

## **Risk factors for developing Type 2 diabetes: awareness amongst the public and healthcare staff**

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### **Aim :**

To determine the awareness of risk factors which predisposes one to Type 2 diabetes (DM) amongst the Public as well as Healthcare staff.

### **Methodology:**

The subjects were recruited from a public health screening event. The participating subjects were shown ten risk factors associated with DM. The risk factors included were: ethnicity, high BMI, hypertension, family history of DM, sedentary lifestyle, older age, high-calorie diet, medication, high-stress level and previous gestational diabetes mellitus.

The questionnaires were conducted by volunteers for a public during health screening event, and self-administered questionnaires by healthcare staff. A 4-parameter beta regression model was applied to analyse how the factors were associated with the overall score of DM risk perception (permissible range: 0—10). Analysed with Stata 10.0, all statistical tests were conducted at 5% level of significance.

### **Results :**

A total of 695 respondents participated in the survey. A typical respondent was a Chinese female (46.9%) with a mean age of 48 (s.d.: 15.2). The average score of DM risk awareness was 7.35 (s.d.: 1.85). 26.6% were HCS and the mean scores of DM risk perception were 7.25 (s.d.: 1.77) for HCS and 7.41 (s.d.: 1.87) for PB. There was no significant difference in risk perception between HCS and PB after adjusting for educational attainment, gender, age, ethnicity, marital status, DM status and FH of DM. HCS & PB who had a FH of DM were more aware of the risks associated with DM.

### **Conclusion:**

PB and HCS were generally aware of the risk factors for DM. Educational activities should be continued to promote and increase awareness of risk factors associated with DM.