**Abstract 2**

This study used qualitative methods to find out how adults with type 2 diabetes living in a poor area felt about a nutrition education programme they attended for one year. The results showed that the patients were happy with the programme, they learnt new things, they made good changes in the way they ate, their health got better and their families were involved. They said other people with diabetes should attend such programmes.

**Social media item**

Educating people living with diabetes on how to take care of their diabetes through the way they eat and live is giving them power to control their condition.