TUFH 2020 Abstracts

Title **Type**	**Positive health beliefs are associated with improvement of glycated hemoglobin and lipid profiles in Mexican patients with type 2 diabetes mellitus: a cross-sectional study** Oral Presentation *Intersectoral Collaborations and the Social Determinants of Health*
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Content	Background: Type 2 Diabetes (T2D) is a major public health problem worldwide. Health beliefs are relevant to consider in patients with T2D since disease control depends mainly on the patient's behavior. The aim of this study was to assess the association between health beliefs and glycated hemoglobin and lipids profile in Mexican patients with T2D. Methods: An analytical cross-sectional study was conducted, we included 336 patients. Fasting blood levels of glycated hemoglobin, glucose, cholesterol; triglycerides, high-density lipoprotein cholesterol (HDL-c), and low density lipoprotein cholesterol (LDL-c) were measured. Body fat percentage, weight, height; waist circumference, and systolic and diastolic blood pressures were also obtained. A previously validated self-administered questionnaire was used to assess health beliefs with regards to non-pharmacological treatment. Health beliefs were classified as positive, neutral, and negative. The objective of this study was to assess the relationship between health beliefs in diabetes and glycated hemoglobin levels, lipid profiles, and body weight in patients with type 2 diabetes. Results: The average age of patients was 54.7 ± 8.5 years, 69 % were women. Patients with positive health beliefs had lower HbA1c levels (8.2 ± 1.7%) compared to those with neutral (9.0 ± 2.3%), or negative (8.8 ± 1.8%; p=0.042). The LDL-c levels were lower (p=0.03), and HDL-c levels were higher (0.002) in patients with positive health beliefs. Conclusions: Positive health beliefs are associated with better metabolic control indicators in patients with type 2 diabetes. This fact should be used in health education programs for patients with T2D.