Title: Adherence to dietary regimen among Women with Gestational Diabetes Mellitus.

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ABSTRACT

Background: Gestational Diabetes Mellitus (GDM) is an important public health issue and a growing health threat to women. It affects approximately 7 - 14% of pregnant women. The number is increasing globally due to an increasingly industrialized lifestyle. Dietary factors are of paramount importance in the management and prevention of GDM. The most difficult aspect of lifestyle changes of women with GDM is how to adjust to the indigenous diet.

Aim: to explore the adherence of dietary regimen among women with GDM in the Accra Metropolis.

Objective: Determine women with GDM's intention to adhere to a dietary regimen.

Methods: a qualitative study in the form of an exploratory descriptive study.

Data collection: Piloting of tool was done. A purposive sampling method was used to recruit participants who met the inclusion criteria and were willing to participate in the study. The collection of data was done using a semi-structured interview guide.

Analytic approach: thematic content analysis was used.

Results and findings: women with GDM adhere to dietary regimen after they have understood the benefits of adherence. However, financial issues, **f**oodstuff availability, and accessibility, impression about the education on adherence, willingness to participate in care, and ability to control challenges were possible barriers that made adherence to dietary regimen difficult for these women.

Significance and importance implications for practice, community or policy: Need for well-planned, coordinated medical care, the development of policy(financial) for women with GDM in order to improve adherence levels.