

KAP Study on Awareness of Diabetes Mellitus among Adults in Delhi-NCR

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Background

Diabetes is a group of metabolic diseases characterized by hyperglycemia resulting from defects in insulin secretion, insulin action, or both. The chronic hyperglycemia of diabetes is associated with long-term damage, dysfunction, and failure of different organs, especially the eyes, kidneys, nerves, heart, and blood vessels. Diabetes Mellitus is a chronic Disease caused by inherited and /or acquired deficiency in production of insulin by the pancreas. Diabetes is a fast gaining the status of potential epidemic in India with more than 62 million diabetic individuals currently diagnosed with the disease.

Aims and objectives

KAP study on the level of awareness about diabetes mellitus. A descriptive cross-sectional study was conducted among 294 respondents in Delhi/ NCR. The data was collected from individuals in the age group of 18-35 years, a pre-tested questionnaire was used to assess the level of awareness about the diabetes mellitus.

Method

Pilot survey

The data was collected from individuals in the age group of 18-35 years. A pre-tested questionnaire was used to assess the level of awareness about diabetes mellitus.

Result

A total of 294 respondents were enrolled in this study. The study reveals that the participants showed high levels of knowledge (73.6%) about diabetes mellitus and scored lowest when it came to practice (43%). Mediocre scores were registered when it came to attitude related questions (66.05%).

Conclusion

The results basically show us the correlation between the three factors studied while conducting the KAP study. The preliminary solution would be to improve the current level of practice of the target population as that aspect is lagging behind.