Prevalence of gestational diabetes mellitus & associated risk factors in Uttar Pradesh/h2

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Prevalence of gestational diabetes mellitus is known to vary widely among the regions of country. This study has been undertaken to determine the prevalence of GDM and risk factors associated with it, in women attending an antenatal care clinic in Uttar Pradesh the northern province of India. This study enrolled all pregnants who were not known to have diabetes mellitus, attending various randomly selected antenatal clinics of Uttar Pradesh during the study period of three months screened by Spot test according to DIPSI guidelines at first contact. After informing, women who consented, were given a standardized 2-h 75 g oral glucose tolerance test. All those found to have calibrated plasma glucose 140 mg% or more diagnosed as Gestational Diabetes. Demographic measurements were taken as per protocol and all interrogated regarding socio-economic status, education level, addiction and past history of GDM. A total of 2417 women participated in the study and GDM was detected in 275 (11.37%) women. Gestational Glucose Intolerance (120 to 139 mg/dl) observed in additional 566 (23.4%) women. Average BMI in GDM patients remained 23.58. On bivariate analysis risk factors found to bein-significantly associated with GDM were age, educational level, socio-economic status, pre-pregnancy weight and BMI, weight gain, family history of diabetes or hypertension and past history of GDM but on multivariate analysis only upper middle class found to be significantly associated with GDM. Appropriate interventions are required for control and risk factor modifications.