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TYPE 2 DIABETES AND OBESITY AND ITS CORRELATES IN A FIRST NATIONWIDE STUDY AMONG CYPRIOT ADULTS.

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Obesity rates in Cyprus are very high and epidemiological information on type 2 Diabetes mellitus is limited. The correlates of type 2 diabetes among adults remain unknown in the Cypriot population. Thus, the purpose of this study is to provide the first national estimate of the prevalence of type 2 diabetes and investigate its correlates. A randomly stratified nationally sample of 1001 adults aged 18-80 participated in the study. Only 950 subjects completed the study. All subjects were free of any diseases (known diabetes, kidney, liver), medication and supplementation. The overall prevalence of diabetes and pre-diabetes based on WHO criteria was 9.2% and 16.3%, respectively. After adjusting for age, energy intake, smoking and physical activity participants with obesity (BMI) (OR=2.00, P<0.001), waist circumference (WC) OR=2.08, P<0.001), hypertension (HT) (OR=1.99, P<0.001) and hypercholesterolemia (HC) (OR=2.07, P<0.007) were most likely to develop T2DM compared with the normal ones. The odds of having Diabetes was also found significant between subjects with high levels of Triglycerides (TG) (OR=1.49, P<0.007), compared with the normal ones and between subjects with low levels of HDL (OR=1.44, P<0.008) compared with the ones with high levels of HDL. The prevalence of type 2 diabetes in Cyprus is relatively medium- high. However, the pre-diabetes rates are very high showing a promising increase towards total rates of type 2 Diabetes. Obesity, HT, WC, TG, HC and low HDL are all strong correlates of type 2 Diabetes. Healthy education programs should be initiated for young and older- aged people and those with described abnormal risk factors.

Biography

Eleni Andreou is currently working as Assistant Professor, at the University of Nicosia, Cyprus. She received her Doctoral degree on Clinical Dietetics, Health Education and Behavioral Studies from the University of Middlesex, UK. Dr Andreou completed her Masters/CPD Nutrition and Clinical Dietetics from the University of Youngstown, USA. She then worked in Cyprus as clinical dietitian, elected as president of the Cyprus Dietetic and Nutrition Association, served as Assistant Professor at the University of Nicosia in Cyprus. Dr Andreou has authored several publications in various journals and books. Her publications reflect her research interests in diabetes, obesity, weight management, eating disorders, nutrition behavioral modification. She is also an Associate Editor of the Journal PANR. Dr. Andreou is serving as the president of the Cyprus Dietetic and Nutrition Association, vice president of the Cyprus Registration Board for Food Scientists and Dietitians and a member in American Academy of Nutrition and Dietetics. She is currently in charge of ongoing scholarly project of epidemiological study of obesity and nutritional habits of Cypriots in Cyprus. She is awarded by the American Dietetic Association (ADA)/AODA.

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