

October 9, 2015

Liberty University Graduate Research Symposium Abstract

Title: Knowledge of Diabetes risk factors and prevention among an adult population in Uganda

Diabetes knowledge has been identified as one of the major public health need in the prevention and treatment of diabetes. The purpose of this study was to gauge diabetes awareness and knowledge in a Ugandan adult population. A total of 400 respondents participated in the study, 193 males (48.3%) and 207 females (51.7%). Of the 400 study respondents the majority, 265 (66.3%) were in the 18 to 24 age bracket.

In this study, 99 (24.8%) of the respondents did not know the amount of daily exercise recommended to help prevent type 2 diabetes. Study participants were presented with various responses to a question regarding diabetes and its complications. Of the 400 respondents, 171 (42.8%) knew that delayed wound healing was a diabetic complication, followed by kidney failure 186 (46.5%), nerve problems 135 (33.8), vision loss 119 (29.8%), brittle bones 98 (24.5%), 81 (20.3%), joint degeneration and 55 (13.8) hearing problems.

Results suggest lack of awareness of diabetes and its complications. Awareness and education intervention programs are critical to empower the study population with diabetes risk factors and preventive measures.