

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

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Background: Overweight and obesity are considered crucial modifiable risk factors for developing type 2 diabetes (T2DM), and, given their association, the term "diabesity" has become widely adopted. Self-care is one of the main treatments for adults with T2DM and BMI < 30 kg/m² and BMI ≥30 kg/m² (diabesity). However, self-care has been poorly described in people with diabesity, and differences in clinical and socio-demographic determinants of self-care between patients with diabesity and patients with T2DM and BMI<30Kg/m² were never assessed before.

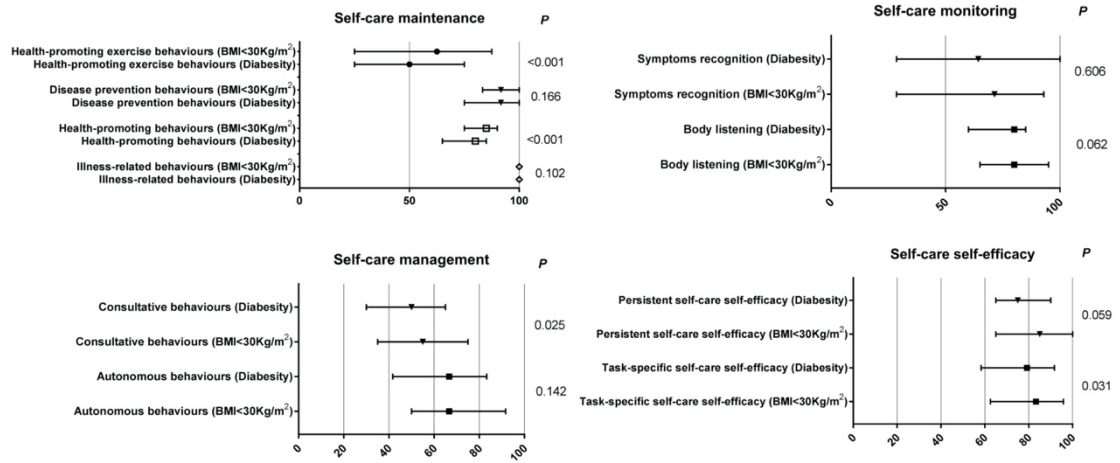
Aim: To describe self-care maintenance, self-care monitoring, self-care management, and self-care self-efficacy among adults with type 2 diabetes mellitus (T2DM) and BMI <30 kg/m² and adults with T2DM and BMI ≥30 kg/m² (*diabesity*), and to identify their clinical and socio-demographic determinants.

Method: Secondary analysis of socio-demographic and clinical data of a multicentre observational cross-sectional design, in which 540 adults diagnosed with T2DM were involved with a consecutive and convenience sampling procedure.

Result: Self-care maintenance and management were significantly lower among patients with diabesity (respectively, $p < 0.001$ and $p = 0.025$). Among patients with diabesity, low income (RR=3.27; $p=0.01$) and the presence of diabetic neuropathy (RR=4.16; $p=0.03$) were strongly associated with inadequate self-care maintenance. Moreover, educational qualification higher or equal to high school diploma (RR=0.45; $p=0.01$), the availability of a family caregiver (RR=0.52; $p=0.04$), and the use of insulin as the main treatment (RR=2.09; $p=0.01$) decreased the likelihood of inadequate self-care monitoring. Patients with diabesity reported more inadequate self-care maintenance and management than patients with T2DM and BMI <30 kg/m².

Conclusion: These results represent a pivotal first description of self-care behaviours and their determinants in people with diabesity compared to those with T2DM and BMI < 30 kg/m². People with diabesity reported more inadequate self-care maintenance, self-care management and self-care self-efficacy than patients with BMI<30Kg/m². Social determinants of health, like family income, education, and family support, have a stronger effect on the self-care of people with diabesity than on self-care of people with T2DM and BMI<30Kg/m². Complex interventions accounting for social determinants of health, among which stigma, in this population are strongly needed.

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



Note: The graphs show median and interquartile range for the 4 quadrants regarding self-care maintenance, self-care monitoring, self-care management, and self-care confidence. The comparisons were performed using the Mann–Whitney U test.