**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 educationGrade 1-6Grade 7-9Grade 10-12Post 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 | EnjoymentLiked/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

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| --- | --- | --- |
| **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 displaysFood containers | *“The examples explained more” (G4, 1/9; M69)**“It was helpful to see rather than being told only”(G1, 6/6;M56)* |
| Recommendations forfuture 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)* |