



# From diet to everyday-social life: a salutogenic approach towards enabling healthful eating among diabetes type 2 patients in The Netherlands

*Kristel Polhuis, MSc<sup>1</sup>, Laura Bouwman, PhD<sup>1</sup>; Maria Koelen, PhD<sup>1</sup>; Sabita Soedamah-Muthu, PhD<sup>2</sup>; Marianne Geleijnse, PhD<sup>3</sup>.*

**Presenting author: Kristel Polhuis, [kristel.polhuis@wur.nl](mailto:kristel.polhuis@wur.nl)**

<sup>1</sup>*Wageningen University and Research, department of social sciences, chair group Health and Society, P.O. Box 8130, 6700 EW Wageningen, The Netherlands*

<sup>2</sup>*Tilburg University, Department of Medical and Clinical Psychology, Center of Research on Psychology in Somatic Diseases (CORPS), PO Box 90153, 5000 LE Tilburg, The Netherlands*

<sup>3</sup>*Wageningen University and Research, department of human Nutrition, chair group nutrition and cardiovascular disease, P.O. Box 17, 6700 AA, Wageningen, The Netherlands*

Type 2 Diabetes Mellitus (T2DM) is an increasing global health concern, but can be reversed by dietary interventions. However, most dietary interventions are lacking long-term effects. A possible cause is that most of the health recommendations are nutrition and illness related, without an eye for the everyday life context of people with T2DM. Consequently, integrating the recommended changes is problematic in the everyday-life setting. This PhD project departs from the complexity of everyday-life and uses the Salutogenic Model of Health to investigate how people with T2DM can be supported in practically and socially organising change towards healthy eating. This model complements biomedical models that indicate causes of breakdown (pathogenesis) with a solution-oriented focus and studies how people manage challenges in a health promoting way.

Literature search, narrative analysis and assets mapping will be applied to trace how people with T2DM give meaning to challenging life-events that have led to turning points for dietary choices along their life-course and the personal, social- and physical environmental resources they apply to face these challenges. The findings will be used to develop a learning trajectory that aims to initiate the development of agency and sensitivity to the dynamics of the everyday-life context with regards to self-management of T2DM. The learning trajectory will be tested in a randomized controlled trial that compares 'medical advice as usual' with advice empowered with the study insights in the primary care setting. This outcomes of this study will contribute to the development of more effective interventions enabling healthful eating in the context of everyday of Dutch adults with T2DM.