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Dietary habits among newly diagnosed patients with type 2 diabetes mellitus; A cross sectional study in Southern Province, Sri Lanka

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Background: Adherence to an appropriate diet is an important aspect of prevention and management of diabetes mellitus. Individual dietary habits vary regionally.

Objective: To study dietary habits of newly diagnosed patients with type 2 diabetes mellitus (T2DM) who attended the University Medical Clinic, Karapitiya Teaching Hospital, Southern Province, Sri Lanka.

Methods & Materials: A cross-sectional study was conducted to collect data on dietary habits in 158 patients with newly diagnosed T2DM Individuals with known hyperlipidemia, hypertension, renal, liver, cardiac, respiratory, thyroid, psychiatric, and any other chronic or acute diseases, and pregnant women were excluded. A pre-tested, newly developed, interviewer administered questionnaire was utilized in the data collection. Body mass and height were measured. The descriptive statistics were analyzed using SPSS software 25.0 version. Ethical clearance for the study was granted from the Ethics Review Committee, Faculty of Medicine, University of Ruhuna, Sri Lanka (14.06.2017:3.9).

Results: Of all study subjects, 66 % were overweight or obese (mean BMI; $26.97 \pm 3.13 \text{ kg/m}^2$) Mean age of the participants were 49 ± 7 years) Of all patients, 37.97 % consumed rice and curry for breakfast, lunch, and dinner. Only 15% depended on food made from wheat flour for the breakfast. Of the newly diagnosed T2DM patients, 13% had skipped breakfast. A total number of 74 patients (47%) had intake at least one fruit per day. The majority of the entire study group (61%) depended on full cream milk for the morning tea. It was shown that 17.08% of the patients had green leaves. Only 13% of patients practiced the recommended consumption of five servings of fruits and vegetables per day.

Conclusion: Most newly diagnosed patients with T2DM were overweight or obese. The present study revealed the first sound research evidence on dietary habits of newly diagnosed T2DM patients.

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