**Table 1:** **Participants’ profile** **(N=41)**

|  |  |
| --- | --- |
| **Characteristic** |  |
| Mean age (years) | 59.4±6.9 |
| Diabetes duration (median; range) | 5 (3-9)years |
| Gender | Female 36 (94.7%) |
| Diabetes treatment  Diet plus oral hypoglycaemic agents | 41(100%) |
| **Marital status**  Single  Married  Widowed  Separated/divorced | 6 (14.6%)  25 (61%)  6 (14.6%)  4 (9.8%) |
| **Living situation**  Live with family | 37 (90.2%) |
| **Education level**  No formal education  Grade 1-6  Grade 7-9  Grade 10-12  Post grade 12 | 2 (4.9%)  11 (26.8%)  18 (43.9%)  7 (17.1%)  3 (7.3%) |
| **Employment status**  Unemployed  **Clinical status** | 39 (95.1%) |
| HbA1c (%) | 10.8±1.8 |
| Body mass index | 31.5±7.0 |

**Table 2**:

Summary of participants’ perceptions of the nutrition education programme at the end of 8 weeks

|  |  |  |
| --- | --- | --- |
| **Theme** | **Sub-theme** | **Ethnographic description** |
| Programme satisfaction | Enjoyment  Liked/not liked | *“Enjoyed very much”*  *“Liked everything”* |
| Knowledge gained | New information | “*I have learnt potatoes and sweet potatoes are starchy foods”[Female (F), 57]*  *“I have learnt how much to dish up”(F, 45)*  *“I did not know rice is starch”(F, 61)*  *“I have learnt I should use less sugar, salt and fats”(F, 58)*  *“I have learnt about diabetes and its dangers and how to correct them with food”(F, 60)*  *“I have learnt the importance of eating vegetables”[Male (M), 69]*  *“I have learnt how to cook lentils”(F, 47)*  *“Removing fat from meat before cooking”(F, 64)* |
| Experience of the curriculum sessions | Positive experience/  negative | *“… very happy about what we have learnt, I wish others with diabetes can have the same education” (F, 57)*  *“Empowered to take charge of my condition; I wish the lessons could be extended to others” (F, 61)*  *“… satisfied with the lessons; I am so happy my sugar levels have gone down”(M, 56)*  *“.. happy, I even saw the benefits, my sugar is now 6 to 8”(F, 65)* |
| Recommendations for monthly and bi-monthly meetings | Addition/removal of content/activities | “*We must repeat all the lessons”(M, 66)*  *“Lessons should be repeated so that we may refresh and not forget”(F, 44)*  *“We wish to learn more about diabetes, … dangers and insulin” (F, 60)*  *“Session about amount of food to eat”(F, 44)*  *“… discuss more about hypertension”(F, 57)* |

