Table 1: Socio demographic and economic characteristics of type 2 diabetic patients in Adare General Hospital Hawassa City, Ethiopia, 2016

|  |  |  |
| --- | --- | --- |
| **Variable** | **Frequency**  | **Percent**  |
| Sex |  |  |
|  Male | 180 | 46.5 |
|  Female | 207 | 53.5 |
| Age |  |  |
|  18 -34 | 21 | 5.4 |
|  35-60 | 288 | 74.4 |
| > 61 | 78 | 20.2 |
| Marital status  |  |  |
|  Single | 16 | 4.1 |
|  Married | 307 | 79.3 |
|  Divorced/Separated/ Widowed | 64 | 16.5 |
| Religion |  |  |
|  Orthodox | 197 | 50.9 |
|  Protestant | 153 | 39.5 |
|  Muslim | 27 | 7 |
|  Catholic | 3 | 8 |
|  Others | 7 | 1.8 |
| Ethnicity |  |  |
| Sidama | 105 | 27.1 |
| Amhara | 134 | 34.6 |
| Wolayita | 57 | 14.7 |
| Guragie | 37 | 9.6 |
|  Others | 54 | 14 |
| Educational status |  |  |
|  Non formal education | 89 | 23 |
|  Formal Education | 298 | 77.0 |
| Occupation |  |  |
|  Employed | 102 | 26.4 |
|  Unemployed | 264 | 68.2 |
|  Merchant | 21 | 5.4 |
| Monthly income |  |  |
|  Very low | 250 | 64.6 |
|  Low | 29 | 7.5 |
|  Average | 36 | 9.3 |
|  Above average | 72 | 18.6 |

**\*Monthly income category:**

Very Low <445 Birr, Low=446-1200Birr, Average=1201- 2500Birr, Above Average= 2501-3500Birr and High >3501Birr (Based on the Ethiopian Civil service monthly salary for civil servants).

Table 2: Dietary practice with respect to the eleven variables measuring failure in dietary practice among type 2 diabetic patients in Adare General Hospital, Hawassa City, Ethiopia, 2016

|  |  |  |
| --- | --- | --- |
| **Variable** | **Frequency** | **Percent**  |
| Forgetting to plan the meals you eat ahead? |  |  |
|  Yes | 187 | 48.3 |
|  No | 200 | 51.7 |
| Did you miss your dietary plan yesterday? |  |  |
|  Yes | 143 | 37.0 |
|  No | 244 | 63.0 |
| Over the past two weeks, were there any days when you did not take your dietary plan properly? |  |  |
|  Yes | 194 | 50.1 |
|  No | 193 | 49.9 |
| Do you sometimes forget to comply with your dietary plan with everyday life? |  |  |
|  Yes | 155 | 40.1 |
|  No | 232 | 59.9 |
| When you feel like your DM is under control, do you sometimes stop taking your dietary plan |  |  |
|  Yes | 162 | 41.9 |
|  No | 225 | 58.1 |
| Do you ever feel hassled about sticking to your dietary plan? |  |  |
|  Yes | 165 | 42.6 |
|  No | 222 | 57.4 |
| Did you have feelings of dietary deprivation? |  |  |
|  Yes | 169 | 43.7 |
|  No | 218 | 56.3 |
| Are you rigid, instead of flexible eating to control your DM? |  |  |
|  Yes | 148 | 38.2 |
|  No | 239 | 61.8 |
| Forgetting to include fruits in your food daily? |  |  |
|  Yes | 162 | 41.9 |
|  No | 225 | 58.1 |
| Do you forget to include vegetables in your food daily? |  |  |
|  Yes | 152 | 39.3 |
|  No | 235 | 60.7 |
| Do you forget to cut down butter and fat intake in your food? |  |  |
|  Yes | 97 | 25.1  |
|  No | 290 | 74.9 |
| Overall Level of dietary practice |  |  |
| Good dietary practice | 216 | 55.8% |
| Poor dietary practice | 171 | 44.2 |

Table 3: Proportion of adult DM patients who consumed different food groups in the last 24-hrs preceding the survey in the study area, 2016.

