



From diet to everyday-social life: Everyday-life interviews with people with type 2 diabetes mellitus

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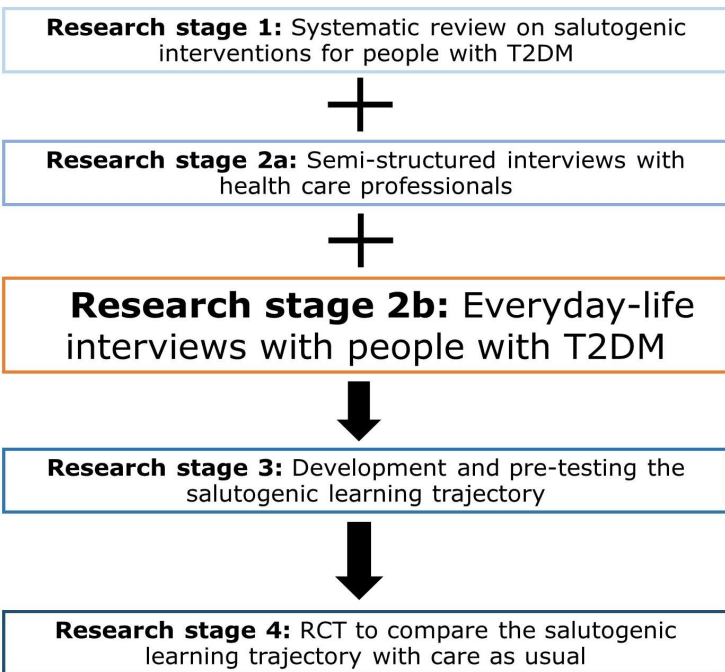
Background

Type 2 diabetes mellitus (T2DM) can be reversed by adhering to strict dietary regimes (1), but long-term effects are lacking (2). This PhD project uses the Salutogenic Model of Health (SMH) to investigate how people with T2DM can be supported practically and socially organising change towards healthy eating.

Objective

To develop, implement and evaluate a salutogenic intervention that enables healthful eating for people with T2DM

Figure 1. Overview of research stages and methodology

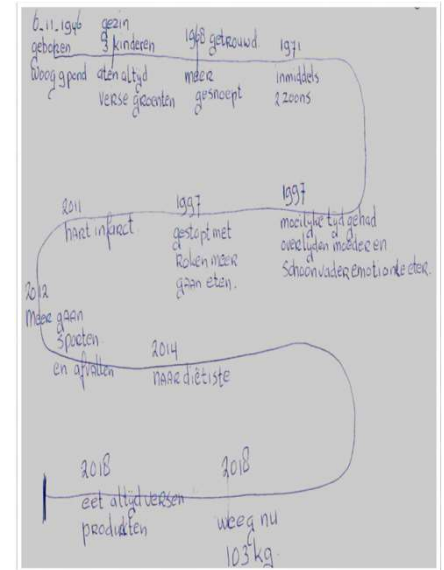


Stage 2b: Method

- **RQ:** How do adults with T2DM perceive life-events, turning points and resources within and outside themselves that contribute to eating a healthy dietary pattern along their life-course?
- **Methods:** Open unstructured interviews based on timeline and food-box exercises. Phone call after 1 wk for feedback.
- **Recruitment:** GPs, practice nurses, dieticians

Figure 2. Food-boxes and timelines of two different participants

Onderzoek Diabetes en voeding in het alledaagse leven											
27-6-1949	1962	1963	1963-1967	1967	11-9-1968	1985	22-11-1998	2003	2008	2008	2015
Geboren in Lathum, klein dorpje, uit een gezin van 13 kinderen.	Voorgezet lager onderwijs.	Moeder open hart operatie, ik overtuigd van school succeslopen in de huiszorging	Weer naar school coupeuse diploma gehaald. In 1967 acute blinde darm en oorroperatie	Werken in atelier, huishouding en winkel kapsalon, in dat jaar oorroperatie gaatje in trommelvlies dicht gemaakt.	Getrouwd verhuist naar Genit.	Verkleven in bulk weg gehaald	Ruim geborgen.	Hernia, nabal, zoon slachtoffer was van een aedesminderij	Borstkanker	Suiker	Reuma en artritus



Pros and cons of method

Pros	Cons
Participants enjoy timeline and food-box exercises	For some the interview was very emotional and impactful
Participants feel understood and are comfortable	Be aware not to stray (too far) from the subject (e.g. the health of a neighbour)
The interview stimulated reflection on eating practices with most participants	Time consuming

Preliminary conclusion

Not a lack of motivation or knowledge causes unhealthy eating. Other (psychological- and/or social) challenges over the life-course required all their willpower/motivation to use resources for healthy eating optimally

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References

- 1) Lim et al. 2011. "Reversal of Type 2 Diabetes: Normalisation of Beta Cell Function in Association with Decreased Pancreas and Liver Triacylglycerol." 2) Kroeger et al. 2014. "Impact of Weight Regain on Metabolic Disease Risk: A Review of Human Trials." Journal of Obesity 2014 (1).