



Education and Prevention of Complications of Diabetes Mellitus

Purpose

- To help those with Diabetes Mellitus increase their awareness of the lifestyle choices and complications with the disease.

Epidemiology

- 20.8 million children and adults -- 7.0% of the population -- have diabetes.
- Two million adolescents (or 1 in 6 overweight adolescents) aged 12-19 have pre-diabetes.

Background

- Diabetes Mellitus can damage various parts of the body leading to:
 - Cardiovascular disease
 - Retinopathy
 - Neuropathy
 - Nephropathy
- Although Diabetes can have serious complications, many can be prevented or minimized with good glycemic control.

Methods

- Participants were recruited by the Franklin-Williamson Bicolony Health Department.
- These participants were all older than 18 and were adults living with Diabetes Mellitus.
- An initial questionnaire was distributed to the participants through their monthly meeting.
- Three open-ended questions were asked for the participants to fill out.
- These questions asked what the participants were unclear or wanted more information about regarding Diabetes.

Methods (cont.)

- From the information gathered from the questionnaire, a 45 minute lecture was prepared.
- The lecture included information about Diabetes, Complications and Current Treatment Goals.
- A Pre and Post Lecture Survey was distributed and completed by the participants.
- Survey included questions on lifestyle choices and general knowledge of Diabetes Mellitus

Participants

- Although we were hoping for a greater number of participants, inclement weather limited those attending to 13.
- 8 Females, 5 Males
- Mean age range: 61 – 75
- 1 College Graduate, 9 Attended some College and 3 High school Graduate

Findings

- 8 Identified themselves as from a rural area, while 5 saw themselves as being from mixed rural/city type area.
- On a scale of poor, fair, good, very good, and excellent:
 - 7 Participants rated overall health as good
 - 4 Participants rated overall health as fair
 - 1 rated poor, 1 rated excellent

Results

- Overall, Pre-lecture quiz results were:
 - Men: mean score 65 % correct
 - Women: mean score 66 % correct
- Post-lecture quiz results were:
 - Men: mean score 82 % correct
 - Women: mean score 81 % correct

Conclusions

- Diabetes Education is very important facet in the treatment of Diabetes Mellitus.
- Increased awareness to recommended lifestyle modifications may help diabetics reach and maintain glycemic goals.
- Staying within glycemic goals will ultimately improve health of diabetics.