**Title:** Effect of correct diet education on quality of life in type 2 diabetic patients  

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**Abstract:**  
Introduction: An estimation tells that 285 million people have diabetes and its prevalence is predicted to increase to 439 million by 2030. For the year 2010, it is estimated that 3.96 million excess deaths in the age group 20–79 years are attributable to diabetes around the world. Quality of life has importance for people with diabetes and their health care providers. Quality of life is also increasingly recognized as an important health outcome in its own right, representing the ultimate goal of all health interventions. More than 50 years ago, the World Health Organization stated that health was defined not only by the absence of disease and infirmity, but also by the presence of physical, mental, and social well-being. Recent developments in the fields of health outcomes research and health technology assessment have also stimulated interest in quality-of-life evaluation as a clinical research tool. Researches show that educational programs on diabetic diet reduce the complications from the disease. Due to high incidence of diabetes and the importance of nutritional education, the effect of diet training on quality of life was studied in Urmia, west Azerbaijan.  

Methods: The present research intended to evaluate effect of correct diet education on quality of life in type 2 diabetic patients. Sampling was based on objective, and data was gathered by a questionnaire consisting of 2 parts: socio-demographic characteristics and quality of life. The tool for the evaluation of quality of life was SF36 standard form. There were 20 diabetic patients in each of intervention and control group. Data were collected in two stages, before intervention and a month after intervention.  

Results: 50% of patients were male. The mean age of subjects was 46.44, and 46% of them were illiterate and 84% were married. Paired t test was used to determine the impact of nutritional education on quality of life. Statistical test results showed significant differences between nutritional education and the mean scores of fatigue, level of vitality, energy status before and after nutrition education (P< 0.05). There were not significant differences between nutritional education and physical functioning, physical role, physical pain, general health, emotional role, general health perception.  

Conclusion: This study and other studies showed similar effects of Nutritional training on improving quality of life of patients. Researchers believe that this research showed diagnose of risky patients can reduce health problems, psychological and other issues through the training they received. This study and other studies showed similar effects of nutrition education on improving quality of life of patients. However, the lack of significant differences before and after training in this study can be poorly educated and most likely forgotten subjects or doing recommended due to difficulty or poverty. Positive outcomes were observed in adults receiving nutrition intervention for type 2 diabetes. Ongoing intervention is needed to be supported by continued clinical researches.  

**Presentation:** Poster