

## **Effect of BASNEF- based nutrition education on nutritional behaviours among elderly people and mini nutritional assessment (MNA) on nutritional status in elderly with diabetes with Type 2 diabetes (A clinical trial intervention)**

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**Introduction:** the number of elderly people is growing in different communities like Iran, increasingly. Malnutrition prevalence is unknown among elderly patients with diabetes. Malnutrition is a common risk factor in elderly people with diabetes that may affect their health. **OBJECTIVES:** this study aims to investigate nutritional status among elderly people with diabetes by MNA and in order to examine the effect of BASNEF (Belief, Attitude, Subjective Norm and Enabling Factors) on nutrition education of elderly people (above 60 years old) with Type 2 diabetes in Babol city, Iran.

**Materials and Methods:** This is a cross-sectional study. There are 200 sample sin this study chosen randomly and divided into two intervention and control groups (100 each). Data of both groups were collected in the same way, before and 3 months after the intervention. Educational intervention was based on pre-test, baseline BASNEF model and MNA questionnaire in four sessions. The MNA nutritional status inventory was used to collect the data about nutritional status. Descriptive indices were used to analyze the data while Chi-square, t-test, one-way ANOVA and correlation tests examined the relationship between variables. 20% of the participants had for normal nutrition.

**Results:** findings indicated that there was no significant difference between intervention and control groups before educational intervention for mean knowledge score and BASNEF model constructs (Belief, Attitude, Subjective Norm and Enabling Factors). The results were significantly different after intervention ( $P < 0.05$ ) but they were not significantly different in control group after 3 months ( $P > 0.05$ ). It was clear that 22% of samples had normal nutrition (score  $> 24$ ), 29% of participants were exposed to malnutrition, and 51% of samples were suffering from malnutrition. These numbers were 20% for normal nutrition, 30% for exposing to malnutrition and 50% for suffering from malnutrition in control group, respectively. 50% of elderly people with diabetes suffered from malnutrition and almost half of them had normal nutrition that was 20%.

**Keywords:** Type 2 diabetes, Mini Nutritional Assessment, Elderly people, BASNEF model.

### **Biography**

Davoud Shojaeizadeh is working as professor at Tehran University of Medical Sciences, Iran. Teaching Health Education/ Health Promotion/ Health Communication/ Group Dynamics/ Educational Technology for Ms & PhD students of Public Health. She completed PhD in Health Sciences: Health Education- Health Promotion, University of Liverpool, School of Tropical Medicine, United Kingdom, MSPH in Health Sciences: Health Education, Tehran, University of Medical Sciences, B.A. in Psychology, University of Melli, Tehran.

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