

DIETARY HABITS AS A RISK FACTOR FOR THE DEVELOPMENT OF TYPE 2 DIABETES

Ardea Milidrag,¹ Milena Zlatanović,^{1,2} Medo Gutić,³ Ivana Dimić,¹ Svetlana Radević,¹

¹ University of Kragujevac, Faculty of Medical Sciences, Kragujevac, Serbia

² The Academy of Applied Preschool Teaching and Health Studies Kruševac, Department of Medical Studies, Čuprija, Serbia

³ Public Health Institution Health Center Dr Branko Zogović, Plav, Montenegro

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Background: The global increase in type 2 diabetes highlights the need to understand its risk factors, particularly dietary habits. This study investigates the relationship between dietary patterns and population characteristics to identify high-risk behaviours and inform prevention strategies.

Methods and Objectives: The study was designed as a cross-sectional study. Research instruments included a general socio-demographic questionnaire and a standardized Type 2 Diabetes Risk Assessment Questionnaire. The research was conducted online from June 25 to July 15, in the general population, with 100 participants. The study was entirely anonymous, and all participants were informed about the research protocols and provided informed consent.

Results: The study results indicate that men exhibited higher percentages of high and very high-risk factors (19%, 7%) than women (15%, 3%). Participants with higher education levels had a lower risk of developing type 2 diabetes, while those with lower education levels had a higher prevalence of very high risk (12%) compared to those with higher education levels (6%).

A quarter of the participants reported having chronic diseases, with these individuals showing higher percentages of high and very high-risk factors (26% and 13%) compared to participants without chronic diseases (4% and 3%).

In our sample, more than half (57%) of participants reported daily consumption of unhealthy foods, while only 6% adhered to a specific healthy diet regimen. Participants who rated their life satisfaction and health highly had a lower risk of developing type 2 diabetes. Specifically, 42% of those who rated their quality of life the highest had a low risk, and 53% of those who rated their health with a maximum score of 100 also had a low-risk factor for developing this disease.

Conclusions: Higher education levels and quality of life are related to lower type 2 diabetes risk, chronic illnesses and unhealthy diets are linked to increased risk. Raising awareness through informative programs and promoting healthy lifestyle choices and regular health screenings are crucial for prevention and management.

Keywords: type 2 diabetes, risk factors, dietary habits, prevention, quality of life