

## Prevalence of undiagnosed diabetes and prediabetes in Vietnam: a hospital-based screening campaign

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**Objectives:** Our study aims are to determine prevalence of undiagnosed diabetes and prediabetes among population at risk and identify factors associated with the occurrence of the disease. **Methods:** A cross-sectional survey with a sample of 595 volunteers was conducted at People's Hospital 115, Ho Chi Minh city in 2016. This screening campaign was announced through leaflets, hospital postings, and television communication. We included asymptomatic participants aged 18 years or older with at least one of following risk factors: age of 45 years or older, body mass index (BMI) of 23 kg/m<sup>2</sup> or higher, family history of diabetes, hypertension, dyslipidemia, history of cardiovascular disease, previous gestational diabetes and macrosomia. HbA1c level, which is not included in routine practice, was measured along with fasting blood glucose.

**Results:** Prevalence of undiagnosed diabetes and prediabetes using American Diabetes Association 2016 criteria was 15.3% and 55.8%, respectively. Diabetes status increased with age [adjusted odds ratio (aOR=1.04)] and was higher among those with BMI of 23 kg/m<sup>2</sup> or higher (aOR=1.94).

**Conclusions:** Undiagnosed diabetes and prediabetes are prevalent among high risk individuals in Vietnam. Higher age and BMI are useful clinical indicators. Awareness raising and wider screening of diabetes using HbA1c are recommended.