

Prevalence and correlation of obesity, hypertension and type 2 diabetes mellitus in selected townships of Upper Myanmar

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Abstract

This community based cross sectional study aimed to find out the prevalence and correlation of common non-communicable diseases (NCDs) in Kyaukse and Larshio townships during January to August 2009. Out of 3,200 respondents, the prevalence of obesity, hypertension and diabetes mellitus were 77, 215 and 96 per 1,000 ≥ 18 year old adult populations respectively. The prevalence of obesity, hypertension and diabetes mellitus was 97, 190 and 111 per 1,000 adult population in plain area and 59, 240 and 81 per 1,000 adult population in the hilly area respectively ($p < 0.05$). The prevalence of hypertension and diabetes mellitus in urban area were 234 and 107 per 1,000 adult population and it was 196 and 85 per 1,000 adult population in rural area respectively ($p < 0.05$). The obese people were approximately two times more likely to develop hypertension than those with normal body weight [Crude OR=2.0, (95% CI 1.51 to 2.68), $p < 0.005$]. The odds of being a diabetic was 3.6 times higher among obese compared to normal body weight [Crude OR=3.2, (95% CI 2.28 to 4.46), $p < 0.005$]. A significant association between hypertension and diabetes mellitus was also found in this study [Crude OR =1.5, (95% CI 1.17 to 2.01), $p = 0.001$]. In conclusion, the common NCDs in Myanmar including obesity, hypertension and type-2 diabetes mellitus were correlated to each other.