

Examining the influence of diet and lifestyle on dyslipidaemia among diabetes patients in LAUTECH Teaching Hospital, Osun-State, Nigeria: A two-way interaction model

Opeyemi A. Adeniyi^{1*}, Abayomi T. Olarinmoye¹, Bukola A. Abiodun¹, Adenike A. Eniade³, Omowumi Okedare³, Olanrewaju D. Eniade^{2,3}

1. Department of Public Health, Faculty of Basic Medical Sciences, Adeleke University Ede, Osun State, Nigeria.

2. International Foundation Against Infectious Disease in Nigeria

3. Department of Epidemiology and Medical Statistics, University of Ibadan, Nigeria.

Corresponding Author: adeniyiadekunle15@gmail.com

Excerpt

Purpose: This study aimed to investigate the prevalence of dyslipidaemia among type-2 diabetes patients and explore its associated risk factors, including demographic factors, lifestyle choices, and dietary patterns, to inform interventions aimed at reducing mortality rates from non-communicable diseases.

Methods: A retrospective study was conducted among 143 type-2 diabetes patients at the LAUTECH Teaching Hospital in Osun-State, Nigeria. Data were extracted from patient records using a structured instrument, and statistical analyses including descriptive statistics, Chi-square tests, binary logistic regression, and interaction models were employed to assess the relationships between dyslipidaemia and various risk factors.

Results: The study found a high prevalence of dyslipidaemia (42.7%) among the participants, with no significant difference between genders. Factors such as high intake of fats and oil, low intake of fibre, smoking, and alcohol use were significantly associated with dyslipidaemia among type-2 diabetes patients. Additionally, obese, and overweight individuals were more likely to have dyslipidaemia compared to those with normal BMI.

Conclusions: Dyslipidaemia is a common complication among type-2 diabetes patients, with modifiable risk factors such as dietary habits, smoking, and alcohol consumption playing significant roles. Interventions targeting lifestyle modifications and dietary improvements are crucial in managing dyslipidaemia among diabetes patients. Moreover, effective risk communication strategies, including engagement with religious communities, are essential in raising awareness about the complications of diabetes and promoting preventive measures.