

Sociodemographic and Lifestyle Factors in Type 2 Diabetes Risk: A Case Study in Ratanakiri, Cambodia

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Abstract

Background: In Cambodia, the prevalence of T2DM has been steadily increasing, particularly in rural and underserved areas where access to preventive healthcare remains limited. According to recent estimates, the number of individuals living with T2DM in Cambodia is projected to rise substantially by 2050, posing significant health and economic challenges.

Objective: This study aimed to estimate the 10-year risk of developing T2DM and describe the sociodemographic and lifestyle characteristics of adults in Ratanakiri Province, Cambodia.

Method: A cross-sectional study was conducted among 464 adults in Banlung, Ratanakiri Province, Cambodia, using convenience sampling. Sociodemographic, lifestyle, and anthropometric data were collected through face-to-face interviews. The assessment of 10-year risk of developing T2DM uses a point-based system derived from statistical health models to calculate a percentage-based future risk and data were analyzed using descriptive statistics.

Result: The study population consisted predominantly of females (63.7%), with the largest age group being 45–54 years (37%). Most participants had no history of hyperglycemia (80.0%) or family history of T2DM (73.5%). While 59.5% had a normal body mass index, 29.6% were overweight, and more than half reported no regular physical activity. Based on the point-based system assessment, approximately 4% (1 in 25) of participants were estimated to be at risk of developing T2DM within the next 10 years.

Conclusion: Approximately 4% of adults in this rural Cambodian population were estimated to be at risk of developing T2DM within the next decade. The observed prevalence of overweight status and physical inactivity among participants may contribute to future diabetes risk. Although the findings are limited by the use of convenience sampling and descriptive analysis, they provide baseline evidence to support targeted health promotion, lifestyle intervention programs, and future analytical studies on T2DM prevention in Cambodia.

Ethics statement: Ethical principles were voluntary throughout the study, and informed consent was obtained from all participants.

Conflicts of interest: There is no conflict of interest.

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