Nutrition information for people with Type 2 diabetes

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Background

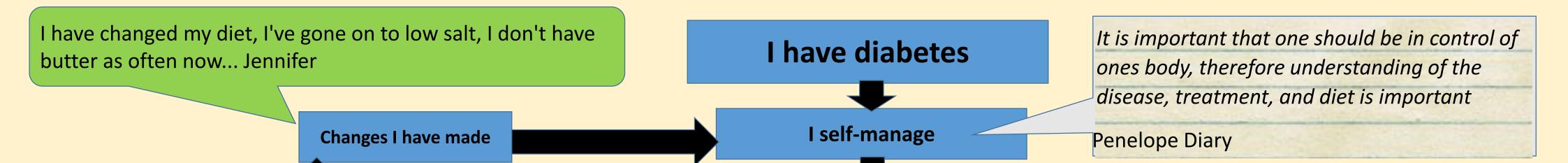
People with type 2 diabetes obtain information actively and passively (Longo et al, 2010) from a range of sources (Meyfroidt et al., 2013) and use this to self manage (Mai and Case 2016 p67). The aim of this study was to explore the nutrition information seeking behaviour and experiences of people with type 2 diabetes.

Method

Mixed qualitative methodology utilising the diary:diary-interview approach (Zimmerman and Weider, 1977). Twenty participants (nineteen with type 2 diabetes) living in the East of England kept a diary for one month and were then interviewed about their nutrition information experiences. Data were were coded and analysed for emergent themes.

Findings

The data analysis revealed a potential information seeking behaviour model linking the main themes:



My diabetes and ongoing changes in diabetes knowledge

...demand your nine checks [from your GP] every year, sit there until they give them to you. Christopher

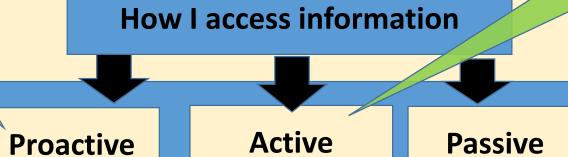
At some point some scientist somewhere has decided on that number making you diabetic, and that is difficult to understand... why was I not diabetic yesterday but I am today? Gary

The advantage of Desmond is that you hear other people's experiences, you get a chance to chat during the workshop bits, say 'oh what do you think?' Matthew To make decisions I need to know About diet

- What to cook
- What is healthy
- What and how much to eat Data about me

How to survive in the real world

Anything at all about diabetes



I engage with sources About diet

- What to cook
- What is healthy
- What and how much to eat

Data about me

How to survive in the real world Anything at all about diabetes

My information experiences

Negative

I've looked on twitter and researched and I read the blogs of the people at the forefront of the research. Isobel

Out and about-saw the Daily Mail about 'Eat to beat diabetes. ...follows on all next week with ideas and diet sheets, Going to file and use. Ruth Diary

A lot of these percentages [on the food labels] when you add them up they come nowhere near 100%, they're like ten or twenty percent. So does that mean a lot of the material in there is rather like dark matter in the universe.? Andrew

Positive

Discussion and Conclusion

The information seeking behaviour model revealed from this study highlights that as well as accessing information actively and passively, people with type 2 diabetes also access information proactively in particular when asking for information from health care professionals. Positive information experiences were related to hearing other people's experiences and negative information experiences identified mainly related to the usability of food labels. Health care professionals need to be aware of their patients' needs and assist them in accessing the information that would help them.

References

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