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## Prevalence of obesity among type 2 diabetes mellitus outpatients at teaching hospital of University Sains Malaysia

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**Background and objective:** Obesity is associated with reduced quality of life, development of heart disease and diabetes, increased medical care costs, and premature death. The present study was to determine the prevalence of obesity among type 2 diabetes mellitus outpatients in a tertiary center hospital.

**Material and methods:** A total of 1077 type 2 diabetes mellitus patients were included in this study who attended at diabetes clinic of Universiti Sains Malaysia (USM) teaching hospital in Kelantan. All these patients were prospectively followed from January to December 2008. Data collected included age, gender, height, weight, body mass index (BMI), duration of diabetes, blood pressure and other relevant parameters. Lipids, blood glucose were estimated, Logistic regression analysis was used to assess the independent effect of variables on obesity.

**Results:** The present study recruited 1077 Type 2 DM patients aged 18 to 88 years. The mean age was  $58.3 \pm 9.8$  years. More than fifty five percent were female and forty four percent were men, and mean duration of type 2 diabetes mellitus was  $11 \pm 6.8$  years, and mean BMI was  $26.9 \pm 4.7$ . According to Asian Pacific Type 2 DM policy group (2005) among all diabetic patients only 18.5% had target body mass index ( $< 23 \text{ kg/m}^2$ ) and 81.5% had non target of BMI ( $\leq 23 \text{ kg/m}^2$ ).

**Conclusion:** The prevalence of obesity was very high in the present study. Obesity are coexisting risk factors amongst diabetic patients, proper management and an active intervention is needed in order to control obesity.

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