

# Diet and Physical Activity Barriers and Facilitators in the Management of Type 2 Diabetes: Perspective of Healthcare Professionals

Divya Tripathi<sup>1</sup> and Neena Bhatia<sup>2</sup>

<sup>1,2</sup>Department Of Food and Nutrition, Lady Irwin College, University Of Delhi, New Delhi, India

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## Abstract

**OBJECTIVE:** *To understand the perspective of healthcare professionals about barriers and facilitators in following the dietary and physical activity regime among type 2 diabetes subjects.*

**METHODS:** *In-depth semi-structured interviews were conducted with HCPs (n = 10). Interviews focussed on disease management specifically in relation to making dietary and physical activity changes. All interviews were tape recorded, transcribed and analysed by emergent themes analysis.*

**RESULTS:** *Barriers were divided into two main categories: individual barriers and environmental barriers. Individual barriers included lack of knowledge and understanding of disease, patients attitude and belief, non-availability of resources, lack of motivation to adapt to the changes, patients adherence. Environmental barriers included healthcare providers issues and social support barriers. Healthcare providers suggested range of measures that could be taken as facilitators which can help in overcoming these barriers.*

**CONCLUSION:** *The findings could be used for designing nutrition and health care counseling modules that are more sensitive to patients need and are more inclusive.*

**KEYWORDS:** *Healthcare Professionals (HCPs), Barriers, Facilitators, Type 2 Diabetes.*

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