

Knowledge, Attitudes, Practices and Behaviour on Diabetes and Hypertension

Survey Overview
2016



**Accessible
Quality
Healthcare**

Kujdesi Shëndetësor i Qasshëm dhe Cilësor
Kvalitetna i Dostupna Zdravstvena Zaštita

SDC project implemented by Swiss TPH and Save the Children

THE ACCESSIBLE QUALITY HEALTHCARE PROJECT

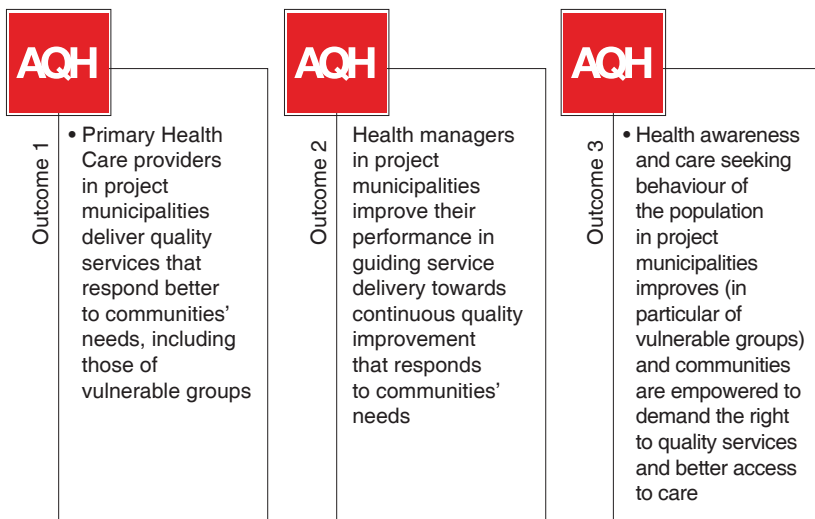
The Accessible Quality Healthcare (AQH) project is designed to support the implementation of the national reform agenda and complement other donor-supported programmes with a focus on the Primary Health Care (PHC) level and non-communicable diseases (NCDs).

With its three outcomes the project aims to stimulate use of quality primary health care services by all Kosovo citizens, with particular attention to the needs and inclusion of socially vulnerable populations.

Objective:

The health of the population of Kosovo has improved, with strengthened healthcare providers and managers able to meet the needs of the patients (especially vulnerable groups), who are more aware of their rights and needs.

3 project outcomes are:



PURPOSE OF KAPB STUDY

Assess the knowledge, attitude, practice and behaviour of general population, particularly focusing on vulnerable groups regarding selected non-communicable diseases (NCDs), and citizens' rights to health. The study was conducted in 12 project Municipalities

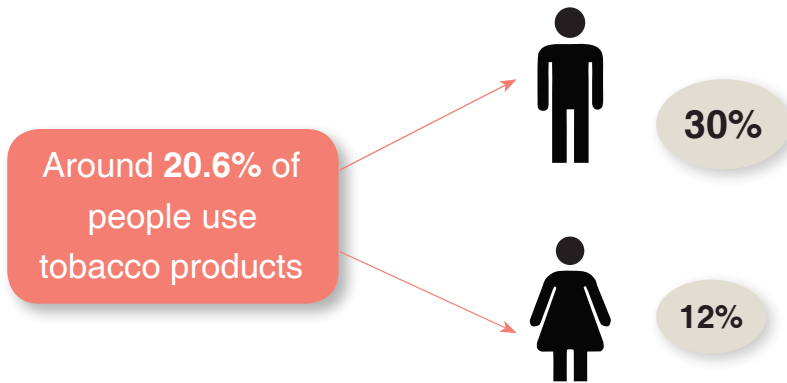
Methodology

The KAPB Study used two approaches for data collection: **quantitative survey** and **qualitative research**.

- 1) Quantitative survey:** Face-to-face interviews were conducted at home of the respondents. Total sample size was 1,200 respondents who were 18+ from urban and rural areas as well as from both Albanian and RAE communities.
- 2) Qualitative research:** 12 focus group discussions were conducted, with participants who were 18+ from both urban and rural areas. The selection of participants took into consideration the representation of rural women and RAE communities.

The study was carried out during 2016 and provided useful data that will guide the projects health education/health promotion activities.

TOBACCO USE



70% of smokers **smoke** inside their **houses** and that 21% of smokers that declared that they smoke inside their houses have children *under 18 years* old in their household

Perception:

- Young people smoke more than others
- Young males smoke more than young females

"I can't imagine what would it would be like, if I couldn't smoke inside. It has never occurred to me to stop smoking inside the house, I am used to this."

