

Where do people with hypertension or type 2 diabetes seek care when ill?

A cross-sectional study on sociodemographic correlates of utilization of healthcare facilities in rural Kenya

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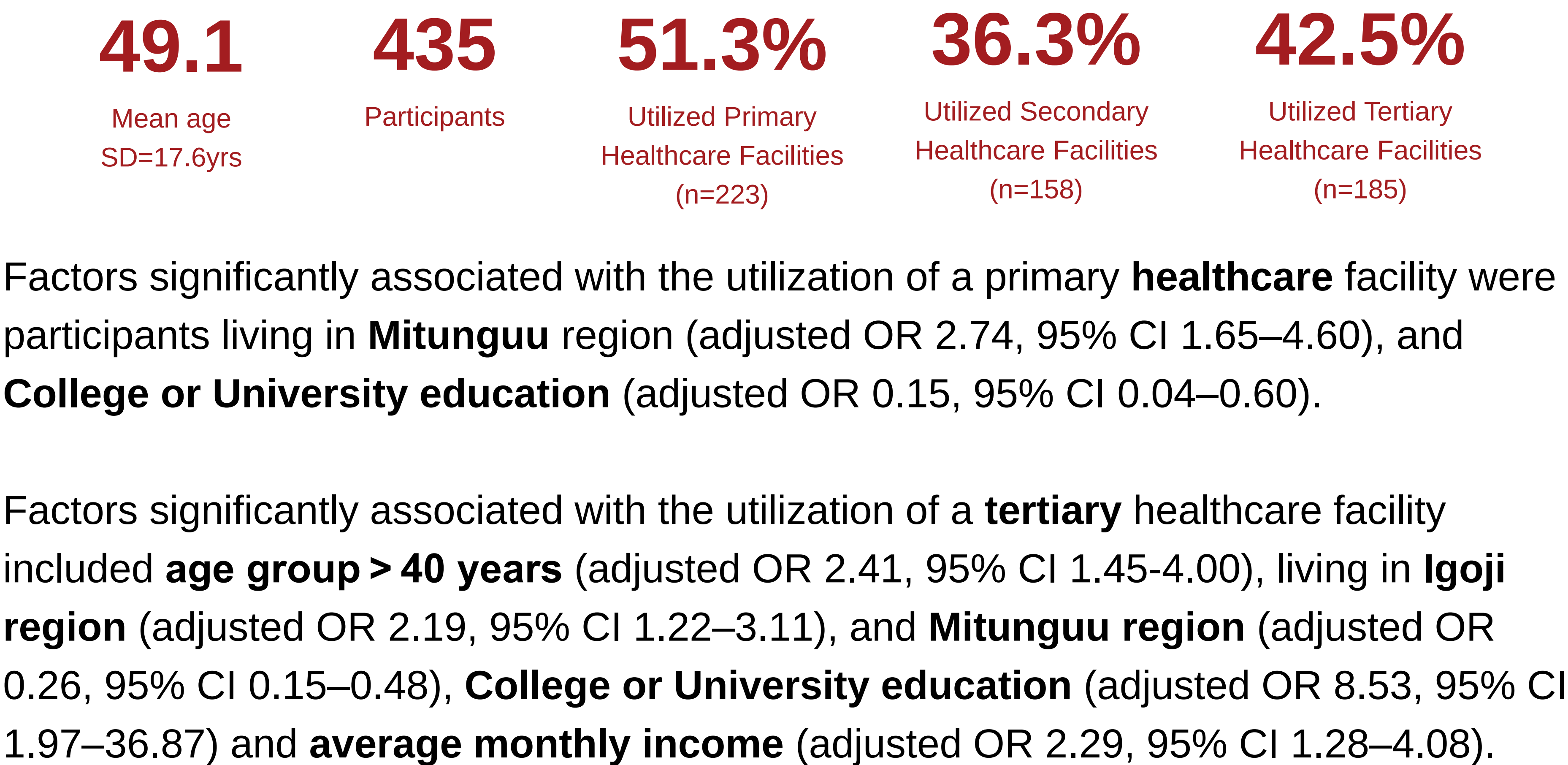
BACKGROUND AND AIM

- Hypertension and type 2 diabetes are among the most common non-communicable diseases that contribute to a large number of adult morbidity and mortality in Kenya.
- The impact of these conditions may pose the greatest challenge in rural areas with limited access to care.
- The objective of the study was to assess utilization of healthcare facilities (Primary, Secondary and Tertiary levels) and associated sociodemographic factors among people with hypertension or type 2 diabetes and/or at risk of having these conditions in rural Kenya.

