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A motivational model for healthy
eating in a South African
township

Background

- Disadvantaged populations are disproportionately affected by NCDs (e.g. Diabetes)
- Treatment & prevention of diabetes is well known
- But, how to implement it?

-> self-management is key

But = complex & demanding

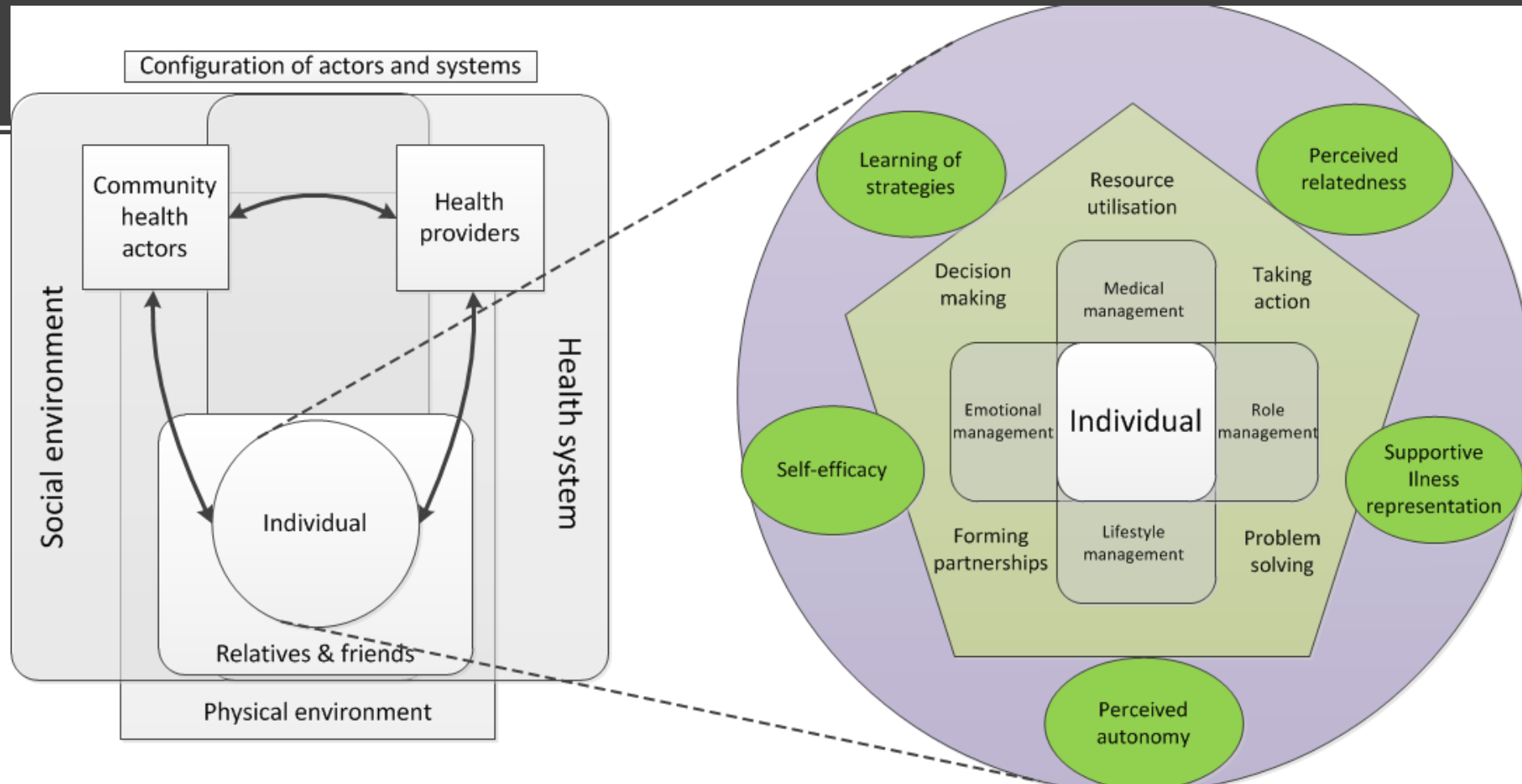
- However, research on self-management is focused on WEIRD people



Self-Management Approach and Reciprocal
Learning for Type 2 Diabetes

- SMART2D: Self-Management And Reciprocal learning for Type-2-Diabetes
- Objective: develop and implement a self-management intervention
- Three settings:
 - **Khayelitsha**, South Africa
 - rural setting Eastern Uganda (Iganga)
 - vulnerable urban (immigrant) Stockholm, Sweden

