

**METABOLIC DATA ON THE EPIDEMIC OF GLUCOSE
INTOLERANCE, AND DIABETES AMONG
AFROCARIBBEANS WHITES AND GUJERATIS IN
NORTH-WEST LONDON**

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Despite apparent high diabetes mortality in people of Caribbean (AfC) and Indian (Guji) birth in Britain, there are no data in these ethnic groups following glucose challenge, whether impaired (IGT) or as overt diabetes (NIDDM) on WHO criteria. We report results of 5 point, 2 hour, 75gm glucose loads in a random population sample from general practice registers for 50-74 years. So far, response rates are 67% among AfC and white 83% among Guji groups.

Venous plasma glucose, insulin, C-peptide and total free fatty acids at (NEFA) had been measured. Among 129 men (44 AfC, 41 white, 44 Guji) and 140 women (48 AfC, 43 white, 49 Guji) respectively by ethnic group, 9%, 24% and 20% of men and 13%, 18% and 39% of women have IGT. Known plus new NIDDM was found in 27%, 7% and in 22% of men and in 2% and 30% of women.

The women's mean (SD) fasting NEFA were. .42(.13) mmol/l in AfC, .5 (.22) in whites, and 0.82 (.31) mmol/l in Guji (higher— $p < 0.01$). With fasting insulin to C-peptide ratios of 18.1, 14.8 and 16, their respective glucose/insulin ratios fell from 1.12 (.07), (.36) and 0.51 (.21) fasting to 0.37 (.1), .16 (.07) and 0.13 (.06) at 2 hours.

IGT and/or NIDDM are epidemic at this age in all ethnic groups sampled, with metabolic profiles perhaps consistent with respective risks of coronary disease.