

29<sup>th</sup> Annual Meeting on

## NUTRITION &amp; FOOD SCIENCES

November 05-06, 2018 Bangkok, Thailand

**Dietary practices of adult type 2 diabetes mellitus patients attending Kitui outpatient clinic at Kitui County, Kenya**Theuri A W<sup>1,2</sup>, Makokha A O<sup>1</sup> and Kyallo F M<sup>1</sup><sup>1</sup>Jomo Kenyatta University of Agriculture and Technology, Kenya<sup>2</sup>South Eastern Kenya University, Kenya

**Background & Aim:** Type 2 Diabetes Mellitus (T2DM) is a serious metabolic disorder whose prevalence among adults has been increasing in the last decade. It is estimated that by 2030, the number of cases in Africa will almost double. Diet and lifestyle modifications are considered the cornerstone for the treatment and management of T2DM. Despite this, there is minimum literature assessing the dietary practices and glycemic control in a semi-arid region context in Kenya. The objective of this study was to determine the dietary practices of adult T2DM patients attending Kitui outpatient clinic in Kitui County.

**Method:** This was a cross-sectional study design where every consenting second patient attending diabetic clinic was interviewed. A total of 138 T2DM patients were interviewed using a structured interview guide on socio-economic and dietary practices administered. The study was carried out in April and May 2017.

**Result:** There were more female (64%) than male (36%) in this study with majority being unemployed (38.4%). 47.6% had elevated HbA1c. Majority took three meals per day while DDS was  $4.3 \pm 1.09$ . The mean energy intake for men and women was  $2823.8 \pm 82.45$  and  $2766.330 \pm 76.74$ , respectively. There was a non-significant positive relationship ( $r=131$ ; P value=0.124) between amount energy consumed and glycemic control.

**Conclusion:** There were sub-optimal dietary practices leading to poor glycemic control among T2DM patients attending diabetic clinic at Kitui District Hospital. The study proposes measures among them individualized nutrition education to help improve their glycemic status.

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