Validation of Indian Diabetic Risk Score for detecting Undiagnosed Diabetics in A Semi-Urban Population of Mangalore-South India

Usha Rani S Padmanabha1, Rashmi Kundapur2, Puneeth N3, Nalam Udayakiran4
1Assistant Professor, Department of Community Medicine, Saptagiri Institute of Medical Sciences and Research Centre, Bangalore; 2Professor, Department of Community Medicine, K. S. Hegde Medical Academy, Deralakatte, Mangalore; 3Consultant Anaesthetist, Saptagiri Institute of Medical Sciences and Research Centre, Bangalore; 4Professor, Department of Community Medicine, Mahavir Institute of Medical sciences-Vikarabad, Telangana

Abstract

Background: Diabetes is considered as an "iceberg disease". According to latest WHO estimates the number of people with diabetes worldwide in 2000 is 171 million which is likely to increase to at least 366 million by 2030. Indian Diabetes Risk Score is useful for identifying undiagnosed diabetic subjects in India and includes four risk factors: Age, Abdominal obesity, Family history of diabetes and Physical activity in predicting diabetes.

Objectives: To Validate the Indian Diabetic Risk score for detecting undiagnosed diabetics in a Semi-urban population.

Material and Methodology: The study was a validation study conducted in the field practice area of K.S. Hegde Medical Academy, Mangalore in 2015. Universal sampling was done among 80 households to obtain a minimum sample size of 160 participants. Two from each household one being the highest age and one being the middle age among the households were enrolled. Individuals aged 20 years and above were included to validate the Indian Diabetic Risk score. Informed consent was taken before introducing the participants to the study and two Random blood sugars were checked.

Results: Out of 160 participants 31.9% were male and 68.1% were female. Indian diabetic risk score >60 were 60%. Mean risk scores was 57.4±2x1.7. Out of 160 respondents, 86.9% were non-diabetic and 13.1% were detected diabetic. There was a significant difference in Indian diabetic risk score among diabetic and non-diabetics (p<0.001). Indian diabetic risk score >60 had sensitivity of 95.2% and specificity of 45.3% in predicting diabetes. Area under ROC was 0.719 (95% CI:0.62-0.81).

Conclusion: Indian diabetic risk score can be used as a simple screening tool in predicting and detecting undiagnosed diabetics in the community.

Keywords

Indian diabetic risk score; Semi urban population; Type II Diabetes Mellitus; Validation.
Region and by 2035 this will rise to 123 million. India was considered to be a diabetic capital. There were 66.8 million cases of diabetes in India in 2014 and is likely to rise to 80 million by 2030 with around 1 million deaths in adult population in 2014. (1) Majority of population with diabetes live in a low and middle income countries and will experience the greatest increase in cases of diabetes over the next 22 years. (2) According to World Health Organization there is an apparent epidemic of diabetes which is strongly related to lifestyle and economic change. India has recently witnessed this demographic transition with a reduction in crude birth rate and increase in life expectancy. (3,4) As majority of the population affected with diabetes are in the age group of 40-60 years, this burden imposes a heavy human, social and economic costs on a country. Primary and secondary preventive measures in the form of lifestyle modification and early diagnosis by screening would play a significant role in prevention of diabetes and its complications. (5) Hence there is a need of a simple screening tool for detecting undiagnosed people with diabetes in a community. The Indian Diabetes Risk Score was derived from the Chennai Urban Rural Epidemiology Study (CURES) by V. Mohan et al (6). An IDR score of 60 and above had the optimum sensitivity of 72.5% and specificity of 60.1% with a positive predictive value of 17.0% and negative predictive value of 95.1% with an accuracy of 61.3% for determining undiagnosed diabetes as per the Chennai Urban Rural Epidemiological study conducted by V Mohan et al (6).

**Aims & Objectives**

To validate the Indian diabetic risk scores for detecting undiagnosed diabetics in a semi urban population of Mangalore-South India.

**Material & Methods**

The study was a validation study conducted at Manjanady and Kuthar (semi urban area) which belongs to the field practice area of the department of Community Medicine, K. S. Hegde Medical Academy. Universal sampling was done among eighty households to obtain a minimum sample of 160 participants. Both males and females aged 20 years and above (were included due to decreasing age of diabetic epidemic), permanent residents and those who gave a consent to participate were included in the study. Participants with Gestational diabetes, type I diabetes mellitus and those already diagnosed with type II diabetes mellitus were excluded.

Two individuals from each household one being the highest age and one being in the middle aged group among the households were the participants to obtain a total minimum sample of 160 and participants who were present at the time of the interview was considered for the study. After obtaining an informed consent participants were introduced to Indian Diabetic Risk Score and then Random blood sugars were checked under aseptic precautions, if blood sugars were found to be high another Random blood sugars was repeated during the next visit to check for the diabetes status. Average of two Random blood sugars of more than or equal to 200mg/dl was taken as diabetic.

