



DIETARY BEHAVIOR AMONG MUSLIM PATIENTS WITH POORLY CONTROLLED TYPE 2 DIABETES MELLITUS IN A COMMUNITY SETTING, IN INDONESIA

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ABSTRACT

Background: Dietary behavior is the cornerstone of patients with poorly controlled type 2 DM. This condition becomes a common problem in patients with type 2 DM.

Purpose: The objective of this study was to describe dietary behavior in Muslim patients with poorly controlled type 2 DM in a community setting, in Indonesia.

Methods: A quantitative descriptive study to describe the dietary behavior of 70 patients with poorly controlled type 2 DM who met the inclusion criteria. These patients were selected by using random sampling assignment from Kebunsari Public Health Center areas in Polewali Mandar Sub-District, West Sulawesi, Indonesia. Dietary behavior was measured by using the Dietary Behavior Questionnaire (DBQ). The DBQ was modified from a previous study with adequate reliability (Chronbach's alpha was .82). Descriptive statistics were used in terms of frequency, percentage, mean, and standard deviation to describe patient's characteristics and dietary behavior in this study.

Result: Subjects who participated in this study were middle aged with an average 53.91 years. More than half of subjects in this study were female (74.3%) who had been studied in the elementary level (60.0%). The majority of the patients had no experience of any previous educational program or counseling program related to dietary behaviors (85.7%). The result showed a moderate level of dietary behavior in patients with poorly controlled type 2 DM.

Discussion: Dietary behavior becomes a common issues in patients with poorly controlled type 2 DM. Several factors contributed patients performing the dietary behavior including unstructured educational program in the public health center, self-commitment, belief and perception, and local culture.

Conclusion: The total level of dietary behavior in patients with poorly controlled type 2 DM was moderate level. Two subscale of dietary behaviors including selecting a healthy diet and arranging a meal plan were classified as a moderate level, whereas recognizing the amount of food calories, and managing dietary behaviors challenges were a low level.

Recommendation: Further research is needed to establish an intervention approach related to dietary behaviors for improving the dietary behaviors of the patients with poorly controlled type 2 DM.

Key Words: Dietary behaviors, Poorly controlled type 2 diabetes mellitus, Indonesia

BACKGROUND

The high percentage of diabetes mellitus (DM) has become a universal phenomenon. The World Health Organization (WHO) estimated that more than 346 million people have been diagnosed with DM (Song et al., 2012). The American Diabetes Association [ADA] (2013)

reported that 17.9 million adults have been diagnosed with DM whereas 57 million were pre-diabetic. In Indonesia, diagnosis of DM was the seventh largest number with a prevalence in 7.6 million adults (Soewondo, Ferrario, & Tahapary, 2013). The high proportion of patients remains due to poor glycemic control.

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