

**KNOWLEDGE OF, ATTITUDES TOWARDS AND FACTORS ASSOCIATED WITH
DIABETES MELLITUS PREVENTION PRACTICES AMONG ADULTS (18-35 YEARS)
IN KAMPALA CENTRAL DIVISION, UGANDA**

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MASTER OF PUBLIC HEALTH NUTRITION

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ABSTRACT

Introduction: Non Communicable Diseases including Diabetes are the leading cause of mortality in the world. In Uganda in 1972, only 254 people were diagnosed. In 2009, the prevalence was at about 1.5 million. This emerging pandemic is driven by lifestyle changes associated with globalization. Such an increase presents an added challenge because provision of resources for management of diabetes is not the only concern. Diabetes must compete for resources with communicable diseases. Studies on knowledge, attitudes and practices on diabetes generally reveal that people have different levels of knowledge, attitudes and different practices depending on several factors. Kampala central division is the central business district and as such is experiencing a high rate of economic growth, urbanization and globalization

Objective: The main objective of this study was to determine knowledge of, attitudes towards and factors associated with diabetes mellitus prevention practices among adults (18-35 years) in Kampala Central Division, Uganda.

Methods: This was a cross-sectional study. A structured questionnaire was used to collect qualitative data from 420 participants. Data was analyzed using Stata version 12. Descriptive analysis was done to summarize data. To assess levels of knowledge, attitudes, respondents responses to questions were assigned scores. Stepwise logistic regression analysis was used to determine factors independently associated with practices for diabetes prevention.

Results: Most, 93.6% (389/420) respondents' overall knowledge on diabetes was inadequate. 75.2% (316/420) had a positive attitude towards diabetes prevention. The overall practice relating to diabetes prevention among most 86.81% (362/420) respondents was poor. Factors that were significantly associated with practices related to diabetes prevention included being male (AOR 0.52, 95% CI: 0.28, 0.95), not having a family member with diabetes (AOR 1.18, 95% CI: 1.01, 3.834), respondents who attained secondary education (AOR 3.32, 95% CI 1.31, 8.44) and respondents earning above 750,000 (AOR 0.23, 95% CI 0.110, 0.743).

Conclusion: Overall knowledge levels on diabetes prevention were low although majority had a positive attitude in relation to the prevention of diabetes. Most respondents had poor practices in regard to prevention of diabetes. The factors associated with practices for diabetes prevention were sex, total earnings, and presence of a family member with diabetes.

Recommendation: The district health team of Kampala district and Ministry of Health should start up community sensitization campaigns on diabetes and how it can be prevented.