

### **Adherence To Dietary Recommendations in The Management of Type 2 Diabetic Patients Attending Diabetic Clinic at Nyahururu County Referral Hospital, Kenya**

*Muketha Maureen Karimi <sup>1</sup>; Chege Peter M <sup>2</sup>. (PhD); Kamuhu Regina W<sup>3</sup>. (PhD)*

<sup>1</sup>Maureen Muketha, Kenya Nutritionists & Dietitians Institute, Nairobi Kenya

<sup>2</sup>Dr Peter Chege, Department of Food, Nutrition and Dietetics, Kenyatta University Nairobi, Kenya

<sup>3</sup>Dr Regina Kamuhu, Department of Food, Nutrition and Dietetics, Kenyatta University, Nairobi, Kenya

<sup>1</sup>Corresponding Author Email: mukethak@gmail.com.

#### **Abstract**

Type 2 Diabetes is among the biggest contributors of deaths and morbidity worldwide. It's also increasing steadily, and if not controlled, it soon became an epidemic due to an increase in the ageing population and the number of obesity cases worldwide. This aggravated the existing burden on health systems especially in developing nations. Screening and diagnosis are based on clinical guidelines that encompass both clinical and laboratory parameters. There is presently no cure for the disease; however, adherence to dietary recommendations as advised by health care workers has proven to be a game changer in its management. Hence, the current study sets to unravel adherence to dietary recommendations in the management of Type 2 diabetic patients at Nyahururu County Referral Hospital. The study adopted a cross sectional analytical design using the Perceived Dietary Adherence Questionnaire to collect information on the socio-demographic characteristics of the diabetic patients. More information was obtained through Focus Group Discussions (FGDs) and Key Informant interview. Systematic random sampling was applied in choosing the 152 participants who attend to the diabetic clinic. Blood glucose level was used in order to determine if the patient has adhered to dietary recommendation. The results was that the social demographic factors influenced adherence to dietary recommendation among the diabetics' patients attending Nyahururu diabetic clinic at Nyahururu level 4 Hospital. There existed a statistically important association between gender, income, level of education and marital status and the diabetic patients' adherence to dietary recommendations at  $\alpha=0.05$ . On the other hand, age was not found to have significant influence on the participants' adherence to dietary recommendations at  $\alpha=0.05$ . In conclusion, the patients' gender, marital status, income and education influenced the level of adherence to dietary recommendation among the diabetics' patients attending diabetic clinic at Nyahururu level 4 Hospital. Age was found to have insignificant influence on the participants' adherence to dietary recommendations at  $\alpha=0.05$ .

**Keywords:** Type 2 Diabetes, Adherence, Dietary Recommendation, blood glucose