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KNOWLEDGE ON LIFESTYLE HABITS OF DIABETIC SUBJECTS IN SUB-HIMALAYAN REGION OF UTTARAKHAND

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Diabetes is associated with an increased rate of co-morbidity and mortality [1]. In 2010, the prevalence of diabetes in the world was 6.4 percent in adults and by 2030 it is expected to be 7.7 percent more [2]. India is renowned as the diabetes capital in the world. India, as a developing nation, faces a huge economic burden to combat and reduce the diabetes related co-morbidity and mortality [3]. It was reported that state and central government sponsored health insurance policies covered only 19 percent of the Indian population which denotes that health care expenditure falls upon the patients and their family members [4]. Since most of the diabetic population falls into the 45 to 64 years of age group, it can affect the earnings capacities and economic productivity of the nation [5]. Knowledge towards diabetes and the right approach can reduce the morbidity and mortality at significant levels which can reduce the burden of health care expenditure amongst diabetic population [6]. The information on Knowledge, Attitudes and Practices of diabetics is essential for development of awareness programs on diabetes control and health education [7].

Methodology

Study Area: Sub Himalayan terai Area of Uttarakhand - Kotdwar Region.

Study population: Out-patient department (OPD) in the government hospital with type 2 diabetes mellitus during the study period.

Study duration: Study was conducted from August, 2018 till December 2018.

Sample size: A total of 150 walk-in diabetic patients in the government hospital-Kotdwar.

Study design: Prospective, Non-randomized observational study.

Inclusion criteria: Patients of both genders, aged above 30 years and patients willing to participate willingly were included in the study.

Exclusion criteria: Type 1 diabetes mellitus or gestational diabetes patients, aged below 20 years and patients not willing to provide voluntary written informed consent were excluded from the study.

Procedure- The questionnaire was explained to the patients in the language understood by them well. A total of 150 diabetic patients were part of the study, after getting their verbal consent to participate in the study, voluntary written consent was acquired in the form of signature.

Data Collection Method- The self structured questionnaire was used for collecting data.

Statistical Analysis- The associations of the demographic variables with the knowledge were calculated using the percentage.

Results

Lifestyle habits

Table: 1

What should be done to control blood sugar levels?	Count	Percentage (%)
Regular workout	103	68.6
Regular Dietary Habits	16	10.7
Both of the above	31	20.6



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The study reveals that misconception about diet and physical activity is prevailing. Only 20.6 percent of the respondents marked that diet and exercise both helps to blood sugar levels. 68.6 percent of the respondents marked that daily physical activity can help in controlling blood sugar levels while 10 percent of the respondents marked that only regular diet can help the blood sugar levels.

Medication

Table. 2

Knowledge of use of the Oral Hypoglycemic Agent/Insulin	Yes		NO	
	Count	Percentage (%)	Count	Percentage (%)
Once blood sugar is in control, will the drug be stopped?	66	44	84	56
Is drugs more important than diet control?	111	74	39	26
Is Insulin habit forming?	144	96	6	4

The respondents had average information of medication; 44 percent of the population believe that the drug should be stopped once blood sugar is in control. Majority of the population had poor knowledge about diet therapy 74 percent of the population believes that the drugs are more important than the dietary modifications. Only 4 percent of the population believe that insulin is habit forming. Majority of the population refuse insulin showing lack of knowledge and awareness regarding the disease.

*OHA- Oral Hypoglycemic Agent (Medication)

Self care

Table. 3

Knowledge regarding self care	Yes		No	
	Count	Percentage (%)	Count	Percentage (%)
Do you monitor blood sugar regularly?	29	19.33	121	80.66
Is self-care important in diabetes mellitus?	56	37.3	94	62.66

The knowledge regarding self-care of diabetic patients was found low. More than 80 percent respondents were not monitoring blood sugar regularly. Around 62.66 percent respondents believes that self-care is important in diabetes.

This study was conducted to understand the status of diabetes related knowledge amongst a group of diabetic subjects. The results of this study usually vary according to the demography, questionnaire structure, and statistical analysis used in the study. More than 50 percent of the respondents believes that they should not be stopped once blood sugar is in control. The present findings suggest that the majority of the subjects had average but incomplete knowledge of diabetes and related lifestyle habits and lack the information on other factors related to their condition.

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