

P71: Diabetes Mellitus type II risk assessment in Northern Portugal

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Introduction: Diabetes mellitus (DM) type II is a chronic disease with high prevalence of morbidity and mortality therefore associated with high costs at primary health care level (Kalofoutis, Piperi, Kalofoutis, Harris, Phoenix & Sing, 2007).

Objectives: To assess the risk of developing type II DM in residents from six localities in Northern Portugal, in a timeline of 10 years.

Materials and Methods: It was developed a cross-sectional and descriptive study. A non-probabilistic sample of 110 nondiabetic individuals was collected in northern Portuguese localities during September 2012 and January 2013. It was used the *Finnish Diabetes Risk Score*. Most participants were female (71.8%), without professional activities (54.5%) and with ages between 18 and 91 years.

Results and Discussion: Results show a low-risk (15.5%); slight risk (22.7%); moderate risk (35.0%); high risk (28.2%) and very high risk (1.8%) of developing type II DM in a period of ten year. Taking into account the non-modifiable risk factors, it was found that 57.3% of participants had 64 years or more and 31.8% had a family history of 1st degree. In relation to modifiable risk factors, it was found a change in body mass index (71.8%) and a change in waist circumference (78.2%). Moreover, it was found that 56.4% of the participants did not practice physical activity, 36.4% did not eat fruit and vegetables, 42.7% did not take any medications for arterial hypertension and 9.1% never had measured glycemic level.

Conclusion: Early screening for DM type II and other chronic diseases allows the implementation of strategies that set a priority to changing lifestyles reducing the risk and treatment costs associated with the disease.

References

1. Kalofoutis, C.; Piperi, C.; Kalofoutis, A.; Harris, F. ; Phoenix, D. & Sing, J. (2007). Type II diabetes mellitus and cardiovascular risk factors: Current therapeutic approaches. *Exp Clin Cardiol.*12(1): 17-28.