论文

糖尿病家族史对糖尿病发病及相关危险因素的影响

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摘要：

目的 探讨糖尿病家族史对糖尿病发病及相关危险因素的影响。方法 在糖尿病流行病学调查基础上，根据有无糖尿病家族史将人群分为有糖尿病家族史者（A组,n=1145）、无糖尿病家族史者（B组，n=4203）两组。分别对两组人群的糖尿病和糖耐量异常（IGT）的患病率进行统计，并采用非条件logistic回归分析筛选糖尿病的危险因素，根据危险因素的回归系数β值确定不同变量的积分值，以累计积分值的大小判断个体患病的危险性。结果 A组糖尿病患病率为9.9%，IGT患病率为20.1%；B组糖尿病患病率为2.1%，IGT患病率为9.9%，趋势性χ2检验具有统计学意义(P＜0.001)。结论 有糖尿病家族史的人群糖尿病患病率明显高于普通人群，肥胖成为主要的可控危险因素，对其进行干预有望预防或延缓糖尿病的发生发展。

关键词： 糖尿病；家族史；危险因素

Contribution of diabetes family history to the morbidity rate of diabetes and other risk factors

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Abstract：

Objective To investigate the contribution of diabetes family history to the morbidity rate of diabetes and other risk factors. Methods Based on an epidemiological survey of diabetes mel1itus, a target population with or without family history of diabetes was evaluated to see the influence of family history to the morbidity rate of diabetes and other risk factors. The population enrolled was divided into two groups: group A （n=1145）had a family history of diabetes, and group B（n=4203）did not. The morbidity rate of diabetes and impaired glucose tolerance（IGT） were calculated. Logistic regression analysis was carried out to screen the main risk factors of diabetes. The score of the variables was determined based on β-coefficients, which was used to predict the risk of correlation factors. ResultsIn group A, the morbidity rate of diabetes and IGT were 9.9% and 20.1%. In group B, they were 2.1% and 9.9%. The χ2 test showed statistical significance (P＜0.001). Conclusion The diabetes morbidity rate of the target population with a family history of diabetes was higher than that of those without a family history of diabetes. The most important risk factor that could be controlled is obesity. By controlling this factor, it is hoped to prevent diabetes or IGT beforehand or delay the development of diabetes mellitus.

Keywords: Diabetes mellitus; Family history of diabetes; Risk factors

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