

TOPIC: KAP about diabetes type two and the risk factors among the rural populations - a case study of Kiringente Sub County, Mpigi District.

BACKGROUND: Diabetes is among the non communicable diseases that have been declared to have hit epidemic levels in Uganda. Worst though is the fact that more than half of the people with diabetes are not aware that they have the condition. This lack of awareness could affect their attitude towards healthy behavior and practices that could help delay or prevent diabetes.

METHODOLOGY: A cross sectional study was conducted among 125 male and female respondents who were all residents of Nakirebe Sub County, Mpigi district. The respondents were aged 35 years and above. Knowledge about diabetes was assessed based on ones awareness of diabetes as a condition that presented with high levels of sugar in the blood. Data was collected using researcher administered questionnaires, and analyzed at both univariate and bivariate levels.

RESULTS: There was commendable knowledge of diabetes among the residents of Nakirebe Sub County. The study also found commendable level of awareness about the risk factors leading to diabetes, the signs and symptoms of diabetes and the complications that could result from diabetes. The study also found that though there was commendable knowledge of diabetes, a good number of respondents was not aware of their current diabetes status. However, majority of the respondents were engaging in healthy behaviors like eating healthy diet and doing regular exercise. However, it could not be established to what extent the respondents were doing physical exercises to prevent or delay development of diabetes

CONCLUSION: There was commendably good knowledge about diabetes and the risk factors among the rural populations. However, a good number of the respondents were not aware of their current diabetes status.