IDRS was derived using four simple parameters-Age, Waist circumference, Family history of type 2 diabetes and physical activity. The Scoring for Indian diabetic risk scores (IDRS) was done as per CURES study 6. As per the previous studies, Indian diabetic risk score >60 was found to be highly sensitive and specific for predicting diabetes hence we have used scores more than 60 as a cut-off for diabetes.

Statistical analysis was done using SPSS software Version.16 (SPSS Inc., Chicago, IL, USA). Sensitivity, Specificity and ROC curve was done to check the right score for diagnosis of diabetics in comparison with random blood sugars was done. Mann Whitney U test was done to see the difference in Indian diabetic risk score between diabetics and non-diabetics. The study has been approved by Institutional Ethical Committee, Nitte University.

**Results**

Among the 160 study participants, 51(31.9%) were Male, 109 (68.1%) were Female. The mean age of the population was 45.9±2x(15) years. Out of 160 respondents, 21 (13.1%) was detected to be diabetic using 2 random sugars. Among the 51 males, 7(13.73%) were detected diabetic and 29(56.86%) had IDR above 60. Among, the 109(68.1%)females, 14(12.84%) were diagnosed diabetic and 67(61.46%) had scores above 60. (Table 1 and Table 2). There, was inadequate representation of males in the study population, as most of them were unskilled daily wage laborers, few of them were employed overseas and whoever found to be present at the time of the visit were considered. Mean risk scores was found to be 57.42±2x(1.7)years. Among the participants with Indian diabetic risk score above 60, 12.5% were
diagnosed to be diabetic (by Gold standard) and only
0.6% who were detected diabetic had scored less
than 60 by Indian diabetic risk scores (Figure.1).
Mann Whitney 'U' test was done to see the
difference in scores between diabetics and non-
diabetics and the difference in scores was found to
be statistically significant (p<0.001) (Table.3).
Validation of Indian diabetic risk scores with newly
diagnosed diabetics (by Gold standard- using
random blood sugars) was done by constructing an
ROC curve (Figure.2), the area under curve (AUC) was
0.719(95% CI: 0.62-0.81) with accuracy of 71.9%. The
Optimum Sensitivity of Indian diabetic risk score >60
in detecting diabetes was 95.2% and Specificity was
45.3% with Positive predictive value of 20.8% and
Negative predictive value of 98.4%. (Table.4).

Discussion
In the current study we have found that the Indian
Diabetic Risk Scores derived using four simple
parameters (Age, Waist circumference, Family
history of diabetes and Physical activity) had
Sensitivity of 95.2% with Specificity of 45.3%,
Positive predictive value of 20.83%, Negative
predictive value of 98.43% with accuracy of 71.9% in
predicting undiagnosed diabetes in a semi urban
population of Mangalore. The current study
reflected the Chennai Urban Rural Epidemiological
study by V Mohan et al where Indian diabetic risk
scores of 60 and above had the Optimum sensitivity
of 72.5% and specificity 60.1% with a positive
predictive value of 17.0%, negative predictive value
of 95.1% and accuracy of 61.3% for determining the
undiagnosed diabetes. (6)
Similarly, external validation of Indian diabetic risk
scores was done in a rural community by Bharati et
al among individuals aged 45 years and above where
scores more than 60 showed Sensitivity of 92.75%
and specificity of 87.89% in predicting diabetes and
the score of <30 and 30 - 50 showed specificity of
100% and 99.89% respectively with very low
sensitivity which reflected the findings of the present
study. (7)
Similar study was conducted by Ramachandran et al
among Urban Asian Indians to test for application of
this simple Indian diabetic risk scores in different
ethnic groups. The study showed that this simple
score could play an important role as the first step in
the process of identifying individuals with an
increased likelihood of having prevalent but
undiagnosed diabetes. The different distribution of
risk factors with the migrant Asian Indians living in
England and the different relationship between
sensitivity and specificity for the same score
demonstrate that risk scores and cut-points
developed, and tested even within one ethnic group
cannot be generalized to individuals of the same
ethnic group living in a different cultural setting
where the distribution of risk factors for diabetes is
different. As there are ethnic differences in the risk
factors for diabetes, it becomes necessary to
determine ethnic specific scores. The risk factors
used in this study are those recommended by the
American Diabetes Association. (8)
Rao C R, Kamath V G et al conducted a community
based cross- sectional study on prevalence of type II
diabetes mellitus among individuals aged 30years
and above in coastal Karnataka. The total study
participants in the study was 1239, of which
434(35%) were males and 805(65%) females. The
overall prevalence of diabetes mellitus was 16%.
Among the males, 18.8% were diabetic as compared
to 14.4% among females. (9) Similarly, in our study
the overall prevalence of diabetes was 13.1%, among
them 7(13.73%) were male and 14(12.84%) were
female diabetics. The current study reflected similar
findings with slight increased proportion of male
diabetics.
The study conducted by Prabha et al in Coastal
Karnataka showed if the MDRF – Indian diabetic risk
scores is applied in a population and a score of ≥ 60
was taken as cut off, by screening 29.7% (i.e. nearly
1/3) of the population, 62.2% of the people with
undiagnosed diabetes in a population can be
detected as diabetic with a specificity of 73.7%. In
our study, we found that out of 160 participants,
96(60%) had IDR=60 and by screening them
20(12.5%) were detected to be diabetic. The
corresponding figures in the original CURES study by
Mohan et al, where 43% of the population were
screened showed 72.5% of sensitivity and 60.1
specificity for an Indian diabetic risk score of ≥ 60.
(6,1)
There are several other Diabetes Risk Scores which
have been found to be reliable in predicting Diabetes
Mellitus like Finnish Diabetes Risk Score, German
Diabetes Risk Score, Dutch Diabetes Risk Score,
Diabetes Risk Score of Oman, these studies in the
West have derived diabetes risk scores based on
simple anthropometric, demographic, social and
behavioral factors like alcohol and tobacco
consumption, history of antihypertensive
consumption, history of antihypertensive
medications, dietary habits to detect undiagnosed diabetics. (10)