|  |  |  |
| --- | --- | --- |
| Food groups | Frequency | Percent |
| Grains/Starchy staple | 377 | 97.4 |
| Other Vitamin A rich fruits and Vegetables | 302 | 78 |
| Oils and fats | 233 | 60.2 |
| Legumes, Nuts and Seeds | 191 | 49.4 |
| Other fruits & Vegetables­­ | 140 | 36.2 |
| Meat and Fish | 82 | 21.2 |
| Milk and milk products | 65 | 16.8 |
| Eggs | 22 | 5.7 |
| Organ meat | 6 | 1.6 |

Table 4: Socio-demographic and Economic characteristic of type 2 diabetic patients cross tabulated by their dietary practice, Adare General Hospital, Hawassa City, Ethiopia, 2016 (n = 387)

|  |  |
| --- | --- |
| Variable |  Dietary practice |
| **Poor n (%)** |  **Good n (%)** |
| Sex |  |
|  Male Female | 78(43.3%)93(44.9%) | 102(56.7%)114(55.1%) |
| Age |  |  |
|  18-34 35-60>60 | 10(47.6%)129(44.8%)32(41.0%) | 11(52.4%)159(55.2%)46(59.0%) |
| Marital status |  |  |
|  |  |  |
| MarriedSingle Divorced/separated/Widowed | 139(81.3%)11(6.4%)21(12.3%) | 168(77.8%)5(2.3%)43(19.9%) |
| Religion |  |  |
|  Orthodox Christian Protestant Christian Muslim Catholic Others (Adventist, etc) | 78(39.6%)74(48.4%)13(48.1%)1(33.3%)5(71.4%) | 119(60.4%)79(51.6%)14(51.9%)2(66.7%)2(28.6%) |
| Ethnicity |  |  |
| SidamaWolayitaGuragieHadiyaAmharaOthers | 50(47.6%)26(45.6%)18(48.6%)6(50.0%)48(35.8%)23(54.8%) | 55(52.4%)31(54.4%)19(51.4%)6(50.0%)86(64.2%)19(45.2%) |
| Educational status |  |  |
|  Non formal Education Formal Education | 37(41.6%)134(45.0%) | 52(58.4%)164(55.0%) |
| Monthly income |  |  |
|  Very low Low Average Above Average | 135(54.0%)10(34.5%)10(27.8%)16(22.2%) | 115(46.0%)19(65.5%)26(72.2%)56(77.8%) |
| Occupation |  |  |
|  Employed Unemployed Merchant | 34(33.3%)132(50.0%)5(23.8%) | 68(66.7%)132(50.0%)16(76.2%) |

Table 5: Health status and availability of health services for type 2 diabetic patients in Adare General Hospital Hawassa City, Ethiopia, 2016

|  |  |  |
| --- | --- | --- |
| Variable | Frequency(n = 387) | Percent  |
| Duration of the disease |  |  |
| <3 years | 192 | 49.6 |
| >3 years | 195 | 50.4 |
| Current drug regimen  |  |  |
|  Oral hypoglycemic agent only | 249 | 64.3 |
|  Insulin only | 113 | 29.2 |
|  Insulin and oral anti DM only | 23 | 5.9 |
|  Only following dietary plan as recommended | 2 | 0.5 |
| Chronic disease other than DM |  |  |
|  Yes | 161 | 41.6 |
|  No | 226 | 58.4 |
| Received Nutrition Education in Hospital |  |  |
|  Yes | 186 | 48.1 |
|  No | 201 | 51.9 |
| Had access to nutrition leaflets |  |  |
|  Yes | 105 | 27.1 |
|  No | 282 | 72.9 |
| Nutrition education supported by visual aid |  |  |
|  Yes | 96 | 24.8 |
|  No | 291 | 75.2 |
| Having own Glucometer |  |  |
|  Yes | 63 | 16.3 |
|  No | 324 | 83.7 |
| Currently BMI |  |  |
|  Under weight | 4 | 1.0 |
|  Normal | 172 | 44.4 |
|  Over weight | 180 | 46.5 |
|  Obese  | 31 | 8.0 |
| Level of FBG |  |  |
| < 126 mg/dl | 73 | 18.9 |
| >126mg/dl | 314 | 81.1 |

Figure 1:Reported barriers to adherence to the dietary regimen of type 2 diabetic patients in Adare General Hospital, Hawassa City, Ethiopia, 2016 (n = 387)