

**KNOWLEDGE, ATTITUDE AND PRACTICES REGARDING DIABETES MELLITUS
AMONG SCHOOL TEACHERS IN THALAPITIYA DIVISION OF
GALLE EDUCATIONAL ZONE**

B.L.F. Naazera* and M.C.N. Razana

Faculty of Indigenous Medicine, University of Colombo, Sri Lanka.

*1811068@iim.stu.cmb.ac.lk

Diabetes Mellitus is one of the most common chronic diseases. Poor management of Diabetes Mellitus over time can result in a number of chronic problems, including damage to the kidneys, eyes, and nerves, as well as an elevated risk of heart disease and stroke. This study aimed to determine the knowledge, attitude, and practices regarding Diabetes Mellitus among school teachers in Thalapitiya Division of Galle Educational Zone as teachers were the backbone of society. A cross-sectional study was conducted in G/ Muslim Ladies College and G/ Malharus Sulhiya National College. Data was collected from 104 randomly selected teachers in both schools using modified awareness of Diabetes Mellitus questionnaire. The result was analyzed using percentage calculation and data was presented using the graphical presentation method. According to the results, all the participants knew about a condition called Diabetes Mellitus. 77% thought that Diabetes Mellitus could be prevented. 92% feel eating healthy food and regular blood sugar checking is important in Diabetes Mellitus. 61% agreed that Diabetes Mellitus is curable and 72% agreed it is a life-threatening condition. 56% regularly check their blood sugar and 58% take low calorie foods. 61% practice morning walks. Even though the majority of teachers had good knowledge on Diabetes Mellitus, their attitudes and practices towards Diabetes Mellitus was poor. It appears that the higher knowledge on Diabetes Mellitus did not translate into better practices. It is suggested that future communications should focus on conducting mass campaigns about Diabetes Mellitus to improve knowledge, attitudes and practices among teachers in Sri Lanka.

Keywords: Diabetes Mellitus, Teachers, Knowledge, Attitude