

# Childhood Obesity and Nutrition & Diabetes and Obesity

## The Effect of Nutrition Therapy on Progress of Adult Women with Type II Diabetes

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**Background:** Diabetes Mellitus (DM) has emerged as an epidemic problem in Egypt. Diabetes is a chronic illness that requires a holistic approach in terms of care to prevent both acute and long-term complications. Nutrition therapy for diabetics can be divided into (1) dietary interventions and (2) physical activity. Lifestyle and dietary modifications form the cornerstone of therapy in type II diabetic patients (insulin resistance). Lifestyle modification interventions are a top priority for prevention and control many of chronic diseases.

**purpose:** The current study was to examine the effect of Nutrition therapy intervention on reducing some of modifiable risk factors among adult diabetic women. **Methods:** A quasi experimental design was used to test research hypothesis. A convenience Sample of 104 adult women who diagnosed as type II diabetes was selected. Selected for this study was cross-sectional (m)4 (T) p (s) s)-4.9 (ic) p)-5 (a)19 (n)23inb9 (m)19 T s3 (e)-5 Haic a-6 (io)12(im)4 (

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