

ABSTRACT

Background

Diabetes Mellitus and the Hypertension are chronic Non-Communicable Diseases. Multiple modifiable risk factors are leading to those diseases and prevalence increasing globally especially among elders. Knowledge, attitude, and practices regarding those risk factors and conditions are important for the prevention and control.

Objectives

This study aimed to determine the prevalence of Diabetes Mellitus, Hypertension, selected modifiable risk factors for both diseases and knowledge, attitude, practices on both diseases among elders in the Medical Officer of Health area Kuruwita.

Method

A descriptive cross-sectional study conducted in the Medical Officer of Health area Kuruwita in Rathnapura district. Age between 60 and above to 85-year elders participated. The cluster sampling method used. Grama Niladhari division took as a cluster. The calculated sample size was 465 and cluster size was 25. Nineteen clusters were selected randomly. Interviewer administer questioner used. Height, weight, blood pressure and fasting blood pressure measurement done. Prevalence of Diabetes Mellitus, Hypertension and modifiable risk factors were estimated. The odd ratio calculated to determine the probable associations.

Results

The collected sample size was 430, and the response rate was 92.5%. The mean age of the participants was 67.8(SD \pm 5.85) years, and female predominance (59.1%) observed. Detected prevalence of Diabetes Mellitus was 25.8%, and Hypertension was 42.5%. Undetected Diabetes Mellitus identified during the study was 7.2% and undetected Hypertension prevalence identified during the study was 13.7%. Salt consumption added sugar consumption and sedentary lifestyle were high among participants. Knowledge and attitude regarding risk factors for the occurrence of Diabetes Mellitus and Hypertension in a good position but not elicited by their

practice among all participants. According to the results, the physical exercise showed a significant protective factor for Diabetes Mellitus (OR=.570:95%CI=.344-.945) as well as Hypertension (OR=.403: 95% CI=.259-.628).

Conclusion and recommendations

According to this study prevalence of Diabetes Mellitus and Hypertension high. High prevalence of undetected Diabetes Mellitus and Hypertension also detected. Certain modifiable risk factors were more prevalent. Knowledge and attitude regarding risk factors in a good position but practice were not satisfactory. Health education and promotion programs and mobile screening programs need to strengthen. Non-communicable screening program should incorporate into the welfare activities of the National Council for elders. Actions need to assess the adherence to treatment guidelines at the clinic setup.

Keywords

Diabetes Mellitus, Hypertension, Noncommunicable disease risk factors, prevalence, elders