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## Relationship between dietary practices and type 2 diabetes mellitus among adult patients in a semi-arid Kitui county, Kenya

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Diabetes is a serious metabolic disorder whose prevalence in adults has been increasing in the last decade and it is estimated that by 2030, the number of cases will almost double. Diet and lifestyle modifications are considered the cornerstone for the treatment and management of type 2 diabetes (T2DM). Despite this, there is minimum literature assessing the dietary practices and glycemic control in an arid region context in Kenya. A total of 138 T2DM patients were selected using systematic sampling in the outpatient diabetes clinic and a questionnaire on socio-economic and dietary practices administered. The study was carried out in April and May 2017. There were more female (60.1%) than male (39.9%) in this study with majority being unemployed (36.2%). Twenty five percent (25%) of the respondents did not meet the RDA for energy while 41.3% of the respondents met their iron requirement. Forty seven percent (47.6%) had elevated HbA1c. Most of the respondents took three meals per day while DDS was  $4.3 \pm 1.7$ . There was a significant relationship ( $r=0.56$ ;  $P$  value=0.014) between DDS and glycemic control. There are suboptimal dietary practices leading to poor glycemic control among T2DM patients attending diabetic clinic at Kitui District Hospital.

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