

Abstract

Increasing numbers of developing nations experience a rising incidence of non-communicable diseases in parallel with economic development. Thus, developing countries such as Sri Lanka face the double burden of both communicable and non-communicable diseases. We therefore conducted a study to assess the prevalence of obesity, diabetes mellitus, impaired glucose tolerance (IGT), dyslipidaemias, hypertension, central (android) obesity, hypertension and smoking habits in a random sample of 633 (312 male) subjects selected from an electoral list with a target population of 2974 persons. The prevalence (age standardized to the world population of Segi 95% CI) was IGT 5.989 (7.24-12.52) and android obesity 16.35 (12.47-20.24). We conclude that the high prevalence of coronary risk factors is an indication for initiating programmes for primary prevention of obesity, diabetes and coronary heart disease in Sri Lanka