

**FACTORS INFLUENCING OCCURRENCE OF DIABETES MELLITUS IN SHIEYWE  
LOCATION KAKAMEGA COUNTY**

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## **ABSTRACT**

Diabetes (Diabetes Mellitus) is chronic, lifelong group of metabolic diseases in which there are high blood sugar levels over a prolonged period. Shieywe location has over 12.2% people who are diabetic and sedentary lifestyle has led to 20% women and 7% men either overweight or obese. The national government of Kenya through the Ministry of Health recognizes the control and management of diabetes as an important factor towards its achievement of Vision 2030. The cases of diabetes have been experienced in all age cohorts causing physical, mental, social and economical disruption of normal functionalities of the people, limb amputation, nerve damage, blindness, kidney failure, cardiovascular diseases and death. The aim of the study was to determine the factors influencing occurrence of diabetes mellitus in Shieywe location, Kakamega County. A descriptive cross-sectional research design was used due to data collection at defined time. Simple random method was used to select Shieywe location. Purposive sampling was used to select the diabetics (since they were few) and simple random sampling used to randomly select the non-diabetics. The sample size was 384. The respondents interviewed from the randomly selected households were 304 (non diabetics) and 23 diabetics out of 37 enrolled at the health facility. Data was collected using structured questionnaires. Percentages and ratios were used for descriptive statistics and Pearson Chi-square was used for inferential statistics. Although the study revealed that education was a means through which the households can be empowered to prevent diabetes mellitus, only 62.5% of the non-diabetics had reached primary school level. The study findings indicated that distance was a hindrance to the diabetic's attendance to scheduled diabetes mellitus control and management clinics. The study revealed that diabetes mellitus management services available at the health center were blood pressure examination, urine analysis and blood sugar test. It was concluded that the Ministry of Health should strengthen screening, medical care, and management of diabetes mellitus for people at peripheral health facilities and comprehensive health education on diabetes mellitus at household level. It is envisaged that the information gathered herein will go a long way in helping improve the control and management of diabetes mellitus in Shieywe location, Kakamega County and in Kenya.