

Conclusions: Intra-household nutrient consumption inequities in Ethiopia may undermine food fortification efforts, emphasizing the need for targeted strategies to promote equitable micronutrient intake.

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P07-019-25 Scientometric Analysis of Publications on Liver Fibrosis & Nutrition Therapy: Mapping and Visualization

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Objectives: Nutrition is of particular importance in the prevention and treatment of diseases, including liver fibrosis. Various studies have been conducted in this field, and in this study, we intend to analyze the characteristics of these articles and gain a broad view of the research conducted by various researchers and the topic trends of these articles.

Methods: The search strategy was designed using the subject headings for liver fibrosis/cirrhosis and nutrition therapy concepts selected from the MESH database, and all indexed articles in PubMed/Medline were retrieved and analyzed. Knowledge mapping and visualization were performed using the R and VOSviewer software programs.

Results: A total of 820 articles were retrieved, most of which were published in 1969 (n=29) and 1970 (n=27). The journals "Gastroenterology" (n=18) and "The American Journal of Gastroenterology" (n=16) had published the most articles in this field, and "Arroyo V" was the most prolific individual in this field (n=11). "Mayo Clinic" and the "University of Toronto", with 25 articles, were the most active organizations in this field. The countries USA (n=200), Italy (n= 187), China (n= 80), Spain (n=60), India (n= 55) and Denmark (n=54) have the highest scientific production, respectively. Among the subject keywords, "diet therapy", "diet sodium-restricted", "liver cirrhosis/complications", and "parenteral nutrition" were used most in the articles, and the topic trend in recent years has been on "diet, Mediterranean", "proportional hazards models" and "liver/drug effects/metabolism/pathology".

Conclusions: Most of the articles were published in the 1960s and 1970s. Diets, especially the Mediterranean diet, have recently received attention in these articles. Given the importance of this topic, it is suggested to conduct more research and more international collaborations in this field.

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P07-020-25 Assessing Self-Care Behaviors in Type 2 Diabetes Using the Summary of Diabetes Self-Care Activities Questionnaire

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Objectives: To assess adherence to self-management guidelines by patients with T2D.

Methods: This cross-sectional study was conducted online via Qualtrics, with participants recruited from Facebook. Eligibility included a T2D diagnosis for at least two years and attendance at a diabetes education clinic at a government-funded or mission hospital within the past year. Data were collected from May 2022 to April 2023 using the validated Summary of Diabetes Self-Care Activities (SDSCA) questionnaire, assessing adherence across six domains (diet, physical activity, glucose monitoring, foot care, smoking, and medication adherence). Participants reported the frequency of self-care behaviors (0–7 days per week), with adherence measured over two non-consecutive weeks. Chi-square tests assessed relationships between self-care behaviors and participant characteristics.

Results: Among 111 participants, 64% were female, with a mean age of 43 years (SD = 8.09) and an average diabetes duration of 11.5 years. Over 68% were overweight or obese, and 67.8% had at least a college education. The most practiced self-care behaviors were blood glucose testing (63.2%; mean 4/7 days) and healthy eating (60.4%; mean 3.5/7 days). Medication adherence (44.1%; mean 3/7 days), physical activity (43.2%; mean 2.5/7 days) and foot care (32%; mean 1.5/7 days), were less frequent, with smoking cessation (7.2%; mean 1/7 days) being the least adhered-to. Age, diabetes duration, and education were significantly associated with better self-care behaviors ($p < 0.003$, $p < 0.001$, and $p < 0.001$, respectively). No significant differences were found across BMI, gender, or marital status.

Conclusions: While blood glucose monitoring and healthy eating were the most consistently practiced self-care behaviors, adherence to other key behaviors such as medication adherence, exercise, foot care, and smoking cessation, remains insufficient. Targeted interventions addressing these gaps, particularly among younger and newly diagnosed individuals, are essential to enhance self-care and improve health outcomes.

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