CHAPTER V
CONCLUSION

V.1 Conclusion

  a. This study involved 51 elderlies from all wards located in Cinere subdistrict, out of which 39.2% of the respondents suffer from diabetes mellitus.

  b. Out of 51 respondents, 68.6% were female, 49% were overnourished, 58.8% have low level of education, 56.9% were never employed, 64.7% never smoked, and 314% had parent/s with T2DM.

  c. The factors which were found to be associated with diabetes mellitus are nutritional status ($P = 0.016$), occupational history ($P = 0.036$), and diabetes family history ($P = 0.021$). On the other hand, sex ($P = 0.865$), level of education ($P = 0.891$), and smoking history ($P = 0.525$) does not have significant impact on the incidence of T2DM.

V.2 Suggestions

Type 2 diabetes mellitus is a degenerative non communicable disease. Even though the elderly population are more susceptible to T2DM, prevention can be done from productive age. Some preventive steps are increasing physical activity especially for those who are unemployed and consuming a balanced diet as an effort in maintaining a healthy nutritional status. Spreading awareness regarding its importance is important to prevent the increase in future cases. Regular check-ups are also important in detecting the early onset of diabetes mellitus, and hence can be prevented or cured earlier.