

Wirachya Intakan 2012: Comparison of Dietary Patterns between Controlled and Uncontrolled Blood Sugar of Type 2 Diabetic Patients Attending Diabetes Mellitus Clinic at Lamphun Hospital, Lamphun Province. Master of Science (Home Economics), Major Field: Home Economics, Department of Home Economics. Thesis Advisor: Associate Professor Tasanee Limsuwan, Ph.D. 138 pages.

The purposes of this study were to compare knowledge, nutritional status, and dietary patterns and a correlation analysis of factors related to blood sugar control of both controlled and uncontrolled blood sugar of type 2 diabetic patients at the diabetes mellitus clinic at Lamphun Hospital, Lamphun Province. A total of 510 patients, 255 patients for each group of controlled and uncontrolled blood sugar, were included in the study. The instruments used for data collection were questionnaires and a three day dietary record. In addition, measurements of body mass index as well as waist circumference were used to assess the nutritional status. The statistical methods used were descriptive statistics, data comparison with t-test and correlation analysis with chi-square and logistic regression.

More than half of the sample patients were revealed to be female. A majority of the respondents were married, completed a primary school education, and were employed in the agricultural sector. Results of the study showed that the controlled blood sugar group (CBS group) was determined to have significantly higher level of knowledge than the uncontrolled blood sugar group (UCBS group). The nutritional status of samples who were assessed as overweight, obese, and showing high abdominal fat less than the UCBS. The CBS group was found to adhere to more appropriate dietary patterns than the UCBS group with the quantity of energy, carbohydrate, protein, and lipid intake to be statistically different ($p < 0.05$). Factors which affect the control of blood sugar were sex, persons who take care of the food, frequency of blood glucose check-up, exercise, total body fat, and knowledge of food which relates to Diabetes Mellitus. Those factors showed to better control of blood sugar 4-7 times.

Student's signature

Thesis Advisor's signature