years were recruited by using a cluster-stratified sampling method from Khorasan province, northeast Iran. Using an interviewer-administrated questionnaire, demographical data including gender, urbanisation, education, marital status and occupation data was collected. Anthropometrical and biochemical measurements were taken for each subject. Associations of type 2 diabetes mellitus and other variables were tested for significance. **Results:** The prevalence of diabetes mellitus (defined as fasting blood sugar equal to or more than 126 mg/dL) was 9.9 percent, and the prevalence in men and women was 9.1 percent and 9.8 percent, respectively, with a significantly higher prevalence among urban dwellers (seven percent) compared to that of the rural subgroup (three percent, p-value is less than 0.001). Diabetes mellitus was found to be most prevalent among the older age group (age more than 60 years, 10.9 percent), those who were retired (14.4 percent), and illiterate (11.1 percent, p-value is less than 0.001). Marital status was not significantly related to diabetes mellitus (p-value equals 0.09). **Conclusion:** The prevalence of diabetes mellitus is related to some sociodemographical factors within the Iranian population. Thus the preventive strategies should be based on the affective factors. The urbanisation of the population with the migration of people from rural to urban areas may account in part for the increasing prevalence of type 2 diabetes mellitus in Iran.

### Author keywords

Diabetes mellitus; Sociodemographics; Type 2 diabetes mellitus; Urbanisation

### Indexed Keywords

**EMTREE drug terms:** glucose

**EMTREE medical terms:** adolescent; adult; anthropometry; article; education; female; glucose blood level; human; Iran; major clinical study; male; marriage; non insulin dependent diabetes mellitus; occupation; sex difference; urban rural difference; urbanization

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*Medline is the source for the MeSH terms of this document.*

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