

DIABETES AND DIABETIC NURSE EDUCATION CARE AND PRACTICE

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Gender differences in predictors of diabetes knowledge: A case study from public sector employees in Addis Ababa, Ethiopia

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Diabetes mellitus (DM) is one of the most chronic diseases in nearly all countries and continues to increase in number and significance. Increase in diabetes prevalence and loss of active labor force in countries like Ethiopia has dramatic implications for public health, productivity and national burden. Awareness in patients with diabetes is a key factor to improve quality of life and limit diabetic complications and financial burden. The aim of this study was to examine gender disparities in predictors of diabetes mellitus knowledge (DMK) in Ethiopia. A cross-sectional method was used from federal offices employee in Addis Ababa who came for a DM campaign. Face to face interview was conducted among 1721 adults (18≥ years) using a systematic random sampling technique. A structured knowledge-based questionnaire was administered an individual's knowledge level scored. Pearson's chi-square test, Mann-Whitney U-test, and multiple linear regressions were used for data analysis. The mean DMK±SD for female participants was 10.68±4.58 (range 2-15) and for male participants was 11.11±4.52 (range 2-15). Men had significantly higher diabetes knowledge score than women (P=0.002). In the fully adjusted multiple linear regression, income, education, information from a friend, information from book and information from radio/tv were positively and significantly associated with diabetes knowledge in both men and women. Age, obese and information from internet web were positively and significantly associated with diabetes knowledge in men respondents. Our findings provide a new insight into diabetes knowledge and associated factors among public sector employees based on gender in Ethiopia. Our finding showed that women participants had a lower awareness about diabetes, in turn, may affect their ability for self-management and health outcome. Diabetes affects an increasing proportion of the population in Ethiopia, women empowerment and involvement in diabetes education is crucial in order to address the gender disparities.

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