Title of Article: Body Mass Index and Random Blood Glucose levels in a Semi Urban Nigerian Community.


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Abstract: A raised body mass index (BMI) is a risk factor for several diseases such as type 2 diabetes mellitus. The study assessed the occurrence of diabetes in a suburban Nigerian community and its relationship with BMI and random blood glucose (RBG). One hundred and forty healthy individuals aged between 20 and 70 years were recruited, comprises of 34% of males and 66% of females respectively. The BMI for each subject was calculated and RBG estimated using standard formula and method respectively. The relationship between BMI and RBG and age were statistically analyzed and determined using Pearson’s correlation coefficient(r). The study reveals that females were more obese and had lower RBG levels and BMI than the males. There was a strong positive correlation between BMI, RBG and age of the female subjects compared to the males. The paper recommends discouragement of lifestyle patterns that predispose women to obesity and type 2 diabetes.

Key words: Body Mass Index, Random Blood Glucose, Semi Urban, Community, type 2 diabetes