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Topic: Malnutrition treatment and prevention

Title: Longer duration of diabetes in young patients is associated with a higher risk of stunting, in the primary healthcare network in Kinshasa.

Presentation Type: Poster

Introduction : Few studies, if any, whether in Democratic Republic of Congo or in Africa have addressed the relation between diabetes and malnutrition. Our objective was to analyze nutritional status and its determinants in young diabetic patients in a large health care network.

Methods: A study was conducted in 2014 in diabetic patients below the age of 20 years from the Primary Health Care network in Kinshasa. A case-control method was applied. The patients records were completed by an interview. Cases were malnourished diabetic patients and controls those without malnutrition. Height for age index (HAZ) at the threshold of < -2 SD measured stunting. BMI for Age Z-score < -2 SD, wasting. The statistical packages included SPSS 19 and Anthro Plus. Logistic regression was used to identify risk factors of malnutrition. $P < 0.05$ was the level of statistical significance.

Results: 216 patients were studied. More than 90 percent of them were aged above 11 years. Girls represented 57 percent. Stunting predominated, affecting 38 percent of patients (42.7 percent girls and 57.3 percent boys). Wasting was estimated at 7.4 percent, more present in girls (56.3 percent) than in boys (43.7 percent). Wasting didn't show association with any factors studied. Stunting was associated with the duration of diabetes beyond three years (OR: 3.8; IC95% : 1.6 - 9.2; $p=0.003$).

Conclusion: Stunting is common in young diabetic patients and is associated with the duration of the disease. This information is important in the management of young diabetic patients.