Do Our Pre-Diabetic and Diabetic Patients Know They Are Overweight/Obese and How Bodyweight Affect Their Disease Control?

Au-yeung KYH, Tsui HY, Luk W, Yiu YK
CMC Family Medicine Clinic
Department of Family Medicine & Primary Health Care, KWC

Keywords:
obesity
BMI
Diabetes
blood pressure

Introduction
Obesity is a known risk factor for hypertension and diabetes. Body mass index (BMI) is a commonly used measurement to determine a patient to be overweight/obese.

Objectives
1) Assess pre-DM/DM patients’ understanding of BMI and its relationships with blood sugar and blood pressure (BP) control.
2) Assess for any association between understanding of BMI with self-motivation to lose weight and maintaining adequate exercise.

Methodology
Cross-sectional study of pre-DM and DM patients at Caritas Medical Centre Family Medicine Clinic (CMC FMC). Patients estimated to be overweight/obese by the attending doctor were issued a questionnaire and had their BMI measured. They were assessed whether they:
1) consider themselves as being overweight/obese
2) have heard of BMI
3) know their own BMI
4) think weight influences BP and blood glucose
5) acted in the past year to lose weight, if so, they were further assessed whether they have adequate exercise

Result
A total of 91 patients were issued the questionnaire (M:F = 33:58), aged 37 to 89
There were 36 pre-DM and 55 DM patients. 75 were overweight/obese (defined as BMI ≥ 23), amongst them two thirds considered themselves as being overweight/obese. 12 of the overweight/obese patients know their own BMI, but 5 did not consider themselves as being overweight/obese despite knowing their own BMI. There was no association between knowing one’s own BMI and considering themselves as being overweight/obese (OR 0.65 CI 0.18-2.31). Having heard of BMI has an association with recognising that weight influences BP (OR 4.81 CI 1.44-16.05) and blood glucose control (OR 3.12 CI 1.01-9.65). Considering oneself as being overweight/obese is also associated with recognising weight influences BP (OR 3.86 CI 1.40-10.60) and blood sugar (OR 4.27 CI 1.54-11.83).

However, neither having heard of BMI, considering oneself as being overweight/obese, or recognising body weight influences BP or blood sugar have a significant association with acting to lose weight or maintaining adequate exercise. More proactive efforts in enhancing overweight/obese patient’s knowledge on their own BMI target as well as the benefits of weight reduction on DM/BP control are warranted. Patient’s barriers to losing weight should also be recognised to help formulate strategies to promote weight management among this patient group.