

Title of Article: Body mass index and random blood glucose levels in a semi urban Nigerian community.

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Abstract

Letter to the Editor: Body mass index (BMI) is a measure of adiposity. A raised BMI is a risk factor for several diseases such as type 2 diabetes mellitus. Generally, prevalence and complications of diabetes is more pronounced in females than males as result of gender associated obesity. Our multi-disciplinary research group is involved in assessment and study of diseases and associated issues of public health concern in South western Nigeria. In this study, the occurrence of diabetes in a sub urban Nigerian Community and its relationship with BMI and random blood glucose (RBG) was assessed. One hundred forty apparently healthy individuals aged between 20 and 70 years were recruited. Thirty-four percent males and 66 % females participated in the community health programme. In conclusion, we report a direct increase in BMI with RBG and age in the female subjects when compared to the males. The prevalence of obesity and diabetes is rising all over the world including developing countries such as Nigeria due to unhealthy lifestyles and dietary habits [7]. Hence the need to discourage lifestyle patterns especially in women that predispose to obesity and type 2 diabetes.