

# Nutrition information for people with Type 2 diabetes

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## Background

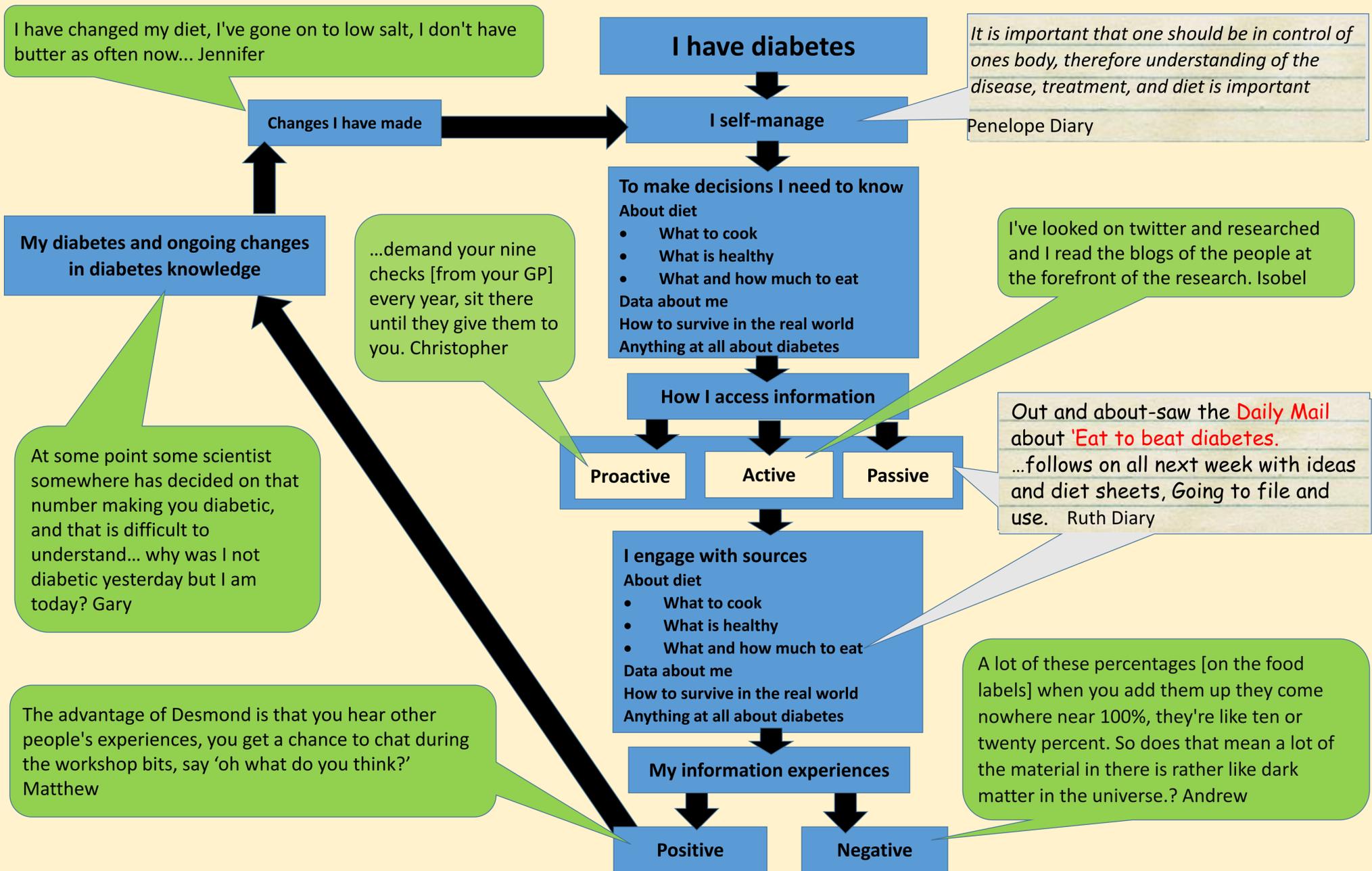
People with type 2 diabetes obtain information actively and passively (Longo et al, 2010) from a range of sources (Meyfroidt et al., 2013) and use this to self manage (Mai and Case 2016 p67). The aim of this study was to explore the nutrition information seeking behaviour and experiences of people with type 2 diabetes.

## Method

Mixed qualitative methodology utilising the diary:diary-interview approach (Zimmerman and Weider, 1977). Twenty participants (nineteen with type 2 diabetes) living in the East of England kept a diary for one month and were then interviewed about their nutrition information experiences. Data were coded and analysed for emergent themes.

## Findings

The data analysis revealed a potential information seeking behaviour model linking the main themes:



## Discussion and Conclusion

The information seeking behaviour model revealed from this study highlights that as well as accessing information actively and passively, people with type 2 diabetes also access information proactively in particular when asking for information from health care professionals. Positive information experiences were related to hearing other people's experiences and negative information experiences identified mainly related to the usability of food labels. Health care professionals need to be aware of their patients' needs and assist them in accessing the information that would help them.

### References

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