A conceptual framework for Self-Management



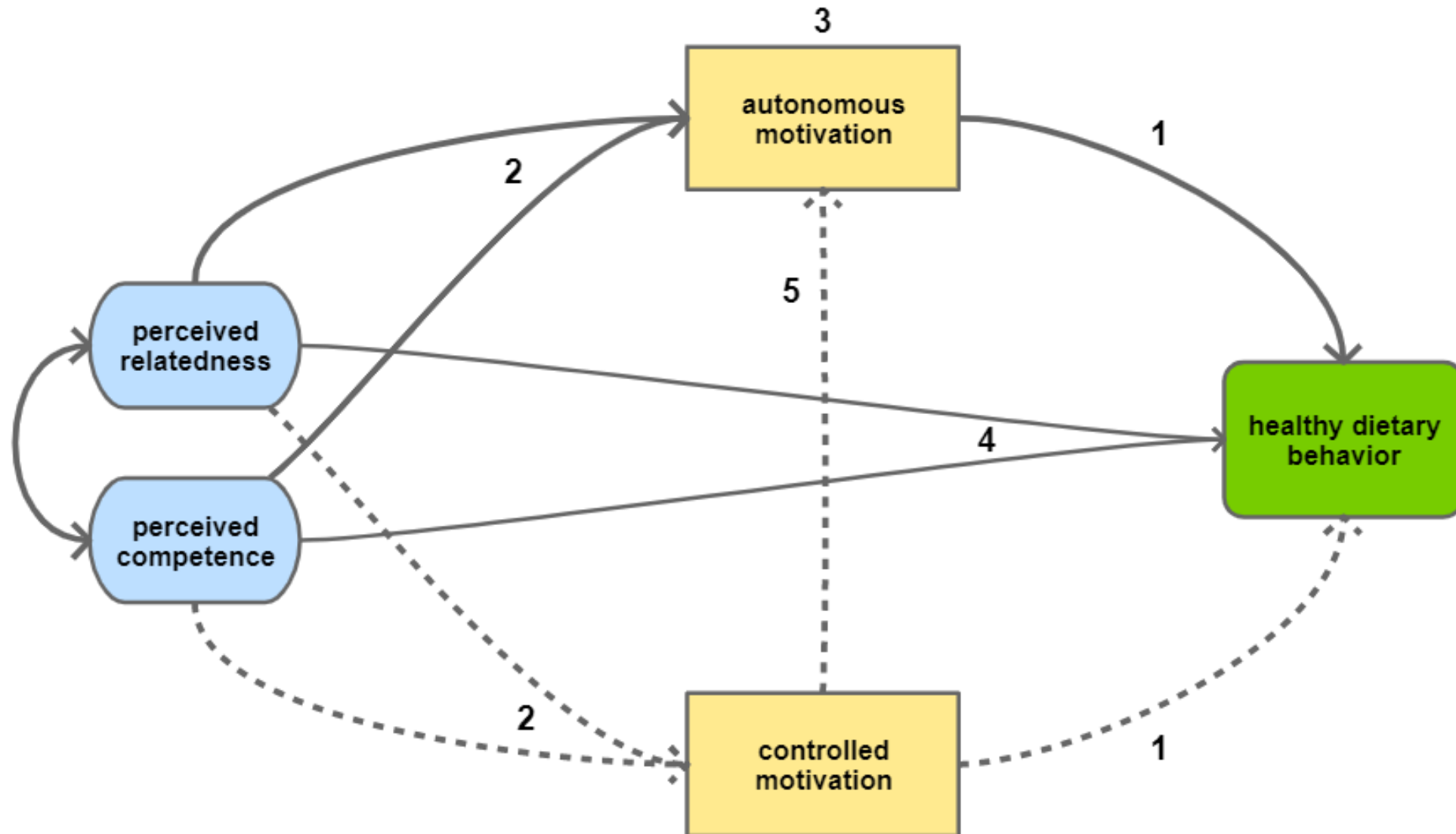
De Man, J., Aweko, J., Daivadanam, M., Alvensson, H. M., Delobelle, P., Mayega, R. W., ... & Puoane, T. (2019). Diabetes self-management in three different income settings: Cross-learning of barriers and opportunities. *PloS one*, 14(3).

Self- determination theory

- Autonomous motivation = sustainable
- Is being fostered by:
 - Perceived autonomy: one's actions are based on self-endorsement
 - Perceived relatedness: feeling of being supported by others
 - perceived competence (or self-efficacy): feeling able to perform certain activities

- Ryan RM, Deci EL. Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. Am Psychol 2000; 55:68–78. PMID: 11392867

RQ: What is the role of self-determination theory in dietary behavior?



