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Attitude and Perception of People with Type 2 DM about Obesity—A Western Indian Perspective

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Introduction: Obesity is a major contributor to the T2DM epidemic. The Lifetime risk of T2DM is highest (86.0% [76.6, 91.5]%) among Indian people with obesity.¹ We present data on the attitude and perception of T2DM Indian general public toward obesity and its management.

Methods: This cross-sectional survey was conducted between October to November 2022 at 30 diabetes care clinics in western India. Data was collected from consenting male and female subjects in the age group of ≥18 years, using a structured questionnaire. Descriptive statistics were used to analyze the survey data.

Results: A total of 1248 subjects (males: females = 592:658) with a mean (SD) age of 44.6 (14.8) years participated in this survey. Out of which 596 (47.8%) were subjects with T2DM, with a mean (SD) BMI of 29.9 (5.7) kg/m². Out of 596 subjects with T2DM, 203 (34.1%) perceived their weight as normal, 305 (51.2%) as overweight, and 88 (14.8%) as persons with obesity. However, when categorized as per Asia-Pacific guidelines for obesity classification of BMI, 544 (91.4%) subjects with T2DM were found to be, overweight/persons with obesity. Out of these 544 subjects, diet consultations for weight loss 374 (68.8%), followed by gym membership 269 (49.4%) were the top two weight management programs they were aware of and 396 (72.8%) believed that eating less and moving more is a simple formula for weight loss. Though 303 (55.7%) subjects were aware of doctors-prescribed weight loss drugs, only 291 (53.5%) subjects were considering weight management and only 228 (41.9%) were willing to try these medicines. High blood pressure (41.2%) and knee pain/ mobility (12.9%), were the top two co-morbid conditions in subjects with T2DM found to be, overweight/persons with obesity.

Conclusion: This survey revealed that knowledge about impact of obesity is unsatisfactory in Indian T2DM subjects with overweight/obesity. Educating people about the benefits of weight management interventions can assist subjects with T2DM for optimal outcomes.

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