

Background

Diabetes is one of the most common non-communicable diseases globally (WHO, 2010). It is said to be the fourth leading cause of death in most developed countries and is epidemic in many developing and newly industrialized nations. Hence reported to be one of the most challenging health problems in the 21st century.

Objective

The purpose of this study was to investigate the factors influencing the prevalence of type 2 DM among youth between the ages of 18 to 35 with reference to Nsambya Diabetic Clinic. The study was based on three objectives, that is, to assess the level of knowledge about the cause, signs and symptoms in newly diagnosed Type 2 Diabetic patients between the age of 18 to 35 in Nsambya diabetes clinic, to establish patient demographics factors influencing prevalence of type 2 Diabetes Mellitus among youth between the age of 18 to 35yrs in Nsambya diabetes clinic and to evaluate the risks and other factors for type 2 diabetes among youth between the age of 18 to 35 in Nsambya diabetes clinic.

Method

A cross sectional study was carried out , researcher administered questionnaire were given to total number of 106 respondents as Key informants to generate quantitative data with the focus on patients attending diabetes clinic at Nsambya Hospital in Kampala district. Data was entered and analyzed by SPSS software package (version 2) Chi-square and Fisher exact tests were used to assess risks of association. A p-value $p < 0.05$ was considered statistical significant.

Results

The study targeted 106 respondents between the ages of 18-35yrs in detail based on the factors that contribute to the prevalence among the above mentioned age group. At the clinic, information was obtained from opinion leaders as key informants because of their involvement in planning and health service delivery regarding Diabetes Mellitus. Majority of patients had heard about diabetes mellitus, and a high percentage of patients got information of Diabetes Mellitus from the health related talks.

Conclusion and Recommendations

The study generally found out that there is a high prevalence rate among youth of type 2 DM and the among female as compared to their male counterparts although the difference is quite small. Behavioral changes and life style were analyzed the risk factors significantly associated with type 2 DM prevalence.

Based on the results of the study, it is recommended that patients should increase their activity. Exercise is fantastic, but it's very difficult for people to do, at least initially, and sustain. But everyone can add activity to their daily lives at least 30minutes as a routine. Patients are advised to relax in relation to stress to overcome the co-morbidity of diseases which are significantly associated with DM.

However, it is also recommended to eat a healthy and balanced diet. The diet is the same as recommended for everyone. Basically, patients should aim to eat a diet low in fat, salt and sugar and high in fibre and with plenty of fruit and vegetables to boost body's immunity and increase on the life expectancy.