

## Follow-up of Impaired Glucose tolerance Basic Health Survey 2007 in Jakarta in 2009

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20406215&lokasi=lokal>

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### Abstrak

**Background:** Impaired glucose tolerance (IGT) or pre diabetes is not categorized as diabetes yet but blood glucose level is more than normal. IGT is risk factor for diabetes mellitus, Coronary disease and stroke.

**Methods:** In 2009, a cross-sectional study was conducted in DKI Jakarta to follow up 78 subjects, identified as IGT in Basic Health Survey (Riskesdas) 2007. It Aimed to assess the hyperglycemia status of the IGT subject, wheter developing into diabetes mellitus or becoming normal glucose tolerance or just remained IGT.

**Results:** We found over two years for IGT subjects, 7.2% progressed to diabetes mellitus, 47.8 % remained impaired glucose tolerance, 4.3 % changed to impaired fasting glucose and 40.7% reverted to normal gucose tolerance. Life style and biological factors of the subjects, like body mass index, central obesity, dyslipidemia had no sugnificant difference in years 2009 compared with 2007. In analysis we found waist circumference increased but not significantly difference and Homa-IR (insulin resistance) was higher ( $p < 0.05$ ) in IGT conversed to Diabetes compared to other groups. **Recomendations:** Stakeholder should make an intervention program for IGT group in order to prevent them becoming diabetes or getting degenerative disease complications.