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ICMR-INDIAB study reveals alarming diabetes prevalence of UT of Jammu and Kashmir

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Prediabetes affects 10.8% of the population, suggesting that many individuals have already transitioned to diabetes, underscoring the need for early intervention.



The Indian Council of Medical Research (ICMR), in collaboration with the Madras Diabetes Research Foundation (MDRF), has released critical data from the ICMR-India Diabetes (ICMR-INDIAB) national study, which includes data for Union Territory of Jammu, Kashmir and Ladakh. The results of Jammu region are being presented. This first-of-its-kind study in the region reveals that the overall prevalence of diabetes in Jammu is 18.9%, with an alarming 26.5% in urban areas and 14.5% in rural areas. Additionally, 10.8% of the population is affected by prediabetes, emphasizing the urgent need for action against the growing burden of non-communicable diseases (NCDs) in the region.

Dr. Jitendra Singh, Honourable Union Minister of State, described the ICMR-INDIAB study as a landmark initiative that provides the first representative epidemiological data on diabetes, prediabetes, hypertension, dyslipidemia, and obesity across India. The findings from Jammu will help estimate the health burden of diabetes and metabolic NCDs, assess diabetes control levels, and shift the focus toward prevention and management in the region.

The ICMR-INDIAB study is a national survey aimed at providing reliable data on the prevalence of diabetes, hypertension, obesity, dyslipidemia, and other non-communicable diseases (NCDs) in India. Coordinated by the Madras Diabetes Research Foundation and supported by the ICMR-INDIAB Expert Group, this cross-sectional survey has been conducted from 2008 to 2024 across all 28 states, the NCT of Delhi, and 7 Union Territories. In Jammu, the survey covered 1,520 participants from urban and rural areas, offering valuable insights into the region's health landscape.

Dr.V.Mohan, Chairman, Madras Diabetes Research Foundation and National Coordinator and Principal Investigator of the ICMR-INDIAB Study adds “I am very happy to inform you that the ICMR-INDIAB study has now been completed in all the 28 States, the National Capital Territory (NCT) of Delhi, and 7 Union Territories (UTs), including the islands. The total participants screened for diabetes and other metabolic disorders in all the phases of the study are 1,21,077, which makes it one of the largest epidemiological studies on diabetes ever done in the world. The ICMR - INDIAB study which was conducted by the Madras Diabetes Research Foundation, with the help of ICMR and the Department of Health Research (DHR), showed that there were 101 million people with diabetes in India.

Dr. Rajiv Kumar Gupta, Professor & Head, Dept. of Community Medicine, Govt. Medical College, Jammu Region, says “The ICMR INDIAB study is the ‘first of its kind’ in Jammu to not only assess the burden of diabetes, and prediabetes but also to obtain information on other cardio-metabolic risk factors among 1,520 participants. The overall prevalence of diabetes in Jammu is 18.9%, while it is 26.5% in urban areas and 14.5% in rural areas. The overall prevalence of prediabetes is 10.8%, while it is 13.4% and 9.3% in the urban and rural areas, respectively. Forty percent of individuals had undiagnosed diabetes. The overall prevalence of hypertension, generalized obesity, abdominal obesity in Jammu is 27.1%, 41.7% and 62.7% respectively”

Dr. Tanvir Kaur, Scientist ‘G’, Division of Non-Communicable Diseases, ICMR, New Delhi adds, “I wish to thank the present ICMR Director General and the previous DGs for supporting the ICMR-INDIAB study over the last 15 years throughout the country, making this the largest epidemiological study in the field of diabetes.

The findings from this study are expected to help policymakers, health professionals, and stakeholders develop targeted interventions for the prevention and management of diabetes and other NCDs in Jammu and across India.