



14th SINGAPORE PUBLIC HEALTH & OCCUPATIONAL MEDICINE CONFERENCE

15-16 October 2019 · Equarius Hotel

PREVENTIVE HEALTH IN A CHANGING WORLD

IMPACT OF KNOWLEDGE AND ATTITUDE ON LIFESTYLE PRACTICES IN PREVENTING TYPE II DIABETES MELLITUS

Cheryl MY Goh¹, Thurston YJ Heng¹, Benson WG Ang¹, Mui Yee Tan¹, Sylwan Rahardja¹,
Beatrice Ying Lim¹, Wenqi Chiew¹, Kuang Ian Tan¹, Jenies HX Foo¹, Sarah ZL Tham¹, Jason
KS Chng¹, Wei Jie Seow^{1,2}, BSc, MSc, ScD, Nan Luo^{1,2}, BSc, MSc, PhD

¹Yong Loo Lin School of Medicine, National University of Singapore, Singapore

²Saw Swee Hock School of Public Health, National University of Singapore, Singapore

Address for Correspondence: A/Prof Luo Nan, Saw Swee Hock School of Public Health, Tahir
Foundation Building, National University of Singapore, 12 Science Drive 2, #10-01, Singapore
117549

Email: ephln@nus.edu.sg

Background

Diabetes mellitus is a major public health issue in Singapore. To shape healthcare policies for the primary prevention of diabetes, it is crucial to understand Singaporeans' knowledge, attitudes and practices related to diabetes and its prevention. This study aimed to assess the knowledge, attitudes and lifestyles of non-diabetics.

Materials and Methods

A cross-sectional household survey was performed in 31 January to 3 February 2019 to examine knowledge, attitudes and practices related to diabetes. Inclusion criteria included (1) Singaporeans/Permanent Residents (2) between 30-64 years old who (3) did not have a diagnosis of diabetes. Logistic regression models were used to estimate the odds ratios (ORs) and 95% confidence intervals (CIs) for the association between knowledge, attitudes and lifestyles, adjusting for potential confounders. Spearman correlation was used to assess the correlation.

Results

Among 806 participants, 72.2% did not meet the Health Promotion Board's physical activity recommendation. Physical activity was associated with better diabetes knowledge (OR = 7.22, 95% CI = 2.50-20.8), stronger beliefs (OR = 5.15, 95% CI = 1.62-16.3, $P=0.005$) and lower worries (OR = 0.27, 95% CI = 0.12-0.61, $P=0.002$). Neither knowledge ($R = -0.016$, $P=0.65$) nor attitudes (worry: $R = 0.043$, $P=0.23$; belief: $R = 0.0010$, $P=0.97$) were associated with diet.

Conclusion

There is a need to reinforce the importance of physical activity and healthy diet in preventing diabetes. Improving knowledge level of diabetes by targeting common areas of poor knowledge may increase physical activity levels in the population but is unlikely to improve dietary choices.