

- **12426 | Barriers to a food plan compliance in type 2 diabetics**

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Introduction: The main aim in diabetes treatment is to prevent and delay multiple complications appearance with a good glycemic control. Regarding nutritional therapy, it is key to acknowledge the main difficulties in order to delineate a possible treatment plan that can be fulfilled.

Objectives: We aim to assess the degree of difficulty and main barriers to comply with the diet plan reported by the patients. Furthermore, we aim to relate those with socio-demographic, anthropometric and biochemical data and with the characteristics of the prescribed diet plan.

Participants and methods: We studied 52 patients with diabetes mellitus type 2, attending a follow up nutrition consultation of a central hospital. We collected socio-demographic and anthropometric data and information regarding the structured diet plan data established at the first visit, in particular the total energy and macro-nutrients distribution. Moreover, the patients were questioned about their difficulty in complying with the plan diet and and were asked to identify the barriers from a list of 34 barriers.

Results: The sample has 33 women and 19 me, with an average age of 54 years. More than half of patients said that they have not felt difficulty to comply with the diet plan, and most commonly graded the difficulty with 2 or 3 points out of 5. However, all patients chose 3 or more barriers. The most chosen barriers reveal that the main obstacles were those related with sensory proprieties in eating and social relationship, in both sexes.

Conclusion: Although more than half of the sample have not felt difficulty in complying with the diet plan, all patients reported obstacles. Barriers related with sensory proprieties and social relationship were the most common.