P71: Diabetes Mellitus type II risk assessment in Northern Portugal

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Introduction: Diabetes mellitus (DM) type II is a chronic disease with high prevalence of morbidity and mortality therefore associated with high costs at primary health care level (Kalofoutis, Piperi, Kalofoutis, Harris, Phoenix & Sing, 2007).

Objectives: To assess the risk of developing type II DM in residents from six localities in Northern Portugal, in a timeline of 10 years.

Materials and Methods: It was developed a cross-sectional and descriptive study. A non-probabilistic sample of 110 nondiabetic individuals was collected in northern Portuguese localities during September 2012 and January 2013. It was used the Finnish Diabetes Risk Score. Most participants were female (71.8%), without professional activities (54.5%) and with ages between 18 and 91 years.

Results and Discussion: Results show a low-risk (15.5%); slight risk (22.7%); moderate risk (35.0%); high risk (28.2%) and very high risk (1.8%) of developing type II DM in a period of ten year. Taking into account the non-modifiable risk factors, it was found that 57.3% of participants had 64 years or more and 31.8% had a family history of 1st degree. In relation to modifiable risk factors, it was found a change in body mass index (71.8%) and a change in waist circumference (78.2%). Moreover, it was found that 56.4% of the participants did not practice physical activity, 36.4% did not eat fruit and vegetables, 42.7% did not take any medications for arterial hypertension and 9.1% never had measured glycemic level.

Conclusion: Early screening for DM type II and other chronic diseases allows the implementation of strategies that set a priority to changing lifestyles reducing the risk and treatment costs associated with the disease.

References