Diabetes mellitus awareness among Tabuk University Students, Saudi Arabia (2015)

Nawaf H Hamdi, Fawaz K Alanazi and Mohammed A Albalawi
University of Tabuk, Saudi Arabia

Background: DM is a physiological condition caused by either production of inactive insulin or inadequate production of insulin. Insulin is responsible for regulating blood sugar levels.

Objectives: This study aims to unveil how well the students are informed as far as diabetes mellitus is concerned.

Methods: A total of 200 subjects students were randomly selected and interviewed using two different structured questionnaires during the period from August 30, 2015 to September 17, 2015. The questionnaires were including risk factors and complications of type 2 DM as well as methods of prevention. The SPSS (Version 20) was used for statistical analysis.

Results: Out of 200 subjects, 103 were male and 97 were female, their ages ranged from 18 to 24 years and 16.5% was diabetic patient. In this study, 55% were not aware of the DM risk factors, only 45% of participants identified family history as major risk factor. Just 47% knew physical inactivity and obesity are risk factors and close to 60% were not aware of the methods of prevention. 39.5% knew that DM can result peripheral neuropathy while 30% knew that DM can cause retinopathy. Other complications got low response including chronic renal failure (12.5%), CHD (11%), sexual dysfunction (4.5%) and stroke (4.5%).

Conclusion: There is lack of awareness of DM among University students. This calls for larger studies to investigate the awareness of this morbid disease among the public. Raising the awareness of the University students as an important sector of the community is badly needed.

Biography
Nawaf Hussain Hamdi is a Medical Intern who graduated from Tabuk University, Saudi Arabia.

Notes: