

**EVALUATION OF TYPE 2 DIABETES MELLITUS PREVENTION
AND CONTROL PROGRAM IN MUANG MUNICIPALITY,
PHAYAO PROVINCE**



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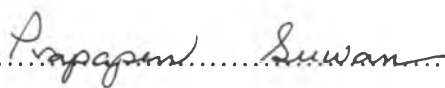
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The study aimed to evaluate the Control and Prevention of Diabetes Mellitus and Hypertension Program (CPDP) in Phayao municipality of Phayao province in northern Thailand. The evaluation consisted of 2 parts; one on the program process, the other on the program outcome. Process evaluation emphasized on determining the efficiency of the process. In-dept interview and focus group discussions were employed among 13 health staff and 15 Village Health Volunteers. Outcome evaluation was an assessment of knowledge and health behavior of diabetics and people who are at risk, using two different types of questionnaire. Study population was people age 40 and above of 13 communities in Phayao municipality, a total of 5,791. Sixty subjects were selected randomly from 424 people who turned up for diabetic screening program, the intervention group. Another 60 subjects, the comparison group, were selected from the 13 communities, matching for age, gender, education, and location of residence. Both groups received the same health education information on dietary behavior and exercise from the same health educator and nurses. The study also enrolled 15 diabetics into the study. A community advisor provided the same information to the diabetics.

Although the implementation of the program process went according to the plan, only 5.7 % of the population turned for the screening while the goal was 10%. Outcome evaluation showed no difference between levels of knowledge and behavior between the intervention and the comparison groups. Both groups appeared to have improper knowledge on dietary behavior, however, they had proper behavior on diet. They also have proper behavior of social and emotional factors. As for the diabetics (60%), they reported not exercising regularly. They have moderate level of knowledge, the same as comparison and intervention groups.

Early detection of diabetics and people at risk are important measure in preventing disability due to the disease. It is imperative that the health authority in Phayao province pays particular attention to the CPDP in order to ensure a more successful program.

Field of study Health Systems Development Student's signature Pathomporn Chantraklum
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ABBREVIATIONS

DM	=	Diabetes Mellitus
CPDP	=	Control and Prevention of Diabetes Mellitus- Hypertension Program
IDDM	=	Insulin dependent diabetes mellitus
NIDDM	=	Non – insulin dependent diabetes mellitus
VHVs	=	Village Health Volunteers
FBS	=	Fasting Blood Sugar
BMI	=	Body Mass Index