

**PP 29**

**Practices regarding weight management through lifestyle modification among overweight and obese type 2 diabetes mellitus patients attending a Diabetic Center at the Teaching hospital, Jaffna**

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**Background:** Weight reduction is recommended for all overweight or obese adults who have type 2 Diabetes Mellitus (DM) or who are at risk for this disease. It is important to set a weight loss goal that is both achievable and maintainable.

**Objective:** This study aimed to assess the practices regarding weight management through lifestyle modification and the factors associated with practice of weight management among overweight and obese type 2 DM patients attending a Diabetic Center, Teaching hospital, Jaffna.

**Method:** A hospital based descriptive cross-sectional study carried out among 414 patients. A purposive sampling method was carried out. Data were collected using an interviewer-administered questionnaire and validated. A pre-test was carried out and data were analyzed by using SPSS version 22.0. Chi square test was performed to identify the factors that influenced practice.

**Results:** Age range was from 27-81 years and the mean age was 56.1±10.6 years. Females were 74.6%. A percentage of 71.7% were obese and rests of them were overweight. Self-weight measurement was done by 29.2%. Age (p<0.05) and educational level (p<0.05) had a significant association with self-weight measurement. Four fifth of the participants took rice, rice and wheat flour preparations (81.6%, 82.6%) respectively on a daily basis. Gender (p<0.05) and occupation (p<0.05) had a significant relationship with rice intake while gender (p<0.05) had a relationship with rice, wheat flour containing food. More than half of the participants (54.3%) were taking fruits on a daily basis. Nearly 76.1% participants were physically active. Walking was performed by 14.4% on a daily basis. 67.3% participants had not allocated a specific time to exercise, however, they were performing house and work related activities. Gender (p<0.05), religion (p<0.05), occupation (p<0.05), and civil status (p<0.05) had a significant relationship with specific time allocation to exercise.

**Conclusion:** Most of the participants took starchy food items on a daily basis. Only few participants allocated a specific time to exercise.