UNIVERSITI TEKNOLOGI MARA

PREVALENCE OF NONCOMPLIANCE TO DIETARY RECOMMENDATION AMONG TYPE 2 DIABETES MELLITUS

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Thesis submitted in fulfillment
Of the requirements for the degree of
Bachelor(Hons.) Of Nutrition and Dietetics

Faculty of Health Sciences

January 2016

AUTHOR'S DECLARATION

I declare that the work in this thesis/dissertation was carried out in accordance with the regulations of Universiti Teknologi Mara. It is original and is the results of my own work, unless otherwise indicated or acknowledge as referenced work. This thesis has not been submitted to any other academic institution or non-academic institution for any degree or qualification.

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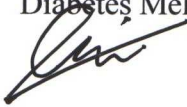
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ACKNOWLEDGEMENT

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ABSTRACTS

Introduction

Diabetes is one of the global non-communicable diseases. The prevalence of diabetes increasing by year has led to many chronic diseases such as heart disease, renal disease, glaucoma and retinopathy. Prevention program to delay the increase in a number of cases have done around the world such as diet modification and lifestyle changes. This study is purposed to determine the prevalence of noncompliance among Type 2 Diabetes Mellitus towards diet recommendation and their knowledge to the role of diet in the recommendation. Besides that, this study also aims to see the relationship between socio-demographic factors to the adherence level among patients who attended for a diabetic clinic in Shah Alam, Selangor, Malaysia. This study is a cross-sectional study design by using face to face interview. The sampling method was done by using convenience sampling method. Total of 235 data were collected in this study by using self-administered. Educational level and BMI have shown to be significantly associated with the compliance level. Primary education and normal BMI (18.5-24.9 kg/m²) group have shown to be more noncompliance to dietary recommendation. In summary, the overall rate of noncompliance to dietary based on the means day per week were recorded to be 231(98.3%) of the population. Thus this showed that the prevalence of noncompliance to dietary recommendation were still high among Type 2 Diabetes Mellitus. The dietary management needs to be more effective and more informative by considering the sociodemographic characteristics of the patients.

Keywords

Dietary recommendation, non-compliance, prevalence, Type 2 diabetes mellitus