



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

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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

(average 65.7). There were 36 pre-DM and 55 DM patients. 75 were overweight/obese (defined as BMI \geq 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.