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## Association between glycemic control, eating habits, physical activity and depression among diabetes patients

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**Background:** Little is known about the association between eating patterns, physical activity, depression and diabetes risk.

**Objective:** The objective of this study was to prospectively examine associations between eating frequency, physical activity, depression and Diabetes Mellitus (DM) risk.

**Methods:** It is a cross-sectional study conducted from 1 December 2016 to 30 March 2017 in Reference Center of Diabetology at Oujda, Morocco. A structured questionnaire was used for collecting the information about sociodemographic data, food habits and physical activity. Dietary practices were assessed using a semi quantitative food consumption questionnaire. Depression was assessed using the patients' health questionnaire. Weight and height was measured. Hemoglobin A1C (HBA1C), blood pressures from each patient was measured directly after the interview. The data were analyzed by SPSS version 20.0 software.

**Results:** 40.4% of patients with diabetes were overweight (BMI >OR=25 kg/m<sup>2</sup>), 27.5% were obese (BMI >OR=30 kg/m<sup>2</sup>). The prevalence of depression among diabetes patients was 49.95%. Based on PHQ9 scores 29.2% fulfilled the criteria for moderate depression 23.1% and 4.7% for severe depression but 42.8% of patients had no clinically significant depression. Only 27.3% of the patients have satisfactory eating habits; 23.59% have a very active lifestyle; 6.1% good nutritional knowledge and 4.3% satisfactory food safety knowledge and hygiene practices. In general, women showed better dietary practices than men.

**Conclusion:** The prudent eating habits, physical activity score was associated with a reduced risk and the conservative pattern score was associated with an increased risk of diabetes and depression. In light of these results, it appears conceivable that the risk of developing diabetes disease can be reduced by changing dietary patterns and lifestyle.

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