

**DETERMINANTS OF UTILIZATION OF HEALTH CARE AMONG WOMEN
SUFFERING FROM DIABETES MELLITUS IN KIAMBU COUNTY, CENTRAL
KENYA**

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DECLARATION

This thesis is my original work and has not been presented for a degree in any other university.

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DEDICATION

To our late parents, Peter Wanyutu and Rachel Wanjiku, Nobert Mwaniki and Kezia Wambui, my dear husband Mwaura and our children Wambui, Mwaniki and Wanjiku for remarkable and wonderful support throughout this journey.

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ABSTRACT

This study was designed to investigate the determinants of the utilization of health care among women suffering from diabetes mellitus in Kiambu County, Central Kenya. The overall objective of the study was to explore the factors determining utilization of formal health services by women with diabetes mellitus in the County. Specifically, the study sought to determine the extent to which distance to the formal health care facilities influences the health-seeking behaviour of women suffering from diabetes mellitus in Kiambu County; to establish the extent to which the multiple roles of such women influence their health-seeking behaviour; and to investigate the attitude of health care providers towards women suffering from diabetes mellitus in that County.

The study was guided by the health belief model and health care utilization model. The lottery method was used to select 2 study sub-Counties, while systematic sampling was used to obtain a sample size of 200 women. Data was collected through secondary sources, survey method, key informant interviews, focus group discussions, narratives and direct observation.

The findings indicate that distance travelled from place of residence to a formal health care facility influences utilization of formal health services within the County. This is because the distance affects the women's choice of mode of transport, cost of transport, cost of health services and choice of health facility.

The findings also show that gendered roles influence service accessibility for women. The study further found that health care system characteristics including attitude of the health providers, the type of services provided, high cost of treatment and inadequate drugs supply at the health facility pharmacies are determinants of utilization of formal health facilities.

The study, therefore, concludes that geographic accessibility influences utilization of health services among women suffering from diabetes mellitus in Kiambu County. Other factors are service cost and quality of the available health services. The study, therefore, recommends that the Kiambu County government and other actors work together towards establishing functional diabetes clinics in health centres which are closer to the people in order to reduce the distance covered by the women to get health care. The study also recommends that comprehensive care be made available in such clinics so that the various services that women get at the diabetes clinics are geographically accessible at a centralized location within the health centres to avoid long queues which impact on waiting time.

ACRONYMS AND ABBREVIATIONS

DM	Diabetes Mellitus
FBOs	Faith-Based Organizations
FGD	Focus Group Discussion
GIS	Geographical Information System
GoK	Government of Kenya
HBM	Health Belief Model
IDIs	In-Depth Interviews
KARI	Kenya Agricultural Research Institute
KES	Kenya Shillings
KII	Key Informant Interview
LMICs	Low and Middle Income Countries
MDGs	Millennium Development Goals
NCD	Non-Communicable Disease
NGOs	Non-Governmental Organizations
SPSS	Statistical Package for the Social Sciences
SSA	Sub-Saharan Africa
UoN	University of Nairobi
WHO	World Health Organization