Limitations of the study
The study was done in 80 households of semi urban area (with sample size of 160) being small, could have affected the external validity of Indian diabetic risk scores and if risk scores was used for population aged > 40 years only (in our study Indian diabetic risk scores was used on >20 years due to decreasing age of diabetic epidemic) could have increased the specificity.

Relevance of the study
The application of Indian diabetic risk scores as a screening tool could not only help in predicting undiagnosed diabetics in the community but also helps in Primary Intervention strategies in the form of Lifestyle and dietary modifications and to prevent further complications of diabetes.

Recommendations
Indian diabetic risk score is a simple and easy tool which can be used by health workers or a paramedical staff in a mass screening programs for non-communicable diseases in a community.

Conclusion
Our study concludes that Indian diabetic risk score can be used as a Simple, non-invasive and cost-effective screening tool in predicting and detecting undiagnosed diabetics in the community. Indian diabetic risk score would help in selective (Multi-phasic) screening of a population instead of Universal screening.

Authors Contribution
All authors have contributed equally in the study.

Tables

**TABLE 1 DEPICTS SEX VERSUS DISEASE STATUS**

<table>
<thead>
<tr>
<th>Sex</th>
<th>Diabetic</th>
<th>Non-Diabetic</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>7(13.73%)</td>
<td>44(86.27%)</td>
<td>51(100%)</td>
</tr>
<tr>
<td>Female</td>
<td>14(12.84%)</td>
<td>95(87.16%)</td>
<td>109(100%)</td>
</tr>
<tr>
<td>Total</td>
<td>21(13.1%)</td>
<td>139(86.9%)</td>
<td>160(100%)</td>
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</table>

**TABLE 2. DEPICTS SEX VERSUS INDIAN DIABETIC RISK SCORES**

<table>
<thead>
<tr>
<th>Sex</th>
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<th>IDRS&lt;60</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>29(56.86%)</td>
<td>22(43.14%)</td>
<td>51(100%)</td>
</tr>
<tr>
<td>Female</td>
<td>67(61.46%)</td>
<td>42(38.54%)</td>
<td>109(100%)</td>
</tr>
<tr>
<td>Total</td>
<td>96(60%)</td>
<td>64(40%)</td>
<td>160(100%)</td>
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</tbody>
</table>

References

TABLE. 3. MANN WHITNEY 'U' TEST DEPICTING DISEASE STATUS VERSUS IDRS

<table>
<thead>
<tr>
<th>Disease status</th>
<th>No. of individuals</th>
<th>Median score</th>
<th>P value</th>
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</thead>
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<tr>
<td>IDRS</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Diabetic</td>
<td>21(13.1%)</td>
<td>70.0</td>
<td>0.001</td>
</tr>
<tr>
<td>Non Diabetic</td>
<td>139(86.9%)</td>
<td>55.3</td>
<td></td>
</tr>
<tr>
<td>Total</td>
<td>160(100%)</td>
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</table>

TABLE. 4. PERFORMANCE OF IDRS IN DETECTING DIABETES VERSUS GOLD STANDARD(RBS)

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>Sensitivity</td>
<td>95.2%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Specificity</td>
<td>45.3%</td>
<td></td>
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<tr>
<td>Positive Predictive Value</td>
<td>20.8%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Negative Predictive Value</td>
<td>98.4%</td>
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</table>

Figures

**FIGURE.1. DEPICTING IDRS VERSUS DIABETES:**

**FIGURE.2. ROC CURVE SHOWING THE PERFORMANCE OF IDRS(TEST VARIABLE) VERSUS GOLD STANDARD(RBS):**

Diagonal segments are produced by ties.