(Group with female, urban area)

PHYSICAL ACTIVITY



Rural areas

- Have limited opportunities for physical activity
- See as an obstacle the mind-set that still prevails in these rural areas

Urban areas

- Have limited opportunities for physical activity
- See as an obstacle the mind-set that still prevails in these rural areas

“A doctor advised me that housework is not enough, I have to walk. But where can I walk here in the village, people will start talking!”
(Group with female, rural area)

DIET

People on average eat fruits and vegetables
5 days in a week

On those days when they eat fruits and vegetables
they eat 2 servings*

➤ Eating habits

- Participants stated that they usually have two main meals per day
- Lunch and dinner are most important
 - The types of foods usually consumed:

Breakfast

- Dairy products
- Fried eggs
- Dough products
- Milk
- Children:
 - Processed meat (salami, sausage)
 - Chocolate cream
 - Butter

Lunch

- Usually:
 - Meat products

Dinner

- Pasta
- Bread
- Corn bread etc

* one serving of fruit = medium size piece of banana, apple etc

* one serving of vegetable = one cup of spinach/salad or half cup of tomatoes, carrots, onions etc

DIET

➤ Frequency of usage of food in diet

43%

Added salt or salty sauce to their food before they eat or as they were eating it several times a day or at least once a day



65%

Use sugar in their tea or coffee several times a day



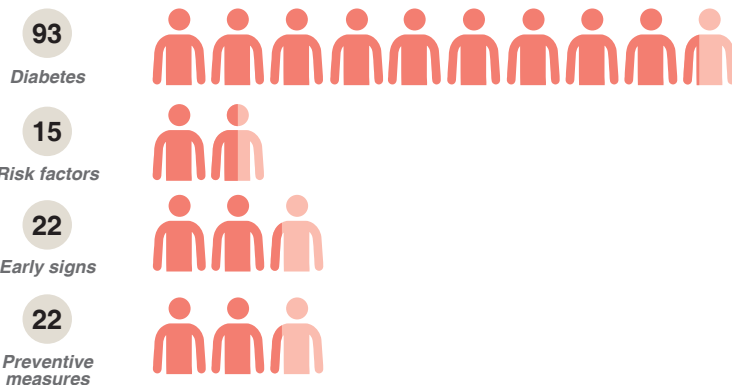
38%

Consume soft drinks, Coca Cola, Fanta, energy drinks and similar several times a day or at least once a day



DIABETES

Knowledge* about... (percent)



Attitudes about... (percent)



* Knowledge in response to the question:

Have you ever heard of diabetes? Yes 1
No 2

* Confidence among diabetics:

What to do when their blood sugar level goes higher or lower than it should be

DIABETES

Practices/behaviours... (percent)

35
*Glucose
measurements*



67
*Taking
medication*



29
Taking insulin



90
HH member
taking medication*



44
*HH member
taking insulin*



** HH member= house-hold member*

HYPERTENSION

Knowledge* about... (percent)



Attitudes about... (percent)



* Knowledge in response to the question:

Have you ever heard of raised blood pressure or hypertension? Yes 1
No 2

* Confidence:

What to do if they have high blood pressure

CONCLUSIONS

High knowledge about NCDs, but a very low level of knowledge about risk factors, early signs and preventive measures

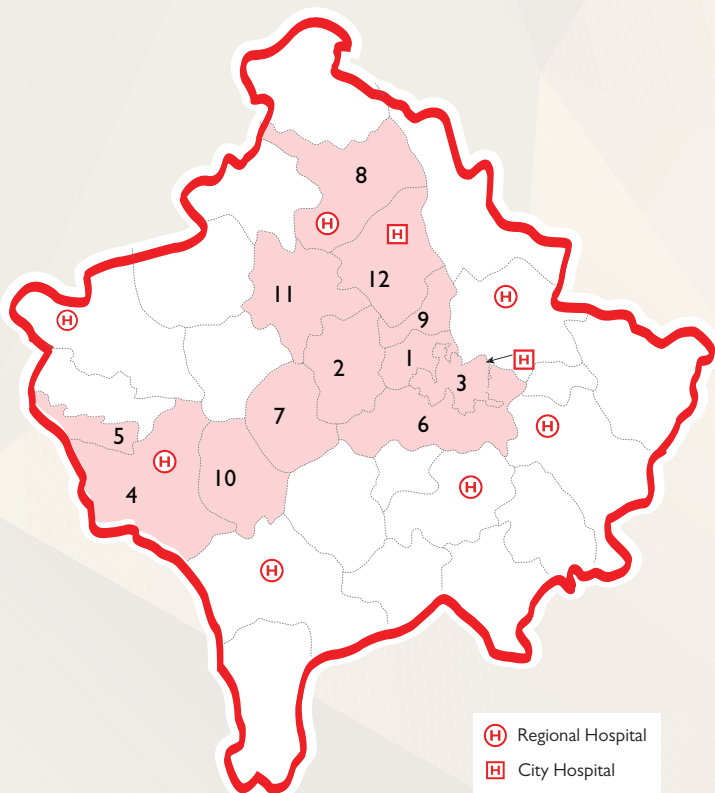
General lack of understanding about smoking as a risk factor for NCDs

Significant portion of the population lacks the recommended physical activity

RAE community shows far riskier behaviours especially towards smoking

Women are more knowledgeable about NCDs than men, especially when it comes to risk factors, early signs and preventive measures

AQH SELECTED MUNICIPALITIES



1. Fushë Kosovë / Kosovo Polje
2. Glogoc / Glogovac
3. Graçanicë / Graçanica
4. Gjakovë / Đakovica
5. Junik / Junik
6. Lipjan / Ljipljane

7. Malishevë / Mališevo
8. Mitrovicë / Mitrovica
9. Obiliq / Obiljić
10. Rahovec / Orahovac
11. Skënderaj / Skenderaj
12. Vushtrri / Vučitrn



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