

OP20: Factors affecting knowledge and practice regarding weight management through lifestyle modification among overweight and obese type 2 diabetes mellitus patients attending diabetic center at Teaching Hospital Jaffna

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Introduction: Energy intake in excess of requirement and physical inactivity resulting in over weight and obesity is a major driving force behind escalating type-2 diabetes epidemics worldwide. So the present study aimed to assess the knowledge and practices regarding weight management through lifestyle modification among overweight and obese type 2 Diabetes mellitus patients.

Methodology: This was a hospital based descriptive cross-sectional study carried out among 414 overweight or obese patients with type 2 diabetes mellitus. Data were collected by using an interview administered questionnaire. Data were analyzed by using SPSS version 22 and calculated as mean and percentages and presented in tables and diagrams. Chi-square and T-Test tests were used to identify variables.

Results: Among the participants age range was from 27-81 years mean age was 56.1. 28.3% were overweight and 71.7% were obese. Most of them are females (74.6%), Sri Lankan Tamil (98.8%), Hindus (73.4%), married (78.3%), nuclear family (72.5%) and unemployed (75.6%). Most of the participants (81.2%) had good knowledge and 18.8% had poor knowledge. Nearly fourth fifth of the participants took (81.6%) rice and 82.6% of the participants took rice, wheat flour preparations every day. Nearly 76.1% participants were physically active. Among them 67.3% participants did not allocate specific time to do exercise. Nearly 23.9% were not physically active. Gender ($p < 0.001$), religion ($p = 0.018$), occupation ($p < 0.001$) and civil status ($p = 0.004$) had a significant relationship with specific time allocation to do exercise among the participants.

Conclusion: Most of the participants knew about dietary managements and only few patients knew about frequency and time duration regarding exercises. Most of the participants took starchy food items on daily basis. Only small numbers of participants allocated specific time to do exercise. Screening should be done to all the type 2 diabetes mellitus patients in clinical setting and categorize as overweight or obesity. According to their BMI health education should be done by health care professionals regarding amount and portion of food items, frequency and time duration for exercise and physical activity.