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## Evaluation of the medical and dietary management of type-2 diabetes mellitus among urban and rural dwellers of Ughelli South Local Government Area of Delta State, Nigeria

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**Statement of the Problem:** The primary goal in the treatment of diabetes is for patients to maintain proper metabolic control and to reduce the risks of health complications. However, poor patient education on the management of diabetes including self-monitoring and control of glycaemia, non-adherence to treatment regimen have been reported to contribute to poor diabetes care and treatment outcomes. This research work evaluated the medical and dietary management of type-2 diabetes mellitus among urban and rural dwellers of Ughelli South Local Government Area of Delta State, Nigeria.

**Methodology:** The study utilized a cross-sectional design and qualitative methods among 20 type-2 diabetes mellitus patients, 10 each from both urban and rural area selected purposively. The research instrument was an in-depth interview guide, which was analyzed thematically, interpreted and the findings discussed.

**Findings:** The study revealed that persons aged 45 years and above had a high risk of developing type-2 diabetes and there was high level of awareness of type-2 diabetes among the subjects. However, urbanization influenced the level of understanding of the disease and compliance with recommended medical and dietary therapy. In addition, factors such as religious belief in faith healing, herbal remedies, ignorance, low socio-economic status and poor access to health facility were found to influence the participants' attitude to effective medical and dietary management of type-2 diabetes.

**Conclusion & Significance:** Urban subjects demonstrated a better knowledge and management of the disease than their rural counterpart. Recommendations are made for the Ministry of Health to carry out a massive awareness campaign and screening programs in rural areas to identify cases of type-2 diabetes among the high-risk group.

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