

Eating behaviours and situation in diabetes patients at the level of primary health care

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Diet is an essential element of treatment, education and care for a patient with diabetes. The paper shows factors differentiating eating behaviours values in diabetes patients. Research has been carried out within the scope of NCSR grant no. 6P05D02320, among 1366 families and 1986 patients with diabetes, originating from the randomly chosen 61 units of the national primary health care. The research has been carried out based on: anonymous questionnaires among patients' families/caregivers, analysis of medical records.

Results: Statistical analysis showed that dietetic recommendations are the most frequently respected by the patients characterised by an advantageous (moderate) level of knowledge about the disease ($p=0,00000$) and by the highest knowledge of their health indicators ($p=0,00000$). Dietetic recommendations are more frequently respected by the patients, whose activity is regular, and their rest has an active character ($p=0,00000$), who control their glycaemia regularly and modify treatment according to doctor's recommendations ($p=0,00000$), respect recommendations relating to the involvement in the treatment process ($p=0,00000$), who do not drink alcohol and do not smoke ($p=0,0002$), who have satisfactory social life ($p=0,00014$), who function in a family characterised by a full efficiency in taking care for a patient ($p=0,00358$) and with an optimal support of a family, neighbours and a social worker ($p=0,00708$), and are characterised by a smaller, moderate need of professional care ($p=0,00000$) in contrast to those patients, who do not respect all or most of dietetic recommendations.

Conclusions: Eating behaviours in diabetes patients are determined by many factors.

Biography

Anna Abramczyk (Ph.D.), Professor in University of Warmia and Mazury in Olsztyn. Author of more than 170 papers (published) about the international and national range. Expert of the Polish Committee Accreditation in the range education on the medical direction. Director and author the grant no 6P05D02320, "The quality of care above patients with diabetes on the level of the primary health care", financed by Committee of Scientific Research in Poland. Expert in the range of public health, social medicine, diabetes care. The reviewer of works about the international and national range.