

Title: Prevalence and associated factors of Diabetes mellitus and hypertension among HIV infected older adults attending Bugando HIV care and treatment Centre in Mwanza; a cross sectional study, Africa-Tanzania.

Ndikumwami Rufutu[1], Wemaeli Mweteni[1], Prof. Samuel Alluvia [2], Bernard Desderius[3]

Name: Ndikumwami P.Rufutu

Catholic University of Health and Allied Sciences (CUHAS)-Tanzania.

Background: The number of older adults who are HIV-infected is increasing in Sub Saharan Africa due to improved survival following use of combination antiretroviral therapy. Little is known about the prevalence and associated factors of Diabetes Mellitus and hypertension among elderly people living with HIV.

Objective: To determine the prevalence and associated factors of diabetes mellitus and hypertension among HIV-infected older adults at Bugando CTC.

Methodology: Cross-sectional study among HIV-infected older adults was conducted at BMC CTC. A modified WHO STEPS questionnaire was used to screen diabetes mellitus and hypertension and to capture potential risk factors. Data were entered and cleaned using Epi info 3.1 and analysis was done using STATA version 15.

Results: A total of 321 HIV-infected older adults were enrolled. The prevalence of diabetes mellitus and hypertension were 4.4% and 43.93% respectively. History of raised blood glucose (AOR 80, 95% CI: 9.9-644) beyond normal was significantly associated with Diabetes Mellitus. Age above 57 years, (AOR: 1.6; 95%CI: 1.0-2.6, p=) and non-exercise, (AOR: 2.3; 95%CI: 1.1-5.0, p=) were significantly associated with hypertension.

Conclusion: In this study both diabetes mellitus and hypertension were prevalent among elderly HIV patients. Therefore, regular screening for diabetes and hypertension among HIV older patients is recommended.

Presenting author details

Full name: Ndikumwami P. Rufutu

Contact number:+255738688532

Category: (Oral presentation)