

Prevalence and Associated Factors of Diabetes Mellitus Among individuals Age 15 years and above in Bahir Dar Town, Amhara Regional State, Ethiopia, 2019: Facility based cross sectional study

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Background: Diabetes Miletus (DM) is a common endocrine disorder characterized by hyperglycemia, manifesting often with symptoms and signs of osmotic diuresis such as polyuria, polydipsia and polyphagia. The aim of the study was assess the prevalence of diabetes Miletus and associated factors among individuals above age 15 years attending health facilities in Bahir Dar Town, Ethiopia, 2019.

Method: Facility based comparative cross sectional study was employed in Bahir Dar town, from January 01 to February 30, 2020. The data was collected from selected health facilities by trained health workers using data collector administrator's questionnaire and Physical examination to get required information. The data was entered and analyzed through using SPSS version 23. Descriptive statics were used to summarize the characteristics of study participants. Bivarible and multivariable logistic regression analyses were used to assess the association between explanatory variables and the outcome variable. Statistical significance was interpreted using odds ratio with 95% confidence interval and p -value <0.05.

Result: A total of 1,525 participants, with response rate of 100% were included in the study. The prevalence of DM was found to be 7.3% (112 out of 1,525). Predictors for the occurrence of diabetes Miletus in the study were High waist circumference ; AOR= 4.9; 95 %CI (2.3 – 10.9), body mass index greater than 25 kg.m-2 AOR = 9.6; 95%CI(4.1 – 22.8), Age 54 years and above ; AOR = 5.2 ; 95% CI (3.2 – 8.4), having family history of diabetes Miletus; AOR = 7.5 ; 95% CI (4.0 – 14.62)and didn't eat fruit at all per day; AOR = 9.6; 95% CI(5.0 – 18.0).

Discussion: In this study, higher prevalence of diabetes mellitus was observed than the international diabetic federation Atlas (IDFA) report projected estimate of DM for Ethiopia. Both modifiable (low fruit intake, overweight/obese) and non-modifiable (Age 54 years and above, Family History of DM) associated risk factors were identified. Targeting the prevention strategy to modifiable risk factors might reduce the prevalence of diabetes mellitus in the area. For non-modifiable risk factors frequent screening and creating awareness about the disease for early detection and treatment is very important.