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**Turning points for healthful eating in people with Type 2 Diabetes Mellitus and Low Social Economic Status**

**Background** It is important for people with Type 2 Diabetes Mellitus (T2DM) to eat healthfully, yet most have difficulties with implementing dietary advice in their daily lives. Examining turning points for (un)healthful eating may provide a better understanding of how historical, personal and social contexts are intertwined, which may open up new opportunities for health promotion.

**Purpose** To understand how eating practices are developed over the life-course by exploring turning points for (un)healthful eating in adults with T2DM.

**Methodology** The Salutogenic Model of Health guided the study's objectives, design and interpretation. Narrative inquiry and the creation of timelines were used to investigate the life-course and turning points for (un)healthful eating of 17 Dutch adults with T2DM and low social economic position (9 females; 8 males). The analysis is based on the principles of Interpretative Phenomenological Analysis.

**(Preliminary) Findings** Turning points for unhealthful eating included: death of loved ones, physical/mental abuse, concomitant diseases, quitting smoking, job loss, and children leaving the house. These turning points induced stress-eating, feeling overwhelmed, depressed and/or unsupported. Turning points for healthful eating included: becoming a (grand)parent, T2DM diagnosis, and retirement. These turning points induced reflectiveness on eating behaviours and how it may influence future goals. To maintain healthful eating, people seem to be in a stress-free state of mind, confident about their own ability to organize healthful eating, and being loved by family/friends.

**(Preliminary) Conclusion** Analysing turning points shows that nutritional strategies should not only focus on increasing nutritional knowledge/skills, but also on stress-management, social support, and reflective processes to facilitate the experience of an empowering and health-promoting turning point in people with T2DM.