

Why the Indian Population is at high risk for Type 2 diabetes

Type 2 diabetes is primarily a disease of the more affluent Indian population. The affluent western world has led the way when it comes to unhealthy change in the food and lifestyle. The wealthy city dwellers in India are rapidly adopting the western methods of eating frequent meals of refined synthetic foods, drinking sweet sodas and beverages instead of water. Longheld cultural traditions of eating healthy natural foods, drinking water and living balanced lifestyle are disappearing. The Indian population has two genetic factors, which predispose them to a high risk of Type 2 diabetes.

1. Indians, genetically have less muscle mass. The muscles are the primary consumers of glucose in the body. The muscles use up almost 70– 80% of the glucose absorbed from the digestive tract. Less muscle mass means less need for glucose in the body.

2. Less insulin production in the body, because the number of insulin producing beta cells in the Pancreas gland is less in the Indian population.

These two genetic factors predispose the Indian population to a higher risk for Type 2 diabetes, especially if the food is not holistic and the lifestyle not balanced.

Why ↑ Risk of Diabetes – Indian population

Genetically:

- Less muscle mass
- Less number of insulin producing cells