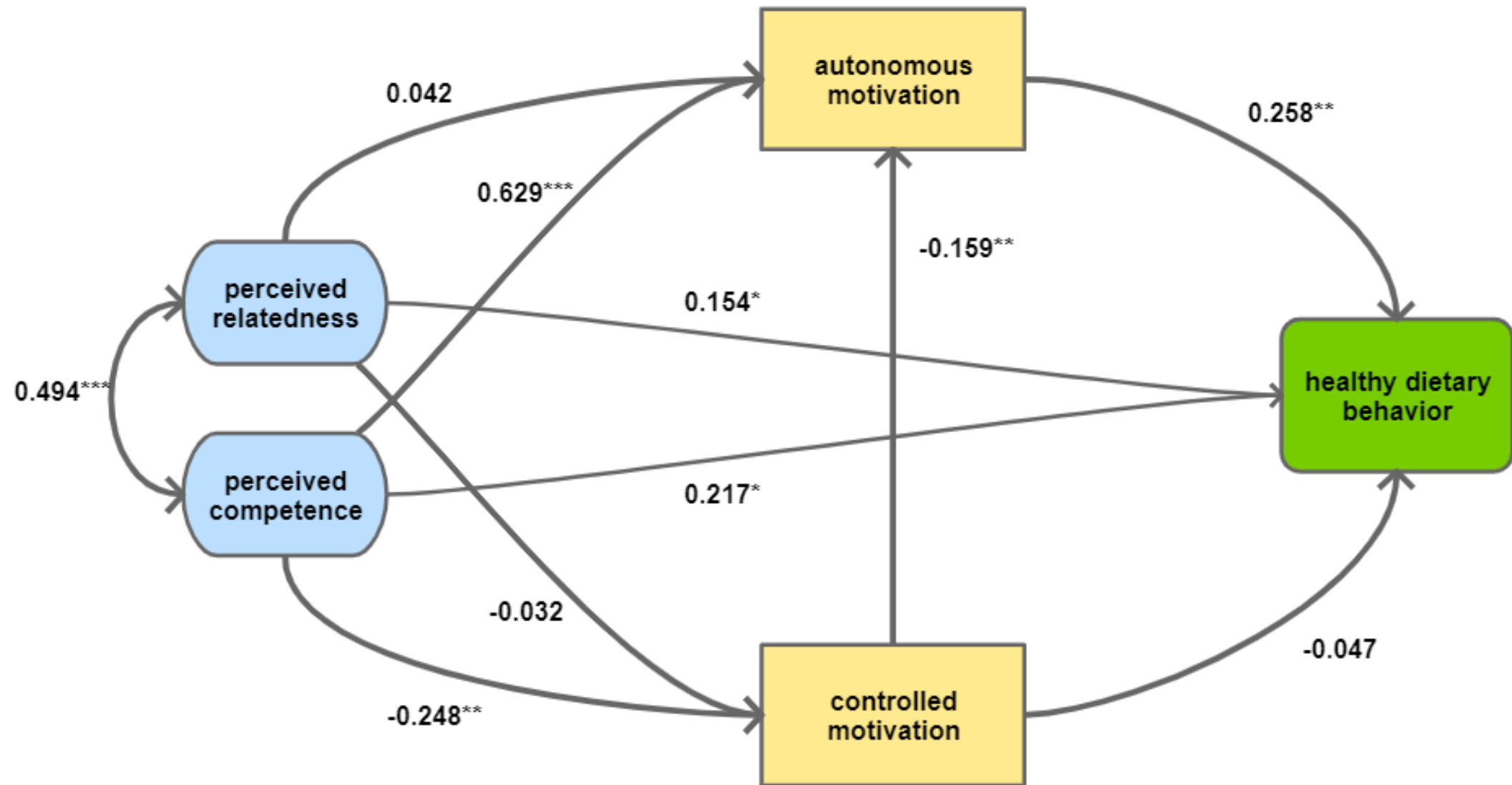
Methods

- Likert scale questionnaires on latent variables related to motivation
- Frequency of fruit, vegetable and non-refined starch intake
- Structural equation modelling to test the pathways
- Controlling for socio-demographic factors

Study population

- N= 566 (280 T2D, 286 pre-T2D)
- 90% BMI > 25
- 48% under the national poverty line (ZAR <785 per month)
- 26% no secondary education
- 56% unemployed

Findings from Khayelitsha



In practice: How to implement SM?

- focus on the promotion of diet-related health benefits people can identify with;
- encourage social support by friends or family (peer support, health care staff,...)
- reinforce people's sense of competence and skills;
- avoid social pressure or feelings of guilt

Thanks for your
attention!