

Background: Diabetes Mellitus (DM) has emerged as an epidemic problem in Egypt. Diabetes is a chronic illness that requires a holistic approach in terms of care to prevent both acute and long-term complications. Nutrition therapy for diabetics can be divided into (1) dietary interventions and (2) physical activity. Lifestyle and dietary modifications form the cornerstone of therapy in type 2 diabetic patients (insulin resistance). Lifestyle modification interventions are a top priority for prevention and control many of chronic diseases. Thus, the **purpose:** of the current study was to examine the effect of Nutrition therapy intervention on reducing some of modifiable risk factors among adult diabetic women. **Methods:** A quasi experimental design was used to test research hypothesis. A convenience Sample of 104 adult women who diagnosed as type "2" diabetes was selected. **Setting:** this study was conducted in the out-patient clinic of Teaching Hospital, at Shebin El-Kom City. **Tools for data collection:** A) Interviewing questionnaire, B) Medication Adherence Rating Scale (MARS), C) 24 hours dietary recall, D) Exercise questionnaire and E) Biophysiological Measurements. **Results:** There was statistical significant improvement in medication adherences post intervention compared to pre intervention. Also, there was statistical significant decrease in calories intake post intervention than before intervention. The implementation of Nutrition therapy and lifestyle modification interventions is more effective in redacting random blood sugar in post than pre intervention (227.8±128.9 to 157.5±37.9 respectively). **Conclusions:** Nutrition therapy intervention can favorably decrease some of modifiable risk factors among adult diabetic women. **Recommendation:** Encourage nurses to provide health education about Nutrition therapy and lifestyle modification intervention to enhance patient care, and adoption of healthy behavior.

Keywords: Type II Diabetes, adult Women, Nutrition therapy.

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The Effect of Nutrition Therapy on Progress of Adult Women with Type II Diabetes



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INTRODUCTION

Today, more than 240 million people worldwide are living with diabetes. Within the next 20 years, this number is expected to grow to 380 million. The Middle East and North African Region are among the world's 10 highest for diabetes prevalence. These countries are Bahrain, Egypt, Kuwait, Oman, Saudi Arabia and United Arab Emirates. The global increase in the prevalence of DM is attributed to many risk factors, as inactive lifestyles. Many risk factors have been identified as modifiable or non-modifiable risk factor. **Non-modifiable risk factors;** are those that cannot be changed by any kind of medical treatment, intervention, or lifestyle change. **Modifiable risk factors can be changed by treatment, intervention, or changes like nutritional intervention.** Nutritional intervention are a top priority for prevention and control many of chronic diseases.

Aim of the Study

Examine the effect of nutrition therapy intervention on reducing some of modifiable risk factors among adult diabetic women and improve blood sugar level.

Subjects and Method

Design: Quasi Experimental design was used.
Sample: A Sample of 104 adult women who diagnosed as type "2" diabetes
Tools: A) Interviewing questionnaire, B) Medication Adherence Rating Scale (MARS), C) 24 hours dietary recall, D) Exercise questionnaire and E) Bio-physiological Measurements.

DISCUSSION

Regarding 24 dietary recall, the current study findings revealed that there was a statistically significant decrease in the total calories intake post intervention than pre intervention. Also, there was a statistically significant decrease consumption of total fats, carbohydrates and protein in post intervention with statistically significant difference. Similar findings have been reported by [Takahashi, de Oliveira et al., \(2011\)](#) who reported that there was statistically significant decrease in the total calories intake post intervention.

Conclusions

- Nutrition therapy intervention can favorably decrease some of modifiable risk factors among adult diabetic women.
- Nutrition therapy intervention can favorably improve blood sugar level among adult diabetic women.

Results

