

THE STUDY HAS EXAMINED THE EFFECT OF AGE, DIABETES RELATED PERCEIVED AND ACTUAL KNOWLEDGE ON BODY MASS INDEX (BMI) AMONGST TYPE 2 DIABETIC NEPALESE IMMIGRANTS OF RUSHMOOR IN HAMPSHIRE COUNTY, ENGLAND

Ramji Tiwari

University of Southampton, UK

Methods: A cross-sectional questionnaire survey was carried out among type 2 diabetic patients from 30 September to 7 November 2017. A total of 43 (male 29, female 14) individuals with diabetes were recruited through purposive convenient sampling. They were consented, completed a questionnaire and self-reported HbA1c and cholesterol. Blood pressure, height, and weight were measured. Data were collected at local community centres using the translated version of study materials including the questionnaire.

Result: The participant's age range was 43-79 years (mean 62 ± 11.05). The diabetes total knowledge score (DTKS) was found to be inversely correlated with body mass index ($r(41) = -0.46, p < 0.002$) and perceived knowledge was found to be positively correlated with actual knowledge ($r(41) = 0.71, p < 0.001$). Multiple linear regression analysis shows a significant effect ($F(3,39) = 7.78, p < 0.001$) with R^2 of 0.37. The 37% variation in Body Mass Index (BMI) is accounted for by perceived knowledge, actual knowledge, and age. The predicted body mass index according to regression modelling is equal to $22.53 + 0.47(\text{VAS}) - 0.64(\text{DTKS}) + 0.26(\text{Age})$. The results suggest that diabetic patients body mass index is significantly related to age, perceived and actual diabetes-related knowledge.

Conclusion: The study found a significant effect of age, perceived and actual diabetes-related knowledge on BMI of type 2 diabetic Nepalese immigrants. Most type 2 diabetic Nepalese immigrants had a low level of diabetes-related knowledge as other studies around the world.

BIOGRAPHY

Ramji Tiwari is a PhD Student from Centre for Innovation and Leadership in Health Sciences, University of Southampton. His focused his research on diabetes self-management and different factors that effect diabetes especially in Nepalese immigrants in England.

ramjitiwari@hotmail.com



Note: