

Physical Inactivity among Diabetic Patients in Urban Tamilnadu: A Community-Based Study

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The prevalence of diabetes and impaired glucose tolerance is rapidly increasing in urban areas of Tamilnadu [9]. Studies on physical inactivity among diabetic individuals were also found to be very scarce. Hence, this study was conducted to estimate the prevalence of physical inactivity among the diabetic patients in an urban area of southern Tamilnadu and to identify the barriers for physical activity in the same population.

Objectives

- To estimate the prevalence of physical inactivity among the diabetic patients in Tootukudi corporation
- To identify the barriers for being physically active in the same population.

Materials and Methods

This study was conducted among diabetic patients in Tootukudi Corporation as a community based cross sectional study from November 2016 to October 2017. The sample size was calculated based on the prevalence of low physical activity in India which was found to be 23.4% [11]. Considering a confidence level of 95%, absolute precision of 5%, sample size was calculated using the formula $4pq/d^2$. After

Gender	Male	142	48.3
	Female	152	51.7
Marital status	Married	243	82.7
	Widow	38	12.9
	Widower	13	4.4
Religion	Hindu	235	79.9
	Christian	50	17
	Muslim	9	3.1
	Illiterate	10	3.4
Educational status	Primary or secondary	92	31.3
	High school or higher secondary	107	36.4
	Diploma	14	4.8
	Degree	71	24.1
	Upper	144	49
Socio-economic class	Upper middle	100	34
	Middle	43	14.6
	Lower middle	7	2.4

High school or higher secondary	53 (49.5%)
Diploma	7 (50%)
UG or PG	41 (57.7%)
Upper	76 (52.8%)

Socio-economic status

0.018

most common reason for not doing any physical activity being lack of awareness, lack of time and presence of comorbidities or complications.

Diabetic patients should be advised to indulge in recreational or leisure time activities. Facilities for recreational activities need to be provided both in urban and rural areas. City planning like