

53<sup>rd</sup> World Congress on

## NURSING AND HEALTH CARE

June 21-22, 2019 Brisbane, Australia

**Managing eating behaviors perceptions of people with metabolic syndrome****Jariya Supruang**

Burapha University, Thailand

Metabolic syndrome increased significantly in Thailand. The syndrome could lead to many chronic diseases with complex array of symptoms. Eating behaviors played an important role in the syndrome's development. The purpose of this study was to explore the perception of managing eating behaviors of people with metabolic syndrome. This study employed a method of two focus group discussions. There were 24 participants (13 females and 11 males) who met the criteria (MetS, NCEP ATP III) and volunteered to participate in the focus group discussions. Each discussion lasted between 60-120 minutes. Data were collected by semi-construct open-ended questions, audio recordings and notes. Audio recordings of the two focus groups were transcribed and checked for accuracy by repetitive listening. The researcher's notes of participants' interaction and reflections were examined. Miles and Huberman's method was used to guide a content analysis. Three categories emerged from data analysis: Perceptions about metabolic syndrome, Eating behaviors of people with metabolic syndrome and management of eating behaviors. The results could be categorized in: (1) Perception driven metabolic syndrome emerged in two sub-categories: "It's only being fat and big belly"; Obesity was a source of many diseases, but I still feel like a normal person". (2) Eating behavior of people with Metabolic Syndrome emerged in four sub-categories: "Emotion influenced eating behavior"; "Thought related to eating behavior"; "Socio-environmental impeded eating behavior" and "Cultural interfered with eating behavior". (3) Management of eating behavior emerged into two sub-categories: "Success in changing eating behavior" and "Failure in changing eating behavior". The findings provided understandings about the perceptions of MetS participants towards their effort to manage their eating behaviors.

**Biography**

Jariya Supruang is currently working as a Nursing Teacher at Huachiew Chalermprakiet University, major in Community Nursing Group. She is an Advance Nurse Practitioner Specialist. She has experience in several research topics such as chronic disease, health promotion, rehabilitation and innovation.

supruang@gmail.com

**Notes:**