

The relationship between Obesity and Type 2 diabetes

Both obesity and Type 2 diabetes are the disorder of food and lifestyle. About 80% of type 2 diabetics are obese and 20% who are not obese, have larger waist circumference (abdominal obesity) with poor muscle mass (called lean diabetic). Merely gaining 8 – 10 kg weight can double the risk of Type 2 diabetes and gaining 15 – 20 kg triples this risk.



20 % Skinny diabetic



80% Overweight diabetic

The modern epidemic of Type 2 diabetes in India

The number of people diagnosed with Type 2 diabetes is rising rapidly all over the world. India and China are leading on this epidemic with more new cases of diabetes year after year. The disease is more common in city dwellers, in whom the number of cases is almost four times higher than the rural population. Type 2 diabetes in Indians is a disease of affluence.

Country	Number of cases in millions		
Year	2000	2010	2017
World	171	285	570
India	32	62 (7.4%)	79 (8.9%)

The highest incidence of Type 2 diabetes in India is in more affluent southern and northern states. In these states, diabetes affects 17– 21% of the population. The number of diabetic cases goes up with increasing age. Over the age of 60 years, 1 in 3 individuals amongst the city dwellers has Type 2 diabetes. The bad news is that for each one diagnosed case of Type 2 diabetes, there is one more individual, who has a pre-diabetic state called metabolic syndrome. So, over the age of 60 years, most city dwellers are inflicted with the disease process of diabetes.

Prevalence of Type2 diabetes in India

