

# Evaluation of Risk Factors of Diabetes Mellitus among Out-patients in two Nigerian Secondary Health Facilities

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## Abstract

**Aim:** Prevention of type 2 diabetes is enabled by identification and effective management of risk factors. The study was conducted to evaluate the risk factors associated with the development of type 2 diabetes. **Methods:** A cross-sectional survey was conducted on persons without diabetes in two secondary hospitals using Canadian diabetes risk assessment questionnaire. Data analysis was done using SPSS version 18. **Result:** A total of 300 respondents participated in the study and 160 (53.3%) were at high risk of developing type 2 diabetes. From the risk evaluation, males (62.5%), overweight (65.1%) and obese (82.6%) participants; were at high risk for type 2 diabetes. Others found to be at high risk were; respondents with high waist circumference (55.6%), respondents who did not exercise (77.0%), those who did not eat fruits and vegetable daily (54.4% ), those with high blood pressure (67.5% ) and those who have had raised blood sugar in the past (71.0% ). **Conclusion:** Majority of the study participants was at high risk for type 2 diabetes and male participants had higher risks than their female counterparts. Other socio-demographic factors also presented major risks for type 2 diabetes.

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