

**PREVALENCE OF DIABETES AND ITS RISK FACTORS IN WAKISO DISTRICT,  
UGANDA**

**By**

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**REGISTRATION NUMBER: 2011/HD06/4046U**

**A DISSERTATION SUBMITTED IN PARTIAL FULFILLMENT OF THE  
REQUIREMENTS FOR THE AWARD OF THE DEGREE OF MASTER OF  
STATISTICS OF MAKERERE UNIVERSITY**

**December 2014**

## ABSTRACT

The objective of the study was to determine the prevalence of diabetes and its risk factors among adults (24+ years) in Wakiso district. This study was aided by specific objectives namely, to establish the relationship between hypertension and diabetes; to ascertain which life style characteristics (dieting, alcohol consumption, physical inactivity and tobacco use) is associated with diabetes; to study the relationship between the demographic characteristics (age, sex) and diabetes; and to investigate the relationship between cholesterol level and diabetes.

This research based on primary data collected in Wakiso district in December 2012 to February 2013 using WHO STEPwise approach to chronic diseases, a risk factor surveillance guide. Analysis was done in three levels; univariate, bivariate and multivariate analysis. Results at bivariate analysis indicated that there was a significant analysis between all the risk factors of diabetes and diabetes status. At the multivariate level, cholesterol level, waist circumference, alcohol consumption, smoking status and age significantly affect the disease status of an individual.

The prevalence of diabetes among women was 9.4 percent and 10.4 percent among men. The overall diabetes prevalence was found to be 9.9 percent. The prevalence of the pre-diabetes was high in both females and males i.e. 18.71 percent. Age group of 35-44 had higher prevalence of pre-diabetes and diabetes i.e. 23.7 percent and 10.2 percent respectively. The risk factors identified in the area of study are poor diet, tobacco use and alcohol consumption under the life style characteristics. Alcohol consumption recorded a prevalence of 11.2 and tobacco use was at 5.2. Age under demographic factors, BMI, blood pressure, waist circumference, cholesterol level, smoking and alcohol consumption was found to be significant risk factors for diabetes in the area of study. Strict measures should put in place to ensure the polices on alcohol and tobacco use are adhered.