

Abstract

Studies have shown that diabetes is on the rise in Uganda and the WHO (2005) published that Kampala had a prevalence of 8.1% in 2005. There is a very limited number of studies that have been published on prevalence so far and so little has been published on Knowledge, attitudes and prevalence. This study aimed at determining the knowledge, attitude and practices (modifications of risks) on Diabetes among desk bound workers who are clients of IHK.

This was a cross sectional study conducted among 80 clients of IHK using non-probability purposive sampling method. Quantitative and qualitative methods were used and the research tool was an interview guide.

The study found that a big number of respondents (45%) had moderate knowledge about diabetes; the commonest source of knowledge (42.5%) was hear-say. Most of the respondents (62.5%) had the wrong attitude (meaning that their outlook towards diabetes would not trigger them to act towards risk modifications); and 71.25% of the respondents had average practice meaning that they had some activities in acquiring it.

From the study, the researcher recommends that the right information should be brought to people so as to minimize the chances of transmitting the wrong information, and more data on diabetes in Uganda and Kampala especially should be availed through broad and extensive research.