

AN EVALUATION OF AWARENESS OF TYPE
2 DIABETES AND PRACTICE THAT
ASSOCIATED WITH TYPE 2 DIABETES
AMONG ADULTS IN KAMPUNG KETARI,
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ABSTRACT

Type 2 diabetes mellitus is recognized as a major global public health problem especially in developing and newly industrialized nations. A cross sectional study was carried out to evaluate the awareness of type 2 diabetes mellitus and practice that associated with type 2 diabetes among the adults in Kampung Ketari, Bentong, Pahang. A total number of 120 respondents between 21 to 70 years old participated in this study, yielding a 100% participation rate. A self-administered questionnaire was divided into three sections which consisted socio-demographic background, awareness of type 2 diabetes mellitus and practice that associated with type 2 diabetes mellitus. The results revealed that most of the respondents (73.3%) had poor awareness of type 2 diabetes. There were no significant differences found between the awareness level with gender, age groups, ethnic groups and education level. Study also showed that majority of the respondents (74.2%) had bad practice that associated with type 2 diabetes mellitus. There were significant differences between lifestyle practice with genders ($p=0.045$) and education level ($p=0.001$). In conclusion, appropriate diabetes education and preventive programmes, including lifestyle intervention need to be formulated for the target population to reduce the risk and delaying the onset of type 2 diabetes mellitus.