

**GENDER DIFFERENCES IN DIABETES MELLITUS SELF-  
MANAGEMENT IN SELECTED HEALTH CENTRES  
IN KINGSTON & ST ANDREW AND PORTLAND (JAMAICA)**

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## ABSTRACT

### GENDER DIFFERENCES IN DIABETES MELLITUS SELF- MANAGEMENT IN SELECTED HEALTH CENTRES IN KINGSTON & ST ANDREW AND PORTLAND (JAMAICA)

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Worldwide diabetes is on the increase and the number of men and women living with the condition is alarming. Jamaica has a high morbidity and related mortality from diabetes with gender differences in these indices.

This cross-sectional study with 120 participants was conducted in rural and urban Jamaica to determine potential differences by gender in self-management among diabetes patients.

Forty-six men and Seventy-four women were interviewed as they attended primary health care clinics in Kingston (urban) and Portland (rural). More than fifty percent (50%) of participants were found to be fully compliant with each component of the diabetes management regime (diet, exercise, and medication compliance, regular visits to the doctor, blood glucose monitoring, and eye and foot examinations). The others were not consistent in their self-care practices. Males were significantly less likely to have foot care than females who frequently performed examinations. Respondents reported a dependence on their doctor or nurse to have their tests done and had financial difficulties in meeting some of their self management options. However despite these shortcomings most patients

(63.5% females, 65.2% males) irrespective of gender believed that they could live comfortably with diabetes.

I recommend that further studies be done including private practices to further unravel the gender differences in self-management.