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 diabesity.
- Differences in clinical and socio-demographic determinants of self-care between patients with diabesity 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 diabesity.
2. To identify their clinical and socio-demographic determinants of self-care.

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

Patients with diabesity 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 diabesity
- 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 diabesity 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 diabesity

• Complex **interventions** accounting for social determinants of health, among which stigma, in this population are strongly needed