**Title:** COMPARISON THE LIFE STYLE EFFECTIVE FACTORS BETWEEN DIABETES TYPE II PATIENTS AND HEALTHY PEOPLE

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**Abstract:** Introduction: Diabetes Mellitus is one of the most costly chronic diseases of our time with an increasing trend of epidemic proportions throughout the world. Diabetes is a significant and expensive health problem which had influenced all the ages in almost all the countries. Increasing prevalence of this disease has been caused by continued changes in lifestyle such as unsuitable nutrition, lack of physical activities and fatness which is often related to modern city life, mechanization and industrialization. It is an expensive disease, both for patients and the health care systems. This research tried to examine the relationship between lifestyle risk factors and type II diabetes.

Methods: This research was a case-control study. Random sampling was used to study 51 diabetes type II patients as case group and 51 healthy people accompanying some other patients as the control group in Yazd Afshar hospital. The people were from both sexes, between 30 and 64 years of age and all were Yazd residents. The questionnaire used included demographic, eating behavior, physical activities, stress and smoking status information. The SPSS.15 was used for statistic calculation and for analysis of data; T and Chi-Square tests were applied.

Results: By analyzing the data collected, there was a meaningful statistical relationship between physical activities, eating behavior and the diabetes type II disease (P-value<0.05). Also, there was no meaningful statistical relationship between diabetes type II disease and stress score (P-value>0.05).

Conclusion: Results implied that some important risk factors in diabetes type II includes eating behavior and also lack of physical activities.

**Keyword:** DIABETES TYPE II, LIFE STYLE, NUTRITION, PHYSICAL ACTIVITY, SMOKING, STRESS

**Presentation:** Poster