

ORIGINAL RESEARCH

Effects of Nutrition Education on Therapeutic Life Style Changes of Adult Patients with Type 2 Diabetes Miletus in Public Hospitals at Hawassa City Southern Ethiopia

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Abstract

Back ground: Diabetes mellitus is a syndrome characterized by chronic hyperglycemia, due to absolute or relative deficiency or diminished effectiveness of circulating insulin. It is the most common and serious metabolic disease. Efforts targeting prevention of diabetes and associated complications through life style modification is crucial. Therefore, the objective of this study was to assess the effects of nutrition education on therapeutic life style changes of adults with type 2 Diabetic patients at public hospitals in Hawassa City southern Ethiopia.

Methods: Institutional based randomized control trial was conducted. 150 (75 in each group) type 2 Diabetic patients was selected using simple random sampling technique. The data were collected using structured questionnaire through face-to-face interview with diabetes mellitus patients by trained nutritionists. Data were entered into SPSS version 23 for cleaning and analyses. Two independent samples T-test was used to compare means of continuous outcomes between the two groups. Statistical significance was declared at p value <0.05.

Results: The research results revealed that there was significant difference in mean (\pm SD) knowledge scores about type 2 diabetes mellitus 25.7 (17.12) versus 53.5 (19.00); mean (\pm SD) knowledge scores about dietary intake 52.1 (19.14) versus 71.9 (13.20); and mean (\pm SD) score of attitude towards dietary intake and physical activity, 69.6 (14.47) versus 82.9 (12.28) mean (\pm SD) score of practice of dietary intake and physical activity 46.3 (15.12) versus 63.2 (17.52) and score of glucose level in blood 184.3 (58.78) versus 150.1 (50.76) between the control and intervention group, respectively ($p < 0.05$).

Conclusions: Knowledge, attitude and desirable practice of lifestyle modification were significantly improved among patients received the intervention. In addition, there were improvements in the HBM components in the intervention group compared with the control group. This suggests that empowering the patients would benefit for proper management of diabetes mellitus.

Keywords: knowledge, attitude, practice of lifestyle modification, therapeutic life style education, Hawassa, Ethiopia