

Health behaviour and quality of life of patients with type 2 diabetes

O. Oguntibeju, N. Odunaiya and Oladipo

Cape Peninsula University of Technology, South Africa

Type 2-diabetes is a continual disease that influences patients widespread health and health in diverse ways. Modification of lifestyle is essential in stopping kind 2-diabetes which include its secondary complications. This observe assessed the profile, fitness behaviour and exceptional of existence of sufferers imparting with type 2-diabetes and attending two teaching hospitals in Western Nigeria. A total of a hundred diabetic patients elderly between 40 and 85 years participated in this take a look at. Their physical interest levels had been determined by the use of the International Physical Activity Questionnaire (IPAQ); exceptional of lifestyles (QOL) become assessed the use of the Diabetes Quality of Life (DQOL) Inventory questionnaire and alcohol and smoking status as well as nutrition patterns have been assessed the usage of the Alcohol, Smoking and Nutrition Questionnaire (ASNQ). Age, gender, body mass index, waist circumference, waist-hip-ratio and blood stress have been also reported. Data had been presented the use of descriptive information of suggest, wellknown deviation, percentages and are provided in figures and tables. Results confirmed that most of the participants had been overweight and/or overweight with 62% having a body mass index extra than 25 kg/m². About 78% of females showed a waist circumference of >88 cm while 48% of the male contributors had a >92 cm waist circumference. Ninety-seven per cent of the lady members had a waist-hip ratio above zero. eighty five while 32% of the males had above 1.zero waist- hip ratio. Using the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure (JNC 7) type for hypertension, 49% of the contributors were discovered to be at stages 1 and 2 hypertension via systolic blood pressure at the same time as 43% of the contributors had been at levels 1 and 2 hypertension with

the aid of diastolic blood pressure. Sixty-two in step with cent of the individuals discovered a low bodily interest level, 34% had a moderate physical pastime level whilst 4% had a excessive physical activity level. All the participants indicated that they neither ate up alcohol nor smoked on the time of the study. Thirty-4 per cent of the individuals had good enough quantities of fruit, 31% of them additionally fed on an ok quantity of legumes and 73% of them ate an ok amount of fish per week. Fifty-eight per cent of the contributors took less quantities of salt with their meals as compared to their peers at the same time as 95% of the members did no longer upload sugar to their meals; 79% of them preferred their meals boiled. The suggest rating of the members' QOL became 31.eighty five±7.98 out of a general score of 75. The QOL as reported by using the contributors as a consequence indicated a reasonably good satisfactory of lifestyles. Patients with kind 2 diabetes were usually determined to be overweight, overweight, sedentary and have been frequently found to be hypertensive. It is, therefore, cautioned that sufferers want to take note of their weight with the aid of collaborating in weight loss programmes and also improve their physical pastime levels in order to lessen their chance of developing the headaches associated with Type 2 diabetes.

The sickness and the frequent visits to specialist medical doctors and diabetes clinics, the each day intake of medication to decrease the blood glucose levels, insulin injections, hospitalizations, and the hazard of headaches which, in excessive cases, could lead to the patient's death notably lower the high-quality and pride with lifestyles of human beings with T2DM. The disorder affects no longer simplest the physical well being, however additionally the intellectual sphere, social functioning, and regular exis-

tence. In order to improve the excellent of existence of the sufferers, modifications must be made in their life-style. These modifications include decreasing the body mass, new dietary behavior, and bodily interest which may stop the improvement of the disease. Changes to one's conduct and way of life are often hard to accept because of their extent. For a patient with T2DM, the support of personal and public entities, inclusive of the government, health organizations, docs, and specialists, as well as the society as a whole, is crucial. Integrated care allowing complex, conscious, and complete cognizance of the treatment aims impacts both the improvement of health and the improvement of the exceptional of lifestyles.

Type 2 diabetes is increasing most quick in growing nations where: rapid uncontrolled urbanization and predominant modifications in life-style towards western diets, extended food amount with reduced nice, low degrees of exercise, smoking and expanded alcohol availability as well as extended life expectancy may be driving this epidemic. Risk factors for kind 2 diabetes mellitus include vintage age, extended body mass index (BMI) and a certain frame fats distribution, weight advantage in adulthood, ethnicity, family history of diabetes, low beginning weight, sedentary way of life, better systolic blood pressure, impaired glucose tolerance, impaired fasting glucose, and history of gestational diabetes. It is estimated that about 85-95% of every body residing with diabetes in developing international locations go through from type 2 diabetes.

Quality of existence is a subjective dimension as many of its dimensions can't be measured at once because it is related to perceived impact by means of the humans over their life. It always try to quantify the outcomes and self-notion of sickness. Type 2 diabetic individuals are recognised to have lower high-quality of existence and more depressive symptomatology than the ones without T2DM. It is followed by means of a marked discount in patient's quality of life and leads to higher incapacity adjusted existence years than maximum diseases. The effects

of T2DM include long term damage, disorder and failure of various organs. T2DM debts for the majority (90%) of all diabetes case.

Quality of life is measured as bodily and social functioning, and perceived physical and intellectual well-being. People with diabetes have a worse pleasant of existence than human beings with no persistent illness, however a better exceptional of lifestyles than human beings with most different extreme continual diseases. Previous studies investigating the associations among fitness behaviors and lifestyles delight in adults with diabetes have reported blended findings. One such study has examined the effect of delight on global life delight. In some studies, fitness-related excellent of life was located to have a modest impact on overall life pleasure in the general populace in comparison to pleasure in different domains, but its impact was large whilst focusing on folks who experienced most important decrements in fitness fame. The past few years have visible an growth in research focusing on the relationship between behaviors together with glycemic control and existence delight in people with diabetes. A quantity of these research suggest that a relationship among fitness conduct and existence delight does exist. Studies of clinical and educational interventions advocate that improving the sufferers' health fame and their perceived capability to control disorder consequences in improved satisfactory of life and provides satisfaction in life to patients. Also, some studies have located great associations between best of existence and measures of glycemia and accelerated treatment pleasure. Several studies have pronounced that improved period of diabetes was related to decreased exceptional of life in populace of human beings with each form of diabetes. On the other hand, some studies have observed no sizable association between the quality of existence and sickness duration. For example, Finnish and Swedish research of patients with diabetes observed no sizeable relationship between disease length and ratings at the Finnish or Swedish model of scale of pride.