

Abstract

Purpose. To describe perceptions and values about health and eating lifestyle and factors relating to a healthy eating lifestyle of women with diabetes mellitus type 2 (DMT2) in a city of West Java, Indonesia, and explore effective nursing approaches towards women's healthy eating lifestyle.

Methods. Case study design was used. Six female patients, with DMT2, ages 47-63 from a referral hospital were interviewed guided by the health promotion model and factors relating to a healthy eating lifestyle of the women were derived. A city profile and the hospital's health care system were described using documents and observation to understand women's environment. This study was approved by the Research Ethics Committee, St. Luke's College of Nursing, Japan (No. 11-012). Protection of subject's human rights was assured.

Results. Participants described health from multidimensional perspectives as: a fit body; to work for family; comfortable feeling; and given from God. Perceived benefits were for health and for physical energy to work for family. Perceived self-efficacy was increased by social supports from family and health professionals, pray to God, and prior experience of improved health status by controlled eating lifestyle. Barriers were: difficulty in arranging diet, rejecting eating, controlling appetite, and accessing health care services and related difficulties were interpersonal relations especially family, and social situations such as social events, expensive medical fee, and distance to the hospital. Women's urban environment revealed greater food consumption due to urbanization and economic growth, and low health insurance coverage.

Conclusion. Perceived benefits, perceived self-efficacy, and perceived barriers towards healthy eating lifestyle were derived. As implication for hospital-based nursing practice, emphasizing multidimensional health, including family in educational programs, and reinforcing relationships between patients and health professionals are necessary. Further study is needed to understand more about women's environment including health system, community and society.