

Assessing Knowledge on Type-2 Diabetes Mellitus Among Community Members of Mantin, Malaysia

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ABSTRACT

INTRODUCTION: With type-2 diabetes being an important public health concern in Malaysia, primary prevention plays a significant role in managing the burden of diabetes. Health education is a proven effective intervention to uplift the knowledge to prevent the disease occurrence. This study aimed to assess the knowledge on type-2 diabetes mellitus (T2DM) and to investigate the relationship between knowledge level and the sociodemographic factors among the community members in Mantin, Malaysia. **METHODS:** A cross-sectional study was carried out in eight housing areas in Mantin, Malaysia. A total of 380 participants were recruited using the convenience sampling method. A questionnaire to detect the sociodemographic characteristics of the respondents and to assess the knowledge level of the respondents was used. To assess the knowledge of T2DM, a validated 24-item Diabetes Knowledge Questionnaire (DKQ-24) was used. The data was analysed by Statistical Package for Social Science. **RESULTS:** The proportion of study population with poor knowledge level was 20.5%, moderate level was 71.3% and good level was 8.2%. Factors that were statistically and significantly associated with poor knowledge level were age ($p < 0.0001$) and household income ($p < 0.007$). **DISCUSSION:** Creating more awareness on diabetes risk factors is important among younger age group and lower income households. Further studies to explore the characteristics on this two significant groups of population are recommended. Interventions to carry out diabetes health educations is crucial to uplift the overall level of knowledge of Mantin population in Malaysia.

KEYWORDS: Knowledge, socio-demographics, type 2 diabetes, DKQ-24, Malaysia

Association Between Quality of Life and Diabetes Among Elderly in Malaysia

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BACKGROUND: Diabetes is a chronic metabolic disease with wide implications on well-being and social life. This study aims to assess the quality of life (QoL) among the elderly with diabetes in Malaysia. **METHODS:** We utilised data from the National Health and Morbidity Survey (NHMS) 2018 that include older people aged 60 years and above. The NHMS is a nationwide cross-sectional survey using multi-stage stratified sampling method. Respondents with diabetic status were captured by self-reported of being told or diagnosed by a medical practitioner. QoL was measured using the CASP-19 comprises of 4 domains: Control, Autonomy, Self-Realisation and Pleasure. Descriptive data analysis was done by accounting for complex sampling analysis using SPSS Version 24. **RESULTS:** There were 3746 individuals aged 60 years and above included in this study. The estimated mean QoL score for elderly was 46.76 (95%CI: 46.06, 47.45). The estimated mean QoL score of those with diabetes was 47.17 (95%CI: 46.37, 47.96) as compared to elderly without diabetes, 46.61 (95%CI: 45.93, 47.29). By domain, the QoL patterns decreased among elderly with diabetes: Control: 9.04 (95%CI: 8.74, 9.33), Autonomy: 12.22 (95%CI: 11.95, 12.48), Pleasure: 13.38 (95%CI: 13.15, 13.61) and self-realisation: 11.98 (95%CI: 11.70, 12.25). **CONCLUSION:** There is no significant difference of QoL between diabetic and non-diabetic respondents in Malaysia population. Further research is needed to explore and assess other factors that might influence QoL among the elderly in Malaysia.

KEYWORDS: quality of life, diabetes in older adults, NHMS, Malaysia