# Effectiveness of Nutrition Education in Type 2 Diabetic Patients

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**Abstract:** Introduction: Diabetes Mellitus is one of the most common metabolic complications that is rapidly growing. It is expected that diabetes remains as one of the most common causes of death in the coming decades. Considering that the patients' knowledge & behavior in the field of nutrition, have a major role in type 2 diabetes control and treatment, it could be useful to provide a self management program through nutrition education in these patients. The aim of this study was to determine the effects of nutritional education program on knowledge and nutritional behaviors of type 2 diabetic patients.

Material and methods: In this prospective study which was conducted in Ilam University of Medical Sciences, 98 type 2 diabetic patients, aged between 30-65 years, were selected by simple sampling method. The intervention was conducted through an oral nutrition education session which took 3 hours. Data were collected by 2 validated and reliable pre and post test questionnaires, in a one month period. The mean differences of variables were compared by paired t test. P values less than 0.05 were considered significant.

Results: Comparing pre and post test results, our findings indicated that mean scores of patients’ knowledge increased significantly (p<0.001). There was also a significant improve in patients’ nutritional behavior (p<0.001). The study results showed a non significant decline in body weight and body mass index (p> 0.05).

Conclusions: Nutrition education could be considered as an effective intervention to improve the nutritional knowledge and behavior in diabetic patients. Further studies are suggested to assess the effect of nutrition education on biochemical indices in diabetic patients.

**Keywords:** Type 2 diabetes, nutrition education, knowledge, behavior

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