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The dynamics of the prevalence of diabetes mellitus in the population aged 45-69 years in Western Siberia

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Purpose: To study the prevalence of Diabetes Mellitus (DM) in 10-years of the dynamics in a population sample aged 45-69 (Novosibirsk).

Materials & Method: A representative population sample of men and women, 45-69 years old was examined in Novosibirsk in the year 2003 – 2005 (baseline survey, HAPIEE project). We conducted the data collection on new cases of type 2 diabetes in the selected cohort of 10 years based on 2 sources of information: The re-screening of the same sample from 2006 – 2008 and on the basis of analysis of a database of Novosibirsk Municipal Register of type 2 diabetes in 2003 – 2014 in a prospective study. DM was defined by epidemiological criteria in patients with established diabetes history and in individuals with fasting blood glucose level ≥ 7.0 mmol/l (WHO, 1999).

Results: The prevalence of diabetes type 2 according to the first screening was 11.4% (1045 persons): In men 11.1% (463 people) and women 11.7% (585 persons). The prevalence of diabetes type 2 had reached 16.0% (1388 persons) and in men is lower than that of women (13.6% - 511 people; 18.0% - 877 people, $P < 0.001$). The average age of the newly established diabetes in the population was 61.3 years in men sample and women sample.

Conclusion: The prevalence of diabetes in a Siberian population aged 45-69 years comprises of 16%. During these 10 years in the Siberian population of 45-69 years, there has been increased prevalence in the dynamics of 5%. By 2015, there has been 5% increase in population with type 2 diabetes (462 people); the period of survival was 3.81 years.

Biography

Alla Ovsyannikov finished her studies from Novosibirsk Medical University, Russia in 2008 with honors. She had two certificates of specialists: Internal Medicine and Endocrinology. She is working as an Endocrinologist and Scientist in Federal State Budget Institution "Scientific - Research Institute of Therapy and Preventive Medicine". Her research work is on monogenic types of diabetes mellitus (especially MODY diabetes) in young patients.

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