**Barriers to Diet and Exercise among Type 2 Diabetic Patients in Basrah Hospitals**

**Jhood A.S. Molan1, Fatima khalaf Hassan 2,Miaad khalaf Khaddam 3, Fatima Hashem Abboud 4, Zainab Abdul-Rahman Antesh 5, Hudaa Sami Karim 6, Duaa Hussein Kuraiz 7**

**1. MBChB, FICMS Family Medicine, High Health Institute, Al-Zahraa Medical College, Basrah, Iraq. Email:** **jhood.molan@uobasrah.edu.iq****, Telephone: 009647709612546**

**2. Diploma in Nursing, High Health Institute, Basrah, Iraq.**

**3. Diploma in Nursing, High Health Institute, Basrah, Iraq.**

**4. Diploma in Nursing, High Health Institute, Basrah, Iraq.**

**5. Diploma in Nursing, High Health Institute, Basrah, Iraq.**

**6. Diploma in, Nursing High Health Institute, Basrah, Iraq.**

**7. Diploma in Nursing, High Health Institute, Basrah, Iraq.**

**ABSTRACT**

**Introduction:**

Diabetes mellitus (DM) type 2 is an increasing health problem worldwide and specially in Middle East region. Eating healthy, exercising regularly, quitting smoking and maintaining a healthy weight are all component of a healthy lifestyle which is essential for diabetes control. To motivate people to adopt a healthy lifestyle, a solid understanding of the barriers, especially those modifiable, encountered by those under diet and exercise medical advice is necessary.

**Objectives:**

 The main aim of the study was to study barriers to diet and exercise among type 2 diabetic patients in Basra hospitals.

**Methodology:**

 A cross-sectional study included 194 adults with history of type 2 diabetes attending the outpatient clinics of medicine in four selected hospitals in Basrah. A special questionnaire form was used to collect data through direct interview of the diabetic patients by the investigators.

**Results:**

The majority was in the age group 40 years and above (82.5%).About (46.9%) of participants were following doctor’s dietary recommendations. Only (20.6%) of the diabetics were practicing physical exercise. Among non-compliant diabetics the most mentioned barriers to diet were: no preference to eat recommended diet (86.4%), lack of motivation and lack of knowledge (57.2%), (52.4%). The most mentioned barriers to exercise were: lack of energy (87.0%) and lack of willpower (81.8%) lack of skill (77.9%) and fear of injury (73.3%).

 **Conclusions:**

The study revealed that compliance of diabetic patients with diet and exercise recommendations was low. Therefore, health professionals must become proactive addressing the mentioned barriers and healthcare decisions and policymakers should design effective dietary practice guidelines for people with T2DM.