

DIABESITY IN ADULTS WITH TYPE 2 DIABETES MELLITUS: A CROSS-SECTIONAL STUDY EXPLORING SELF-CARE AND ITS DETERMINANTS

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Background

- **Self-care** has been poorly described in people with **diabetes**
- Differences in clinical and socio-demographic determinants of self-care between patients with diabetes and patients with T2DM and BMI<30 were never assessed before

Aims

1. To **describe self-care** comparing adults with T2DM and BMI <30 to adults with diabetes
2. To **identify** their clinical and socio-demographic **determinants** of self-care

SELF-CARE*

- Self-care maintenance
- Self-care monitoring
- Self-care management
- (Self-care self-efficacy)

DIABESITY

Diabetes Mellitus
+
BMI ≥30

Methods

- Design:

Secondary analysis of a multicentre observational cross-sectional study

- Sample:

540 adults with T2DM

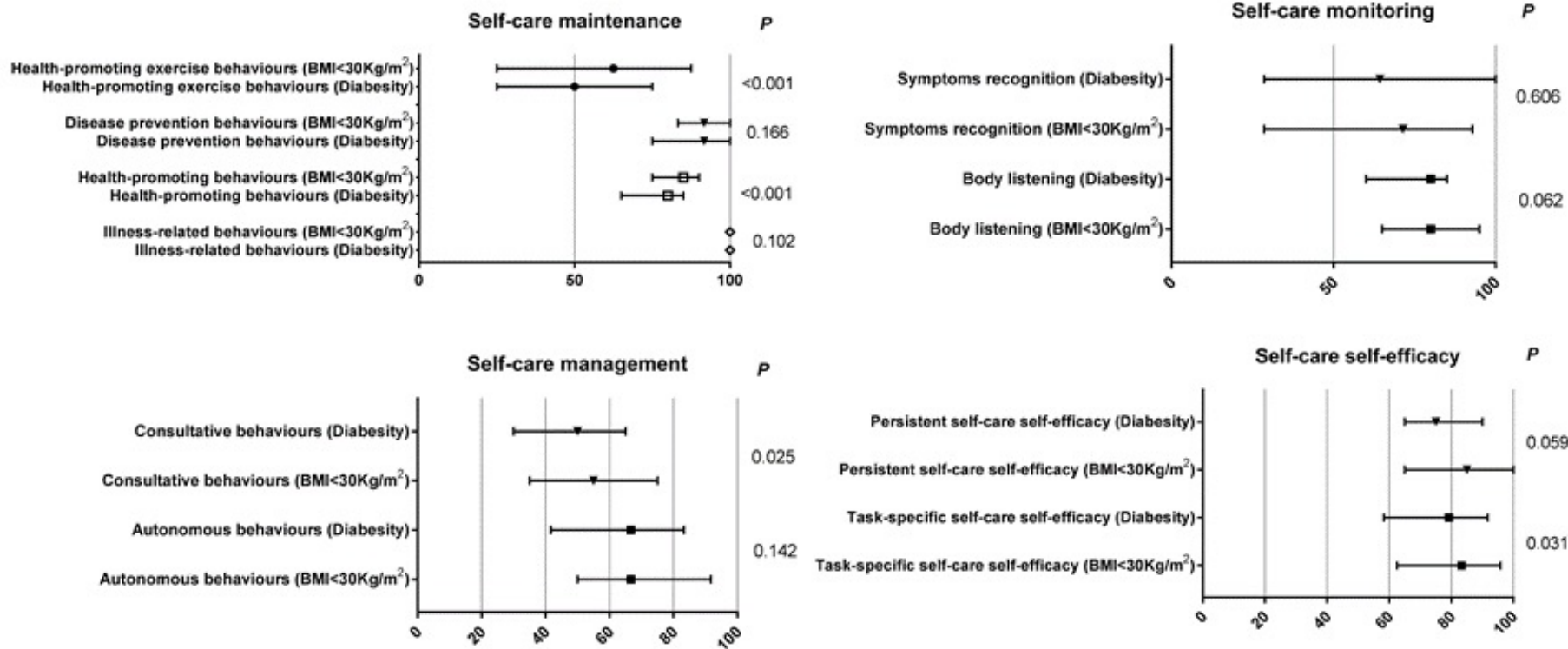
- Statistical analysis:

Aim 1: Descriptive analysis

Aim 2: Probit regression models

Results

Figure 1. Specific dimensions of self-care maintenance, self-care monitoring, self-care management, and self-care self-efficacy



Patients with **diabetes** reported more inadequate **self-care maintenance** and **self-care management** than patients with T2DM and BMI <30 kg/m²

Determinants of self-care in patients with diabetes

- Low-income, diabetic neuropathy: >RR of inadequate **SC maintenance**
- High school education, presence of caregiver, treatment with insulin: <RR of inadequate **SC monitoring**

Conclusion

- People with diabetesity reported **more inadequate self-care** maintenance, self-care management and self-care self-efficacy
- **Social determinants** of health have a stronger effect on the self-care of people with diabetesity
- Complex **interventions** accounting for social determinants of health, among which stigma, in this population are strongly needed