



# ONE OFF STRUCTURED DIETARY EDUCATION CAN IMPROVE DIABETES IN DEVELOPING COUNTRY

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## Nepal

- Population 30 million
- Diabetes or Impaired glucose tolerance in 20% of adult urban population
- No structured diabetes education



if one off education can improve control in newly diagnosed type 2 diabetes.

5 Urban diabetes clinics in Kathmandu  
Within 12 months of diagnosis  
2460 eligible patients  
Written consent from 150  
Baseline data & postal survey after 6 months

### EDUCATION GROUP (n = 60 )

- Mean Age 46.7 years
- Male 43.3%
- 90 mins structured education

### CONTROL GROUP (n = 90)

- Mean Age 47.5 years
- Male 46.6%
- Standard Treatment

## RESULTS

	Education		Control		P value
	Baseline	6 months	Baseline	6 months	
Fasting Glucose mmol	8.6 +/- 2.9	6.6 +/- 1.2	8.0 +/- 1.8	7.0 +/- 1.8	0.005
Post prandial Glucose	11.2 +/- 3.7	8.3 +/- 10.2	11.5 +/- 4.0	9.7 +/- 2.3	0.06
HbA1c (%)	8.9 +/- 2.1	7.8 +/- 1.5	8.7 +/- 2.4	8.1 +/- 1.2	0.06
BMI	25.8	25.4	26.4	27	0.275

### CONCLUSION

in resource limited countries, one off structured education can improve diabetes care. Further studies are needed to validate this.