

18th World Congress on Endocrinology & Diabetes

November 22-23, 2022 | Webinar

Volume : 11

Risk factors associated with Type 2 Diabetes Mellitus at Kibuye. The referral Hospital, Rwanda - A case control study

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Statement of the Problem: Type 2 Diabetes Mellitus (T2DM) is increasing globally, being among the leading cause of premature mortality. If no bold actions are taken, nine in ten persons diagnosed with diabetes will have T2DM by 2025. The purpose of this study is to assess socio-demographic characteristics and identify lifestyle factors associated with T2DM at Kibuye Referral Hospital. Methodology & Theoretical Orientation: Hospital-based case control study design was used. Food frequency, and global physical activity questionnaires adapted from WHO were used. SPSS v 23 was used for all research analysis. Descriptive statistics were used to summarize categorical variables with help of frequencies and percentages. Binary logistic regression was used to identify the factors associated with T2DM by computing odds ratio with corresponding 95% confidence interval. Logistic regression models using multivariate analysis with a significance level of 5% was used to establish the independent risk factors of T2DM by controlling the confounding variables. Findings: Smoking, level of physical activity, low level of dietary diversity were associated with T2DM. The likelihood of developing T2DM among smokers was about 9 times more [AOR= 8.9; 95%CI=2.84-27.86; p<0.001] compared to nonsmokers. Respondents with low level of physical activities were 8.1 times more likely to get T2DM than those with high or moderate physical activities [AOR=8.1; 95%CI= 2.90-22.79; p<0.001]. Similarly, respondents with low level of dietary diversity score were 6 times more likely to develop T2DM [AOR= 6.03; 95%CI= 1.67-21.80; p=0.006] compared to those with high level of dietary diversity score. Conclusion & Significance: Lifestyle factors that showed strong association with T2DM can all be modified by public health interventions that are promoting physical activity, healthy lifestyle, and dietary diversity. Recommendations: there is a strong need that policy makers align existing policies with the current evidence to curb the trends of T2DM globally

Biography

Egide Freddy Muragijimana is a young researcher, whose passion and career orientation has embraced Noncommunicable disease and reproductive and maternal health domain. He has an extensive successive experience in health sector of more than 5 years, as a healthcare professional, and Health Data Analyst at both public and International Non-Government Organizations. He holds a Master of Public Health, Major in Epidemiology, and disease control, and holds a Post Graduate Diploma in Clinical Research. Currently, he has published two research articles, with others on review stage.

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Abstract received : June 20, 2022 | Abstract accepted : June 22, 2022 | Abstract published : 20-12-2022