

KNOWLEDGE, PERCEPTION & ATTITUDE OF THE RISK FACTORS AND ASSOCIATED LIFESTYLE BEHAVIOURS OF TYPE 2 DIABETES MELLITUS AMONGST STUDENTS IN THE SIXTH FORM GOVERNMENT SCHOOL

Latifah Holder

Project Supervisor: Dr. Selby Nichols

2014

Background: The development of type 2 diabetes mellitus continues to be a growing concern for adolescents between the ages of 16-25. Research has shown that young people in this age group continue to live a relatively sedentary lifestyle which has thus increased their risks for developing Type 2 Diabetes Mellitus

Objective: The objective of this research is to determine how do persons knowledge of level of awareness of the disease and its risk factors, influence their lifestyle behavioural patterns.

Design: The study was conducted on 145 male and female students of the Sixth Form Government School. They were asked knowledge questions to determine their knowledge levels and their consumption patterns were assessed using a food frequency questionnaire.

Results: The student population had an average level of awareness of diabetes and its risk factors. Their knowledge levels significantly reflected their lifestyle behaviours; they had poor unhealthy eating habits, however they had good average physical activity levels.

Conclusion: The less knowledge a person has about Type 2 Diabetes and its risk factors, the more likely their lifestyle behaviours will be negatively affected.