METHODOLOGY

- This study used data from the 2019 Baseline Assessment of the Prevention and Control of Non-Communicable Disease Project in Imenti South, Meru County conducted by the Kenya Red Cross Society.
- A community-based study using a cross-sectional design was conducted among four hundred and thirty-five participants in Imenti South Sub Country, Meru County in Kenya in November 2019.
- Chi-square test and logistic regression analyses were conducted to explore sociodemographic factors associated with utilization of healthcare facilities. Unadjusted and adjusted Odds Ratios with a 95% Confidence Interval (CI) were reported.

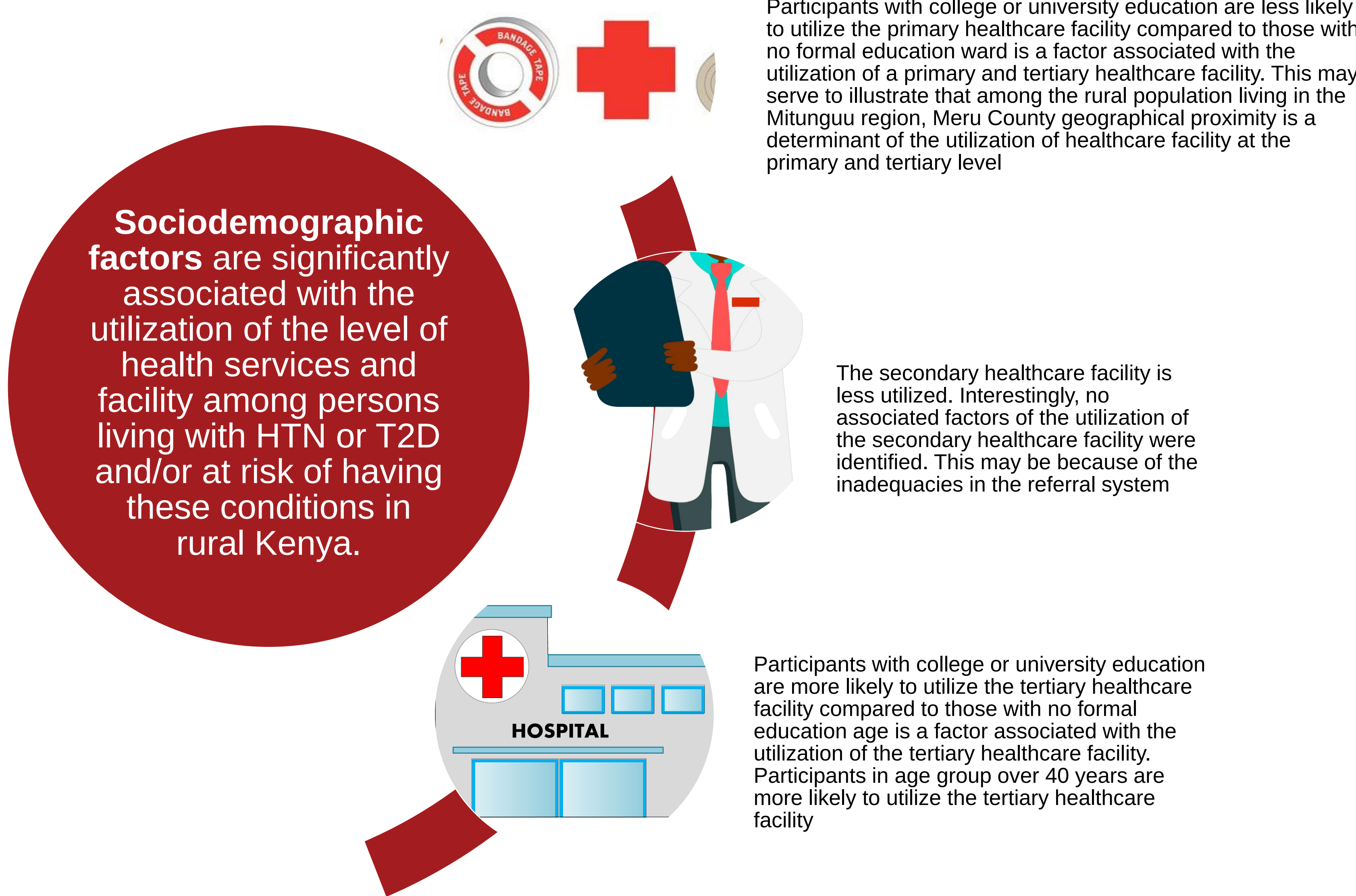
RESULTS



CONCLUSION

The utilization of the **primary healthcare** facility was associated with **ward** and **educational level**.

The utilization of the **tertiary healthcare** facility was associated with **age**, **ward**, **educational level**, and **average monthly income** among rural Kenyans who had hypertension or type 2 diabetes and/or were at risk of having these conditions.



IMPLICATION

These results provide insights regarding the sociodemographic factors associated with the utilization of healthcare facilities in rural Kenya that could contribute to **evidence-based health policymaking**.

Additionally, the results highlight the relevance of taking sociodemographic factors into account when **designing interventions** for people with non-communicable diseases living in rural Kenya..