UG -3 : DIABETES RISK PROFILE, AWARENESS AND UPTAKE OF PREVENTIVE STEPS FOR DIABETES AND TUBERCULOSIS AMONG HOUSEHOLD MEMBERS OF TUBERCULOSIS PATIENTS - AN EXPLORATIVE OPERATIONAL RESEARCH

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Introduction: Bi-directional screening for Tuberculosis and Diabetes, has emerged as a key healthcare strategy. Diabetes and Latent Infection in Household Contacts can syngertistically lead to TB Infection. In recognition of strong interaction between NCDs and infectious diseases especially TB, there is a consequential need to explore common platforms / approaches to maximize detection and Prevention. Hence, the study was carried out among adult (>18 years) household members of those registered for tuberculosis treatment in Urban Puducherry a) to determine the risk for Diabetes and the associated socio-demographic, behavioral and clinical factors, b) to assess awareness and risk perception of TB and Diabetesand c) to determine the level of uptake of preventive measures for Diabetes and TB.

Methodology: This Pilot study included 77 household members (aged > 18 years) of 29 TB patients undergoing

treatment during June - September 2017 in the urban health-training center of the institute after written informed consent. The study utilized modified STEPS Instrument for NCD Risk Factors, modified WHO Stop TB Partnership ACSM tool for TB Awareness, Diabetes Awareness Questionnaire based on ICMR INDIAB Study, questionnaire for uptake of preventive steps and clinical profile. Physical Measurements included Anthropometry and Blood Pressure. Fasting Blood Glucose and Total Cholesterol Levels were estimated.

Results: Prevalence of Common Four NCD Behavioral Risk Factors among household members: smoking or smokeless forms of tobacco - 11.6%, alcohol consumption including in the past - 18.2%, No Fruit and Vegetable Intake - 50.6% and 2.6%, Addition of Salt before eating food - 32.4%, Physical Inactivity at Recreation/ Leisure - 97.4%.Prevalence of NCDs among them were: Known Hypertension 11.7%, Prehypertension - 46.2%, Hypertension - 14.7%, Known Diabetes - 9.1%, Diabetes - 13% and Impaired Fasting Glucose - 6.5%.Key action related attributes of Awareness about Tuberculosis and Diabetes ranged from 5% to 99%, while individual initiative to undertake preventive steps for TB and NCD ranged from 2.6% to 42%.

Conclusion: Diabetes / NCD Screening among Household members of the TB patients can be beneficial. However, larger and further studies are required.