

Prevalence of diabetes and the diabetic control among Malays residents of Tanjung Tualang, Perak

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ABSTRACT

Introduction: Diabetes is a chronic disease which is rapidly rising in the incidence and prevalence worldwide. Various Intervention and treatment of the disease seems not successful in halting this pandemic. **Objectives:** The study is done to determine the prevalence of diabetes among Malay residents in Tanjung Tualang, Perak and the level of knowledge, attitude, and practice of diabetic control among diabetes patients. **Materials and methods:** A cross sectional study was conducted in two villages in this sub-district. A total of 253 Malay individuals aged 18 and above were selected for the study. Diabetes mellitus was defined as an individual who has been clinically diagnosed with diabetes from the medical facilities before and/or those who are currently taking medication for diabetes. All respondents were asked to answer the questionnaire on knowledge concerning diabetes and the diabetic patients were further asked about their attitude and practice in controlling the blood sugar levels and their awareness of the complications of the disease. **Results and conclusion:** Out of 187 respondents participated in the study (response rate of 74%), 64 (34.2%) were having diabetes mellitus. More than half (51.1%) were those aged 51 years and above. It was found that 59.4% of the respondents had good knowledge on diabetes. Among diabetic patients, 51.6% had a poor attitude towards their diabetic control, 54.7% of the diabetics practiced a good diabetic control and 73.4% had good awareness about diabetes complication. No association was found between patients' level of knowledge with their attitude and practice in controlling diabetes. However, diabetics aged 51 and above had a significantly more aware about diabetic complication as compared the younger age group. The study showed that the prevalence of diabetes in this area was higher than the national average and affected mostly the old age group. The knowledge, attitude, and practice on diabetic control among diabetics here were comparatively low. More efforts on education and behavior modification by the health authorities and the empowerment of the community should be activated to fight against this pandemic.