**Table 3:**

Summary of participants’ perception of nutrition education programme at 12

months

|  |  |  |
| --- | --- | --- |
| **Theme** | **Sub-theme** | **Ethnographic descriptions** |
| Programme satisfaction | Enjoyed/liked/did not like | *“We enjoyed everything” (G1, 1/6;F58)*  *“Very happy with the programme; we are sad it is ending”(G5, 1/4; F48)*  *“….disliked nothing about the programme” (G2, G5)* |
| Impact of the NE programme | Health & quality of life | *“I now feel healthy and look better”(G2,4/8; M64)*  *“High blood and urinating frequently has decreased, I can sleep the whole night… I used to wake and eat at night”(G3, 2/7; F63)*  *“I now do not live with fear of death…. I know I can control diabetes”(G5, 1/4;F60)*  *“Blood sugar reduced from 20 to less than 10*  *8” (G5, 3/4; M67)* |
|  | Behaviour changes | *“I reduced intake of fatty foods and lost some weight” (G1, 6/6; M59)*  *‘I now remove fat from meat and skin from chicken” (G3, 3/8; F61)*  *“We exercise more”(G 4, 6/9; F63)*  *“I did not like eating beans and cucumbers but now I eat lots of them” (G1, 1/6; F58)* |
|  | Knowledge/skills gained | *“I now know which levels our blood sugar should be, 4 to 8; not more or less” (G5, 2/4; F47)*  *“Now I am able to read food labels”(G1, 2/6; F63)*  *“It is no use taking pills only, you need to eat healthily also”(G3, 2/8; F58)*  *“To eat more vegetables than starch”(G2, 4/8; M66)*  *“I know how much to dish up”(G2, 3/8; F58)* |
| Programme delivery perceptions | Meetings number & frequency | *“They were right, we were looking forward to the meetings” (G1, 6/6; M56)*  *“They were adequate; not too few nor too many” (G5, 1/4; F60)*  *“They were not enough”(G1, 3/6;F46)* |
| Meetings time & duration | *“Just right we never took more than two hours, I had time to do other things after the meeting” (G1, 1/6; F58)*  *“We never got bored or impatient”(G5, 1/4; F48)* |

Table 3 continued/………

|  |  |  |
| --- | --- | --- |
| **Theme** | **Sub-theme** | **Ethnographic descriptions** |
| Programme delivery perceptions | Group format | *“We enjoyed working in a group, everybody was very supportive” (G4, 2/9; F63)*  *“We learnt from others ..”(G2, 4/8; M64)*  *“We reminded each other …, some of us are slow to learn” (G4, 1/9;M69)*  *“We shared problems” (G5, 4/4; F60)*  *“I realised I am not alone, …. I accepted my condition” (G1, 2/6; F63)* |
|  | Teaching aids/materials  -Flip chart  -Fridge/wall poster & pamphlet | *“Very helpful and informative” (G5, 1/4; F48)*  *“Very clear…easy to follow as they were explained” (G5, 4/4; F60)*  *“Set as a reminder, I often refer to the poster” (G1, 2/6; F63); (G3, 2/7;F63; G5, 4/4; F64)*  *“Helpful not only for ourselves, but for the whole family including children” (G1, 2/6; F63); G3, 1/7; F58)*  *“Help you to see how much to eat” (G2, 4/8; M64)* |
| Food displays  Food containers | *“The examples explained more” (G4, 1/9; M69)*  *“It was helpful to see rather than being told only”(G1, 6/6;M56)* |
| Recommendations for  future programmes | Changes | *“No need for change,…..do to others as you did for us” (G3, 5/8; F59)*  *“You can have the family attendance open, …they can come when they are available”(G4, 2/9; F63)*  *“Pamphlets should also be in both languages as the posters… not everyone understands English”*  *(G2, 5/8; F57)* |
| Educator characteristics | *“Knowledgeable person; like you people”(G2, 6/8; F60)*  *“Approachable and professional like you..”(G3, 5/8; F59)*  *“You were patient with us”(G4, 6/9; F63)*  *“Very respectful and considerate” (G5, 2/4; F47)* |
|  | General recommendations | *“Please also do this to others; many people with diabetes need such programmes” (G2, All)*  *“We feel the programme should continue, if not here somewhere else to help others with diabetes” (G1, 2/6: F63)* |
| Persistent programme participation | Reasons/motivation for programme attendance | *“..I saw a lot of improvement in my health”(G1, 5/6; F53)*  *“Needed more information about diabetes”(G1, G2 G5)…my husband died from it’ (G5, 1/4; F64)*  *“Educative lessons” (G4, 4/9; F63)*  *“I did not worry about transport” (G1, 1/6; F58)*  *“…the way you treated us, very kind and respectful; you showed you really care”(G4, 8/9; F69)* |
| Prior attendance of diabetes education programme | Attended/not attended | *“No…we never had such lessons before” (All groups)*  *“Previously nurses would give us information at the waiting rooms for no more than 15 minutes” (G1, 5/6; F53)* |