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Delhi's 42% samples tested for HbA1c found to be diabetic: SRL report

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Amongst the age group 31-45, over 37 per cent samples tested prediabetic and over 39 per cent are found to be diabetic suggesting an onset of diabetes in a healthy, young age group



SRL Diagnostics prepared a Data Analytics Report on results of randomized samples received for Glycosylated/ Glycated Hemoglobin (HbA1c) from January 2017 till September 2021 in Delhi. This report has been prepared based on a retrospective data mining done on results of 2,58,021 tests done for HbA1c.

A report published in 2009 by an International Expert Committee on the role of HbA1c in the diagnosis of diabetes recommended that HbA1c can be used to diagnose diabetes and that the diagnosis can be made if the HbA1c level is?6.5 per cent. Levels of HbA1c just below 6.5 per cent may indicate the presence of intermediate hyperglycaemia. The precise lower cut-off point for this has yet to be defined, although the ADA (The American Diabetes Association) has suggested 5.7 – 6.4 per cent as the high-risk range. While recognizing the continuum of risk that may be captured by the HbA1c assay, the International Expert Committee recommended that persons with an HbA1c level between 6.0 and 6.5 per cent were at particularly high risk and might be considered for diabetes prevention interventions.

Dr Anurag Bansal, Technical Director, SRL Diagnostics said “In our analysis for the city of Delhi, we have found that amongst the 31 and 45 age group a staggering 37 per cent samples were diagnosed with prediabetes and 39 per cent are diabetic. Early diagnosis, extensive awareness and lifestyle interventions are required to keep our future generations healthier.”