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ASSESSING THE RISK OF DIABETES IN NORTHERN PART OF BRONG-AHAFO REGION, GHANA

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Background: Moralties due to high blood glucose is gaining grounds globally which Ghana is not out of this statistics. This study was to ascertain whether high blood glucose was significant among the sample population. The respondents were taken from six municipalities in Brong-Ahafo-Region of Ghana to ascertain whether they were at high risk of type 2 diabetes.

Purpose: The researchers were to ascertain whether mortality rate in Brong-Ahafo Region could be associated to increased blood glucose to generate measures of preventive healthcare for further investigative research to come out with mediating measures.

Method: This data was obtained from the Department of Preventive Healthcare and Lifestyle Medicine at Valley View University, Techiman Campus. The blood glucose of 528 respondents was taken. They were both males and females between 18 and 59 years old. The respondents are from Techiman, Nkoranza, Atebubu, Kwamedanso, Yeji and Kajiji traditional areas, all in the Brong-Ahafo Region, Ghana. Glucometer with strips were used. The tip of the ring finger of

the left hand was pricked for the blood sample.

Study Design & Limitations: The study is basically cross sessional. This paper is to investigate for only the prevalence rate of blood glucose among the given population. It will address its risk factors, preventive measures and treatment; they are available in the scientific journals.

Results: 470 (89%) of the response had normal blood glucose. Among those with high blood glucose, the males' prevalence rate was 29 (5.4%) while the females checked 37 (7%). The cumulative record of 12.4% of the prevalent rate was alarming among the respondents.

Conclusion: High blood glucose was recorded among the despondence which calls for intervention models by the municipal and the district health directorates.

Biography

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