

THE IMPACT OF NUTRITION COUNSELING ON THE KNOWLEDGE, ATTITUDES AND PRACTICES OF THE DIABETIC CLIENTS ATTENDING THE SAN RAFAEL HEALTH CENTRE

Josanne Aguilal

Project Supervisor: Dr. Marquitta webb

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**Background:** The rate of prevalence of the diabetes chronic disease in Trinidad and Tobago is 12-13% higher than the worldwide prevalence. The Diabetes Association of Trinidad and Tobago has stated that one thousand new cases of diabetes are discovered in adults every year and about 150,000 persons are living with diabetes in Trinidad and Tobago.

**Objective:** To examine the impact of nutrition counseling in relation to the knowledge, attitudes and practices of diabetic clients attending the San Rafael Health Center Chronic Disease Clinic.

**Design:** A total of 122 (46 males, 76 females) diabetics were selected using purposive sampling. The data collection was carried out using a nutrition counseling questionnaire. The questionnaire had a total of twenty-seven (27) questions (8 knowledge, 5 attitude, 4 practice, 7 demographics and 3 counseling). Data was analyzed using SPSS and the statistical tests performed were chi square, ANOVA and correlation.

**Results:** Response scores were higher in some cases where counseling was more frequent. There was a positive correlation between receiving nutrition counseling and the knowledge score percent. There was a negative correlation between the attitude score percent and receiving nutrition counseling. There was no significant difference in knowledge scores, with respect to gender (p value 0.128), ethnicity (p value 0.867) and education level (p value 0.491)

**Conclusion:** The improvement of the knowledge, of beneficial dietary practices is associated with frequency of nutrition counseling.

