

Abstract

THESIS: Certified Diabetes Educators' Perspectives on the Effectiveness of Meal Planning Strategies on Compliance with Meal Plans by People with Type 2 Diabetes

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Previous studies reported that noncompliance to diabetes treatment may result in a series of health complications. To further understand patients' noncompliance to meal plans, a study on meal planning strategy was developed. Through a survey Certified Diabetes Educators determined which meal planning strategies were the most effective in encouraging patients' compliance to meal plan according to age groups (18 and under, 19 to 49, 50 to 70, and 71 and above) and recency of diagnosis (newly- and non-newly diagnosed) with Type 2 diabetes. Results identified that nutrition labels had the greatest mean rating for effectiveness in age groups 18 and under, 19 to 49, and 50 to 70; and healthy food choices had the greatest mean rating for effectiveness with age group 71 and above.