

Survey of Diabetes, Hypertension and Chronic Disease Risk Factors Summary of Major Findings – Belize 2009

During the period November 2005 to July 2006, a study on Diabetes, hypertension and their risk Factors was conducted as a part of the Central American Diabetes Initiative (CAMDI). The study utilized a cross-sectional, household survey design with multi-stage, stratified, random cluster sampling.

A national representative sample of adult persons twenty years and older in the six districts of Belize was selected. The sample had representation from the country's ethnic groups, based on the Enumeration districts sampled, since the Major ethnic groups predominantly inhabit specific districts such as the Mayas in Toledo, Garifuna in Stann Creek, the Mestizo in Corozal, Orange Walk and Cayo and the Creoles in the Belize District. A total of 2,439 persons 20 years and older were interviewed and complete blood samples were taken from 1,629 persons. Blood pressure and height and weight measurements were also taken.

The results of this study will be useful in developing intervention programs to address the growing problem of chronic non communicable diseases in Belize, focusing on the most prevalent risk factors.

Diabetes

13.1 % was the overall prevalence of diabetes among adults 20 years and over countrywide.

8.3% of men have diabetes 17.6% of women have diabetes

Hypertension

28.7% was the overall prevalence of hypertension 24.4 of women are affected by hypertension 28.6 of men are affected by hypertension

Body Mass Index (BMI)

33.2% of study participants were found to suffer obesity
41.9. % of women suffered obesity
23.1% of men suffered obesity
32.5% of study participants were found to be overweight
35.8 % of men were found to be overweight
30.5% of women were found to be overweight

Cholesterol

5.1% was the overall prevalence of high cholesterol 6.0% of women are affected by high cholesterol 4.1% of men are affected by high cholesterol

Physical Activity

77.5% had less than 60 minutes of physical activity per week

Significant Findings

Diabetes and Hypertension increased with age.

More women than men are affected by diabetes and hypertension.

Women were more obese than men in all age groups.

Garifuna, Creole and East Asians were more likely to have hypertension and diabetes.

Residents of the Stann Creek and Belize Districts were more likely to have Hypertension and diabetes.

East Asian, Mennonites and Garifuna were more likely to have high cholesterol. Creole, Mixed and Mestizo populations were more likely to be overweight. Women in Corozal were more likely to be overweight and obese than other women.

One third of the population consumes alcohol regularly.







