

EP12.09

Association of education level, daily habits and complications in diabetic patients in a rural area of Crete

Theodoros Vasilopoulos(1), G Arseni(2), K Chatzinaki(2), A Papadogiannaki(2), P Kottaras(1), M Gelasaki(3)

(1) Health center of Ag. Barbara, Herakleion, Crete, Greece

(2) Venizeleio Gen.Hospital, Herakleion, Crete, Greece

(3) Venizeleio Gen.Hospital, Herakleion, Crete, Greece

(4) Venizeleio Gen.Hospital, Herakleion, Crete, Greece

(5) Health center of Ag. Barbara, Herakleion, Crete, Greece

(6) Health center of Viannos, Herakleion, Crete, Greece

Corresponding author: Dr Theodoros Vasilopoulos, Health Center Of Ag. Barbara HERAKLEION CRETE, Family Medicine, Herakleion, Crete, Greece. E-mail: drvasilop@yahoo.gr

Background & Aim: The success of glycemic control is associated apart from medication, with proper diet, exercise and compliance in a comprehensive intervention program. The purpose of this study is to investigate the possible association between the level of education of patients with type 2 diabetes with their daily habits and the appearance of complications.

Methods: The study enrolled 106 patients with SDT2 [78.3% > 60 years, male 59.4%]. All patients answered a specific, structured questionnaire on demographic, anthropometric data, the level of education, questions about food and their daily habits as well as information on the presence of complications of diabetes.

Results: The duration of diabetes was $14,0 \pm 10,0$ years and body mass index (BMI) was $31,66 \pm 6,14$ with no significant difference between sexes ($p = 0,470$). 74% of patients were obese with females showing higher rates ($p = 0,014$). The 77.1% of patients consume breakfast, 63.4% two main meals and 41.3% two intermediate snacks. 33.1% (27.4% men) were smokers, while 69.5% walked short-distances. The average television viewing time per week was $34,52 \pm 17,62$. 29.9% of patients suffered coronary heart disease, 2.5% nephropathy, retinopathy 23.1%, erectile dysfunction 22.6% of men, diabetic foot 8.9% and amputation was performed in 1.9% of patients. 6.3% of patients were of higher education, 20.1% average, 57.2% basic and 16.4% were illiterate. The study revealed also correlation between the education level and the hours of TV viewing per week ($p < 0.0001$), the number of main meals intake ($p < 0.001$), breakfast habits ($p = 0.013$), the occurrence of coronary artery disease ($p = 0.002$), diabetic foot ($p = 0.005$), amputation ($p = 0.001$), erectile dysfunction ($p = 0.011$).

Conclusions: The low level of education seems to be associated with complications of diabetes as well as with the basic nutritional habits, which affect the glycemic regulation of patients with diabetes.