



What is the quality of online information about diet available to people with type 2 diabetes?

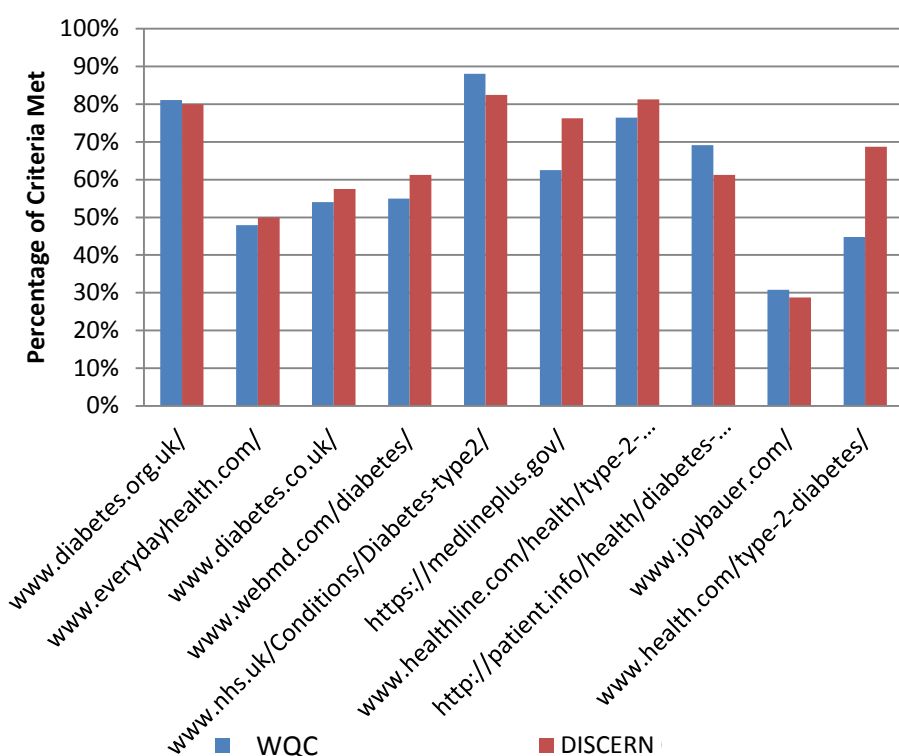
Introduction: People with Type 2 Diabetes (T2DM) need to be able to access good quality and up-to-date information about diet to help them manage their condition. They use the internet on a regular basis and dietitians recommend specific websites to their patients with T2DM (McClinchy et al 2016). However the quality of online health information accessed by people with T2DM is variable (Weymann et al 2015, Charnock et al 1999).

Aim: To compare the quality of information about diet found on websites that were likely to have been accessed by people with T2DM with that found on websites recommended by dietitians.

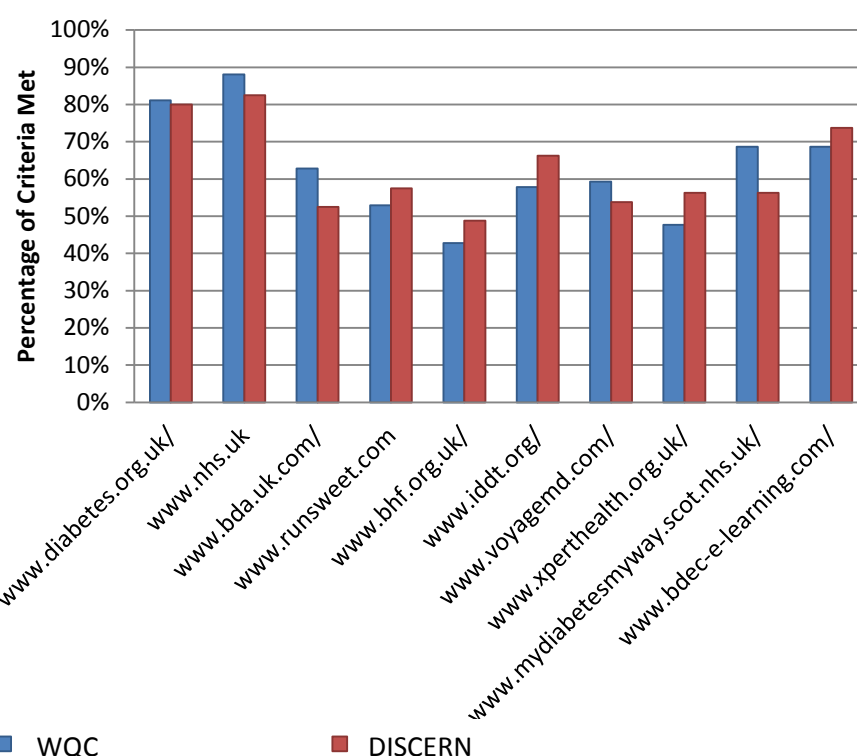
Methods: Ten websites that were identified using Google and the search term 'type 2 diabetes what should I eat' (PS) and ten websites that were recommended by dietitians to people with T2DM (DRL) identified in previous research (McClinchy et al 2016) were selected for analysis. Weymann's quality criteria (WQC) (Weymann et al 2015) and the tool DISCERN (Charnock et al 1999) were used to assess the quality of the information in the identified websites.

Results

Patients' Search (PS)



Recommended by Dietitians (DRL)



The websites identified from the patients' search (PS) achieved 61% agreement with quality criteria using the WQC and 65% agreement using DISCERN. The DRL websites achieved 65% agreement using the WQC and 64% using DISCERN.

Discussion: The range of quality was greatest in the PS. However although the PS included the website with the lowest agreement the group included the website with the highest level of agreement that had also been identified on the DRL. Despite their development being 15 years apart, WQC and DISCERN identified similar levels of quality across the two groups of websites.

Conclusion: People with T2DM are able to use effective searching methods to find information online about what to eat however they may need assistance from healthcare professionals in the identification of sources which are of the highest quality.

References: Charnock, D., et al. (1999). DISCERN: an instrument for judging the quality of written consumer health information on treatment choices. *Journal of epidemiology and community health* **53**: 105-111. McClinchy, J., Kyremateng, C., Dickinson, A., Wills, W., Jerome, L., (2016) What Nutrition Information are Dietitians using with their Patients who have Type 2 Diabetes 17th International Congress of Dietetics 7-10th September Granada Spain Poster Communication *Rev Esp Nutr Hum Diet.* 20(Suppl. 1): 413 – 420. Weymann, N., et al. (2015). Quality of online information on type 2 diabetes: a cross-sectional study. *Health Promotion International* **30**(4): 821-831.