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Knowledge, attitude and practice among prediabetes participated in prediabetes education program

Mohsina Hyder K

JSS Academy of Higher Education and Research, India

Prevalence of prediabetes has been increasing globally and it is estimated that 470 million people would have prediabetes by 2030. Progression to T2DM happens swiftly attributed to dietary patterns and sedentary lifestyle. T2DM carries high morbidity and has a huge health and financial impact. The lack of knowledge among the prediabetics is the major factor contributing to failure in disease progression prevention. Recent studies highlight the importance of diabetes education programs. We aimed to organize Prediabetes Education Program (PEP) as 90% people with prediabetes are still unaware on it. Prediabetes Education Program is a cost effective strategy among health literacy for prevention and control of diabetes and its complications by preventing the prediabetes progression. This study involves construction and validation of KAP questionnaire for prediabetes. This is a self-administered 30 items questionnaire administered to prediabetes through medical screening camps conducted over selected districts of South India. The questionnaire development involved several steps like conceptualization, questionnaire design, literature review, experts review, pretest, pilot tests and also validation procedures like face validity, factor analysis and Cronbach's alpha. The validated questionnaire was administered to 210 prediabetics including males and females under the age group of 25 to 55 years who participated in PEP at baseline and final visit. Questionnaire showed satisfactory validity and reliability and fairly easy to read scores in readability tests. Outcomes were measured by comparing scores obtained before and after providing prediabetes education and counseling. Patient knowledge deficits were identified and proper counseling was provided. Significant improvements were observed with the KAP domains of prediabetes towards disease management.

Biography

Mohsina Hyder K is currently pursuing Doctoral degree at JSS College of Pharmacy, Ooty under JSS Academy of Higher Education and Research, Mysuru. Her project study is on prediabetes.

mohsinahyder@gmail.com

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