

2 out of 3 people under 40 at risk of prediabetes in India: Fitterfly study

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Mumbai-based startup Fitterfly Healthtech pioneered the #FightPrediabetes campaign, in partnership with top doctors of India, Roche Diabetes, USV and Lal Path labs, kickstarted a campaign on August 14, 90 days before the diabetes day, to draw attention to the prediabetes situation in India.

As part of this campaign, a nationwide study was conducted to assess the risk of prediabetes in Indian adults, the first-of-its-kind initiative in India.

The test is an evidence-based, clinically-validated tool for assessing an individual's risk of Pre-diabetes, following international protocols for prediabetes detection such as American Diabetes Association and Centers for Disease Control (USA).

Around 5000 people from the top 10 cities of India took the test and people were asked questions about their health profile, family history of diabetes, other health conditions and lifestyle.

The data was then studied using statistical analysis for the calculation of relative risk of prediabetes with factors like age, BMI, physical activity, family history of diabetes and the presence of high blood pressure.

Summary points:

1. High risk of prediabetes seen in study population
2. People under the age of 40 were also seen at high risk
3. People with family history of diabetes, age over 40 and BMI over 23 have a 40 times higher risk of diabetes and prediabetes and should undergo HbA1c test or Fasting blood sugar.
4. Weight loss of 8-12 kg in at risk population will cut down the risk of diabetes by 50%