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Type 2 Diabetes Mellitus Risk Factors Assessment in Bangkok Mass Transit System Public Company Limited [BTSC] personnel, Bangkok, Thailand.

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Objectives: The objective of this study was to assess the risks for type 2 diabetes in Bangkok Mass Transit System Public Company Limited [BTSC] personnel in Bangkok, Thailand.

Methods:

To analyze the prevalence and risk of type 2 diabetes in the employees of the Bangkok Mass Transit System Public Company Limited, Bangkok. The sample group was the operating department staff of [BTSC]. A total of 250 volunteers received the annual health survey between the 15th to 31st January, 2018. The sample group, consisting of 250 males and 50 females volunteers, aged 25-55 years, were assessed using a risk assessment for type 2 diabetes. Two types of non-blood test developed by Prof. Wichai Aekplakorn et al. (2006) were used. The risk assessment criteria for type 2 diabetes including age, gender, body mass index, waist circumference, blood pressure > 140/90 mmHg., history of diabetes in closed relatives (parents, brothers or sisters). The descriptive statistics including percentage, mean, standard deviation, and standard deviation were used for data analysis.

Results: The study results found that the risk of developing type 2 diabetes for the operating room staff of Bangkok Mass Transit System Public Company Limited Bangkok were 32.36 % in male volunteers and 21.38 % in female volunteers at the 2018 annual health checkup. When categorizing according to age group which are, ≤ 34 years, 34-39 years, 45-49 years and 50 years, the percentage of risk of developing Type 2 diabetes were 9.84 %, 15.73 %, 18.75 % and 42.86 % respectively.

Conclusions: The risk of developing Type 2 diabetes mellitus was as high as 53.74%.The risk of Type 2 diabetes is caused by genetics and it is an irreversible factor but environmental factors such as eating habits, physical activities and exercise will help to reduce the risk of developing Type 2 diabetes mellitus in the future.