

12<sup>th</sup> International Conferences on **Childhood Obesity and Nutrition**  
&  
3<sup>rd</sup> World Congress on **Diabetes and Obesity**

March 18-19, 2019 | Rome, Italy

**Dietary & Exercise Recommendations amongst Diabetic Patients**

**Amal El-Abbassy**  
Menoufia University Egypt

**Background:** A cornerstone of diabetes treatment is attention to lifestyle. Lifestyle modification, although different, is an equally integral part of diabetes management. Unhealthy lifestyles, such as lack of physical activity and excessive eating, initiate and propagate the majority of type 2 diabetes.

**Aim:** This study was to determine the role of dietary and exercise recommendations amongst type 2 diabetes mellitus patients.

**Methods:** Subjects: A purposive sample of all diabetic patients 30 years or older diagnosed with type 2 diabetes mellitus and on clinic care for two or more years who contact the Internal Medicine Clinic in Shebin El-kom Teaching Hospital were included in this study.

**Instruments:** It consisted of self-administered questionnaire: It included two constructed tools;

1. Questionnaire for socio demographic data including age, educational level, employment, and marital status, etc.
2. Lifestyle Questionnaire consisted of yes/no and multiple-choice questions related to perceptions related to lifestyle modification recommendations of diet & exercise, adherence/non-adherence to lifestyle modification recommendations, social and environmental variables as reasons for non-adhering to life style modification of diet & exercise.

**Results:** The study showed that the majority of the studied subjects reported that healthy dietary habits has a role in management of diabetes and perceived that healthy dietary habits helps to control blood sugar (94.0%, 92.7% respectively). Also, the highest percentage of the studied subjects reported that gentle aerobic exercise has a role in management of diabetes and perceived that exercise helps to control blood sugar (89.3%, 88.7% respectively).

**Conclusion:** Type 2 diabetes patients are not adherent to diet and exercise recommendations and no particular single reason could be attributed to poor adherence to either diet or exercise recommendations, rather a combination of many factors.

**Recommendations:** Health care providers should play a role in increasing patients awareness of the non-adherence factors of lifestyle modification.

moley\_elabassy@yahoo.com