

Abstract: P-1545

Aspects of diabetes among selected community members in central Kenya

IDF World Diabetes Congress Melbourne, Australia, 2013

S. Irungu¹, C. Karekezi², E. Njenga³.

¹Kenya Diabetes Management & Information Centre, Education, Nairobi, Kenya.

²Kenya Diabetes Management & Information Centre, Research, Nairobi, Kenya.

³Kenya Diabetes Management & Information Centre, Clinical and Research, Nairobi, Kenya.

Introduction

Community diabetes awareness and screening campaigns provide a forum to address the lack of diabetes knowledge among community members in Kenya. Such information is essential for optimal diabetes self-management and risk factor modification.

Methods

Diabetes awareness and screening sessions were conducted in four counties in Central Kenya in collaboration with local administrative and religious leaders; healthcare workers (community health workers, nutritionists, diabetes educators, clinicians); diabetes support group members; and local volunteers previously sensitised during stakeholder diabetes awareness workshops. Most awareness sessions were held after Sunday church services with multiple sessions conducted simultaneously in different venues in a given county. Each session comprised a diabetes awareness and education session, followed by voluntary screening for diabetes and hypertension. Community members with abnormal blood sugars and high blood pressures were referred to local health centres for follow up. Demographic and medical history data was collected from all attendees who also received take home diabetes information leaflets in Kiswahili and Kikuyu. The data collected was analysed and used to characterise diabetes in this community.

Results

A total of 4880 community members (aged 15 to 98 years, 70.12% female) attended the awareness sessions held in 44 centres. The self-declared prevalence of diabetes and hypertension among the attendees was 8.57% and 15.82%, respectively with 40.43% of those with diabetes also living with hypertension. The majority of those with diabetes were aged 50 to 70 years; had primary level education; were farmers by occupation; with diabetes duration of 1 to 6 years. Of those with diabetes, 10.63% male and 7.69% female; 22.08% declared a family history of diabetes; 99.04% engaged in regular physical activity; and eight reported to have heart disease. Oral hypoglycaemic agents and insulin were used by 72.97% and 16.99% of those with diabetes, respectively. The majority of those living with diabetes declared adequate knowledge of diabetes.

Conclusion

Community diabetes awareness and screening was used to profile community members living with diabetes. Sustained diabetes awareness and screening campaigns in other regions of high diabetes prevalence are envisaged to reinforce community diabetes awareness and further characterise diabetes in Kenya.

No conflict of interest