P1189 - Family history of diabetes and differences in awareness about 'Diet and Diabetes' among young people in Karachi , Pakistan

DIABETES EDUCATION -

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Background

Diabetes rates are expected to increase in Pakistan and today's youth need to take actions now to prevent their future risk of developing diabetes. Understanding level of awareness and subgroup differences is essential to develop effective awareness programs. Understanding Family history of diabetes related differences would be helpful in making diabetes prevention education for youth more effective

Aim

The purpose of this study is to find out Family history of diabetes differences in awareness about "Diet and Diabetes" among young people in Karachi Pakistan.

Method

This study was conducted by Nutrition foundation of Pakistan's "Public Health Educators" group. Data was collected through an online structured questionnaire disseminated through survey monkey through NFP and other sources. The Questionnaire had a total of ten questions about knowledge. T-test Chi square test was applied to estimate statistical significance of differences in nutrition knowledge.

Result

Data was collected from 100 respondents till 21.4.2017 and will continue for next 2 weeks. Majority of the subjects (55%) were aged 18- 20, 34% were 21-25 years old and remaining 15-18 years old , Though differences in total knowledge score were not significantly different in individual question significant differences were noted. For example a significantly higher proportion of girls (64%) knew that "for people with diabetes, besides sugars, it is important to limit their intake of salt" as compared to boys (34%) $P=0.007$.

Discussions

This study evidenced that there may be significant difference in knowledge of male and female youth and larger studies should be done to explore such difference and actions should be taken to improve young people's diabetes related knowledge.

Knowledge		Gender		Total
		Male	Female	
Poor	Count	3	17	20
	%	12.5%	22.7%	20.2%
Good	Count	21	58	79
	%	87.5%	77.3%	79.8%
Total	Count	24	75	99
	%	100.0%	100.0%	100.0%

Gender			
Male		Female	
	Mean		Mean
Overall	5.75	Overall	6.18
17 to 20 years	5.72	17 to 20 years	5.76
21 to 23 years	5.98	21 to 23 years	6.75