Title of Article: Propensity for diabetes and correlation of its predisposing factors in Ota, Nigeria.

Authors: Iweala, E. E. J.; Chinedu, S. N.; **Afolabi, I. S.**; Ogunlana, O. O.; Azuh, D.; Osamor, V. C.; Toogun, T. A.

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Abstract

Body Mass Index (BMI) and Random Blood Glucose (RBG) are considered important predisposing factors for type 2 diabetes mellitus in adults. This study assessed the propensity to become diabetic based on the relationship between Body Mass Index (BMI), Random Blood Glucose (RBG), gender and age in a community in South west Nigeria. The study included a convenient sample size of 140 healthy adult individuals who met the inclusion criteria. Anthropometric indices including height and weight were measured and Blood samples analyzed for random **blood glucose**. A significant positive correlation was observed (r = +0.32) between BMI and RBG in females while there was no correlation in the males (r = -0.05). The males were found to be less likely to be diabetic than the females. The relationship between age and RBG was significantly positive in both males and females. The study confirms the hypothesis that a positive correlation exist between BMI and RBG but only in women. This suggests that other causes including sex could predispose to diabetes and reiterates the diabetogenic effect of adiposity.