

## Abstract

Besides the good drug compliance, appropriate nutrition plays an important role in successful management of the metabolic aspects of type 2 diabetes mellitus (DM2), and in the prevention of diabetes-related conditions. The goal of this study was to analyze eating habits among DM2 patients in the United States.

The Fat- and Fiber-Related Diet Habits Questionnaire (A. Shattuck, 1998) was used in this study to obtain identical data for comparison. The original version was slightly adjusted according to the local habits. The study took place at the El Rio Community Health Center clinics in Tucson, Arizona, USA; during the time period of three months (September to December 2011). Patients with DM2 visiting the clinic were recruited for participation. Once patients were given the questionnaire, answers were put into the database created in an Excel application (Microsoft Office 2010) and analyzed using the frequency analysis.

207 patients filled out the questionnaire. The mean age was  $56,8 \pm 12,6$  years, the mean age when diagnosed with DM2 was  $45,3 \pm 12,7$  years, BMI  $33,2 \pm 7,8$  kg/m<sup>2</sup>, the mean waist circumference  $109,7 \pm 19,7$  cm and the mean A1C was  $8,1 \pm 1,7\%$  (ad DCCT). 10% of participants were treated only by the diet, 49% with peroral antidiabetics (PAD), 14% with insulin, and 28% with combination of PAD and insulin. Equally in both Fiber- and Fat- related parts of the questionnaire 32% of participants showed increased intake of fiber and lowering fat intake by answering the questions "Always" or "Often".

Only one third of the sample indicated that they were following the advice of increasing dietary fiber and lowering fat intake in accordance with the various recommendations for patients with diabetes. We can presume the results could be affected by the patients' education, their socio-economic and overall health status. There could be also an influence of cultural differences and various individual attitudes of the subjects toward their health.