

Epidemiology of Atopic Dermatitis in Nepal: A cross-sectional, community-based survey

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- ▶ Learning Objective
 - ▶ To understand the prevalence and demographic distribution of AD in Nepal
- ▶ Takeaway Message
 - ▶ There is need for targeted public health interventions and awareness activities to optimize the management strategies for AD
- ▶ Conflict of interest: None

Background

- ▶ In Nepal, data on epidemiology of atopic dermatitis (AD) remain limited
 - ▶ For effective healthcare planning and management.
- ▶ Aim: To examine the prevalence, demographic characteristics, and associated risk factors for atopic dermatitis among the Nepali population.

Methodology

- ▶ A cross-sectional, community-based survey
- ▶ Conducted from March to September 2024
- ▶ Across diverse regions of Nepal, including urban and rural settings.
- ▶ A total of 3,00 participants aged 1-19 years

Diagnosis: Based on the UK Working Party's diagnostic criteria

Structured interviews and clinical examination

An itchy skin condition plus three or more of the five features

History of flexural
involvement

History of asthma or
hay fever

History of generalized
dry skin

Onset of rash under
the age of 2

Visible flexural
dermatitis

Methodology

- ▶ Data on socioeconomic situation, environmental conditions, and familial history
- ▶ Data analysis included descriptive statistics and linear logistic regression.

Results

- ▶ The overall prevalence of AD: 12.5%
- ▶ Higher rates observed in children aged 5-12 years (75.8%).
- ▶ Urban residents had a significantly higher prevalence (16.4%) than rural residents (8.7%).

Results

- ▶ Presence of family history of atopy
 - ▶ A strong predictor (OR: 3.2, 95% CI: 2.4-4.3).
- ▶ Environmental factors: exposure to indoor pollutants
 - ▶ Associated with increased risk.
- ▶ No significant gender difference

Conclusions

- ▶ Atopic dermatitis affects a notable proportion of Nepali population
 - ▶ Particularly children and urban dwellers.
- ▶ Family history of atopy and environmental exposures are significant risk factors.
- ▶ There is need for targeted public health interventions and awareness activities
 - ▶ To optimize the management strategies for AD in Nepal.