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**Assessment of risk of Diabetes Mellitus among National highway truck drivers in Tamil Nadu**

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**ABSTRACT**

**Background:** Diabetes mellitus, type II, is a major public health concern worldwide. The recent World Health Organization report suggests that over 19% of the world's diabetic population currently resides in India. Indian Diabetes Risk Score (IDRS) developed by Dr. Mohan and his colleagues (Mohan, 2005) is a simplified risk score for identifying undiagnosed diabetic subjects using four simple parameters (age, waist circumference, family history of diabetes and physical activity) in which the minimum score is 0 and maximum is 100 & score 60 and above is indicative of diabetes risk. **Objectives:** To assess the risk of Diabetes mellitus among national highway truck drivers using an IDRS score. **Materials and Methods:** A cross sectional study was conducted during December 2018 to January 2019 among truck drivers aged 18 years and above in the Lay-By, Padalam, Maduranthagam, Kancheepuram District, Tamil Nadu. The participants were interviewed using a structured questionnaire consisting of socio-demographic details and Anthropometric measurement and Indian Diabetic Risk Score (IDRS). **Result:** Among 117 study participants, 71 (60.6%) were 35 to 49 years 81 (69.3%) were literate and 106 (90.6%) were full time drivers. On evaluating the risk status of study subjects using IDRS, 42.7% had moderate risk, 35.8% had high risk score and 21.3% had low risk. With increase in age and waist circumference and not doing physical activity was increase in the risk status for diabetes. **Conclusion:** Majority of the subjects in our study belonged to the moderate risk and high risk category. A statistically significant association was seen between the age, occupation, type of family, Waist circumference and Physical activity.

**Key word:** Diabetes mellitus, Truck drivers, waist circumference, IDRS.