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Adherence to the mediterranean diet and metabolic parameters in patients undergoing renal replacement therapy in morocco

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Background : Chronic kidney disease (CKD) is a serious public health problem worldwide, with a significant public health burden, associated with aging and a higher prevalence of comorbidities, such as diabetes, obesity and hypertension. Obviously, chronic kidney disease lead to end stage renal disease (ESRD) requiring dialysis or transplantation. Indeed, patients on chronic kidney disease stage-five Dialysis (CKD-5D) are consistently subject to particular dietary restrictions. Current guidelines provide general recommendations for hemodialysis (HD) patients focus on achieving a sufficient energy and protein intake without exceeding Phosphorus, Potassium, Sodium, and fluid intake limits. Objectives: The aim of this study was to assess the adherence of patients undergoing maintenance dialysis to the Mediterranean Diet, and investigated what factors influence it.

Subjects and methods : In a cross-sectional study, data on sociodemographic, lifestyle factors, clinical, biochemical parameters and diet were collected on a sample of 157 hemodialysis patients. Adherence to MD was assessed according to a MD score (MDS) based on the daily frequency of intake of eight food groups (vegetables, legumes, fruits, cereals, fish, red meat, dairy products and MUFA/SFA), using the sex specific sample medians as cut-offs. A value of 0 or 1

was assigned to consumption of each component according to its presumed detrimental or beneficial effect on health.

Results: According to the MDS, the study data show that high adherence (34,6%) to MD was characterized by intakes high in vegetables, fruits, fish, cereals, olive oil, and low in meat and moderate in dairy. Furthermore, patients with high adherence to MD had significantly high intakes of calories, protein, carbohydrates, iron and vitamins (C,B1,B9).

Conclusions : In Morocco, maintaining the traditional MD pattern play pivotal role for public health system. More research is needed in this field to precisely measure this association especially for this category of chronic disease.

Biography

Dr. Moustakim Rachida is an accomplished researcher and academic affiliated with Chouaib Doukkali University, Morocco. She specializes in nutrition, metabolic health, and chronic disease management. Her research particularly focuses on dietary patterns and their impact on patients undergoing renal replacement therapy. Dr. Rachida has contributed to several studies examining the Mediterranean diet and metabolic outcomes. She is dedicated to promoting evidence-based nutritional strategies in nephrology care. She actively participates in national and international scientific forums to share her findings. Her work aims to improve patient well-being through targeted dietary interventions and clinical research.