

# A QUALITATIVE STUDY ON THE DIETARY CONTROL PRACTICE AMONG PATIENTS WITH TYPE 2 DIABETES MELLITUS

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## ABSTRACT

**Background:** Globally, type 2 diabetes mellitus (T2DM) is considered as one of the most common diseases. Dietary habits and sedentary lifestyle are the major factors for rapidly rising incidence of DM in developing countries. Limited data are available regarding adherence and barrier to dietary control practice in patients with type 2 diabetes. This study aimed to investigate the dietary control practice among patients with type 2 diabetes mellitus.

**Subjects and Method:** This was qualitative study conducted at primary clinic in Bantul, Yogyakarta. A sample of 15 patients with type 2 DM was selected for this study. The theme of this study was dietary control practice. The data were collected by Focus Group Discussion (FGD). The data were analyzed descriptively.

**Results:** The majority of informants said fried food, sweet tea, and compote, were favorite food that could not be missed. There were some factors that affect dietary control of blood glucose level.

**Conclusion:** Patients with type 2 DM is difficult to leave the habit of eating fried food and sugary drink.

**Keywords:** dietary control, type 2 diabetes mellitus

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