

# GENERAL AWARENESS AMONG PEOPLE ABOUT DIABETES - QUESTIONNAIRE SURVEY

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## ABSTRACT:

GENERAL AWARENESS AMONG PEOPLE ABOUT DIABETES.

AIM: To know the level of awareness among people about diabetes.

OBJECTIVE: The objective of this article is to know the level of awareness and to create awareness among people about diabetes.

MATERIALS AND METHODS: 100 people were selected for this study and a questionnaire survey was taken.

BACKGROUND: The majority (81%) of the population 35 years of age and older report that they have had a blood test for diabetes. People with a diagnosis of diabetes, pre-diabetes, or hypertension are more likely to have had a blood test for diabetes than others, including people at high risk for diabetes. Those who are obese or who have a family history of diabetes also are more likely to have been tested. Nine percent (9%) of the population have been told by a doctor or other health professional that they have pre-diabetes. Forty-eight percent (48%) of the population are at high risk for diabetes, but have not been told that they have pre-diabetes. Even then also there are people who are not aware of the disease. This survey was mainly concentrated about the awareness among people

REASON: By knowing the level of awareness among people we can also help them to know more about the disease and create awareness.

## INTRODUCTION:

**Diabetes mellitus**, commonly referred to as **diabetes**, is a group of metabolic diseases in which there are high blood sugar levels over a prolonged period.<sup>[2]</sup> Symptoms of high blood sugar include frequent urination, increased thirst, and increased hunger. If left untreated, diabetes can cause many complications.<sup>[3]</sup> Acute complications include diabetic ketoacidosis and nonketotic hyperosmolar coma.<sup>[4]</sup> Serious long-term complications include cardiovascular disease, stroke, chronic kidney failure, foot ulcers, and damage to the eyes.<sup>[3]</sup>

Diabetes is due to either the pancreas not producing enough insulin or the cells of the body not responding properly to the insulin produced.<sup>[5]</sup> There are three main types of diabetes mellitus:

TYPE 1 diabetes, TYPE 2 diabetes and gestational diabetes.

## THE PURPOSE OF THE STUDY:

1. To know the level of awareness among people about diabetes
2. To investigate whether the people have any idea about the signs and symptoms of diabetes
3. To increase awareness of the seriousness of diabetes, its risk factors, and strategies for preventing diabetes and its complications among at-risk groups.
4. To improve understanding about diabetes and its control and to promote better self- management behaviors among people with diabetes and their social supporters.
5. To improve health care providers' understanding of diabetes and its control and to promote an integrated approach to care.
6. To promote health care policies that improve the quality of and access to diabetes care.

## MATERIALS AND METHODS:

The survey was in the form a close ended questionnaire conducted in 2015. Totally 100 people were randomly selected for this study participation of the people was voluntary. The questionnaire consisted of 23 questions. Five options were given, people were requested to choose any one from that to grade their response. The options are

- 1 - not aware
- 2 – somewhat aware
- 3 – neutral / confused

- 4 – partly aware  
5 – well aware.

Based on the options they chose the scores were given and all the scores were added up. The maximum score of the paper is 115.

#### RESULTS:

- 32% people were not sure that whether diabetes is a hereditary disease or not
- 61% of people were not aware about the types of diabetes.
- 25% of People are not at all confident about the food they eat , foods which helps to control diabetes and which tends to increase diabetes
- Awareness among people about insulin is very less compared to other information about diabetes.

#### STATISTICAL REPRESENTATION:

##### Descriptive Statistics

	N	Range	Minimum	Maximum	Mean	Std. Deviation
Awareness	100	51	48	99	72.09	10.333
Valid N (listwise)	100					

In this study totally (N) 100 people were asked to fill the questionnaire. In which 48 was the minimum score and 99 was the maximum score. The mean of all the value was found to be 72.09 and the standard deviation was found to be 10.333

##### Awareness category based on quartiles

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid <65	27	27.0	27.0	27.0
66 to 72.5	23	23.0	23.0	50.0
72.5 to 78.75	25	25.0	25.0	75.0
>78.75	25	25.0	25.0	100.0
Total	100	100.0	100.0	

Out of 100 people those who got less than 65 was 27%, 23% of people got 66 – 72.5 , 25 % of people got 72.5 – 78.75 and those who got more than 78.75 was 25% .

#### DISCUSSION:

The objective of this study was to identify the level of awareness among the selected 100 people about diabetes and to create awareness among people about it. Because in this modern world even a 10 year old kid is also suffering from diabetes, by creating awareness they can able to diagnosis the disease early and also suggest some ways to control their blood sugar level.

In the questionnaire the questions were mainly focused on the signs, symptoms and general information about diabetes. Because it will help to find out whether they know at least the general informations of this disease . In rural areas, the awareness and knowledge about diabetes are significantly lower than in urban.

Nearly 43% of people had answered that not getting enough exercise will not cause diabetes, and common opinion of all those people is even if we do exercise also we will suffer from disease. More than 25% people believed that eating sweets and intake of more amount of sugar causes diabetes.

28% of the people had answered that the drugs for high blood sugar will not have any effect on the blood sugar level. Only 15% of the people were aware about the risk factors of diabetes . Nearly 27% percentage of the people had no idea ( neutral ) about the relationship between diabetes and high cholesterol level

Only 13 % of the people were aware about the types of diabetes. In those few people most were diabetic . 43% of of people were not at all aware about the disease. Only 8% of the people had received the diabetes education from the doctors.

Mostly 55% of the people know about some of the signs and symptoms of diabetes and 15% of the people were not aware about the signs and symptoms and rest of them were neutral.

People who were diabetic knew more about the disease than the others who were non diabetic. If people know much about the disease they can share their information with others and also they can be cautious.

#### RECOMMENDATIONS;

- Health professional must advise the patients to take care of their food habits and regular exercise Government must conducted a blood sugar check up camp at least twice in a year.
- Physicians can stick charts explaining the symptoms of diabetes , complications of diabetes

If these improvements are improved, hopefully the level of awareness will increase.

