FACULTY OF CLINICAL SCIENCES
COLLEGE OF MEDICINE, UNIVERSITY OF LAGOS

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THEME

Environmental Virology, Exposomics and Epigenetics

VENUE

Old Great Hall, College of Medicine,
University of Lagos, Idi Araba,
Lagos State

DATE

WEDNESDAY 8TH JUNE 2016

TIME

8.00 am - 5.00pm

• PROGRAMME & BOOK OF ABSTRACTS •

DIABETES MELLITUS: IDENTIFYING THE KNOWLEDGE GAPS AND RISK FACTORS AMONG ADOLESCENTS ATTENDING A PUBLIC SCHOOL IN LAGOS STATE

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Introduction: The prevalence of diabetes mellitus (DM), a non-communicable disease (NCD) is on the rise in adolescents world-wide. Therefore, knowledge which facilitates prevention and early detection is important. The objective of this study was to determine the knowledge of DM and self-reported risk factors among adolescents in a senior secondary school in Surulere, Lagos State.

Methodology: This was a cross-sectional descriptive study of 144 male and 106 female students aged between 10 and 19 years. Respondents were selected through multi-stage sampling technique. A structured questionnaire was used to collect data. Epi Info ® 7.1.5 was used for data analysis and the level of statistical significance was set at 5%.

Results: Two-thirds had heard of DM, of which 64.9% knew it referred to abnormally high blood glucose, it was a lifelong condition (34.1%) and the main source of information was the mass media. Less than 30% considered obesity, family history, diet and physical inactivity as risk factors, with only 26.7% knowing the screening test. As regards the lifestyle behaviour/ risk factors for DM/NCDs, 8.4% of the respondents had a family history of DM, had consumed alcohol (28.8%), smoked tobacco (4.8%) and were overweight/obese (5.2%).

Conclusions: There was poor knowledge of DM amongst the respondents, despite the existence of risk factors. There should therefore be an inclusion of NCD education in the curriculum of secondary school students.

Keywords: Diabetes Mellitus, adolescents, schools, knowledge, risk factors, Nigeria