

TYPE 2 DIABETES MELLITUS: RISK EVALUATION AND ADVICE IN UNDERGRADUATE STUDENTS IN ASHRAFIEH, LEBANON

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Background: Type 2 diabetes mellitus (T2DM) is a chronic lifestyle disease. It has become evident that T2DM occurs even among the younger age groups.¹ In Lebanon, T2DM has a major public health impact through high disease prevalence, significant downstream pathophysiologic effects, and enormous financial liabilities.²

Objectives: The aim of this study was to determine the risk of T2DM among undergraduate students from Ashrafieh city by using the validated Diabetes Risk Score Questionnaire. This study also offered T2DM education and awareness to respondents.

Methods: A cross-sectional study was conducted by using a validated questionnaire. Of the total 100 students approached, 79 accepted to participate in the study. Respondents were interviewed and scored by using the Diabetes Risk Score Questionnaire on the basis of 4 parameters: age, abdominal obesity, physical activity, and family history of diabetes.

Results: : Of 79 students screened by using the Diabetes Risk Score Questionnaire, 39 (49%) were male, and 40 (51%) were female. In description, 23 (29%) respondents were not doing any exercise, and only 40 (51%) respondents were without abdominal obesity. Overall, 10%, 44%, and 46% of the respondents were found to be in the high, moderate, and low diabetes risk groups, respectively.

Conclusions: According to the International Diabetes Federation, the projected prevalence of T2DM among adults in Lebanon for 2020 is 20.4%. Our study found that only 46% of respondents were in the low-risk category. Thus, it is essential to enhance awareness among the youth regarding T2DM and also of obesity and physical activity, as most of the respondents were found to lead a sedentary lifestyle. Therefore, as per the study plan at the end of the questionnaire, a booklet on "Diabetes Prevention Advice" was provided to all the respondents.

Key words: Lebanon, type 2 diabetes mellitus.

Disclosure of Interest: None declared.

References

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