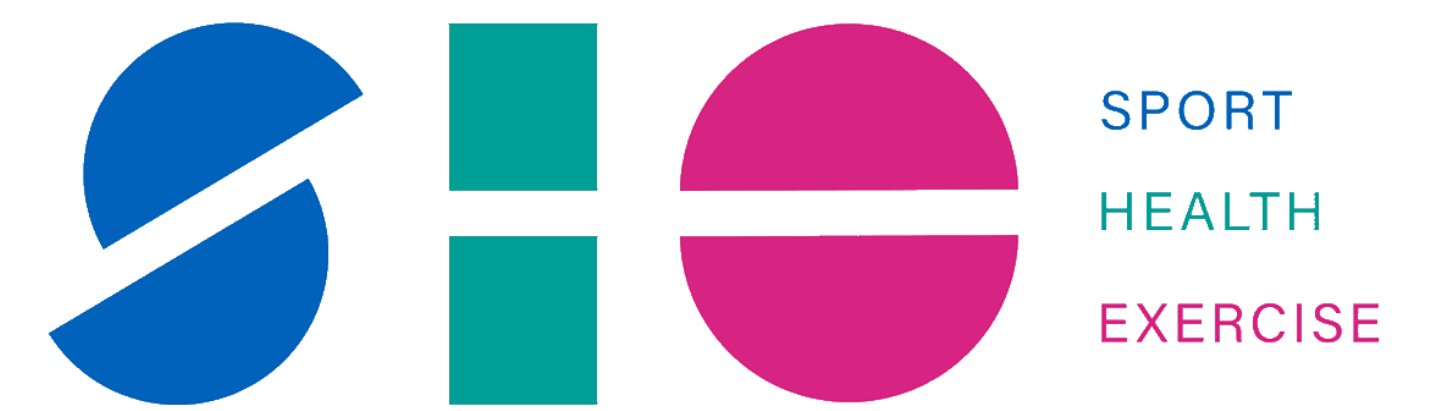


## Dietary practices, beliefs and behaviours of adults with inflammatory bowel disease in Ireland: a cross sectional study

Aoife Murtagh<sup>1</sup>, Clement Higginbotham<sup>1</sup> and Patricia Heavey<sup>1</sup>,

<sup>1</sup>SHE (Sport, Health and Exercise) Research Group, Department of Sport and Health Sciences, Technological University of the Shannon Athlone, Westmeath N37 HD68 Ireland.

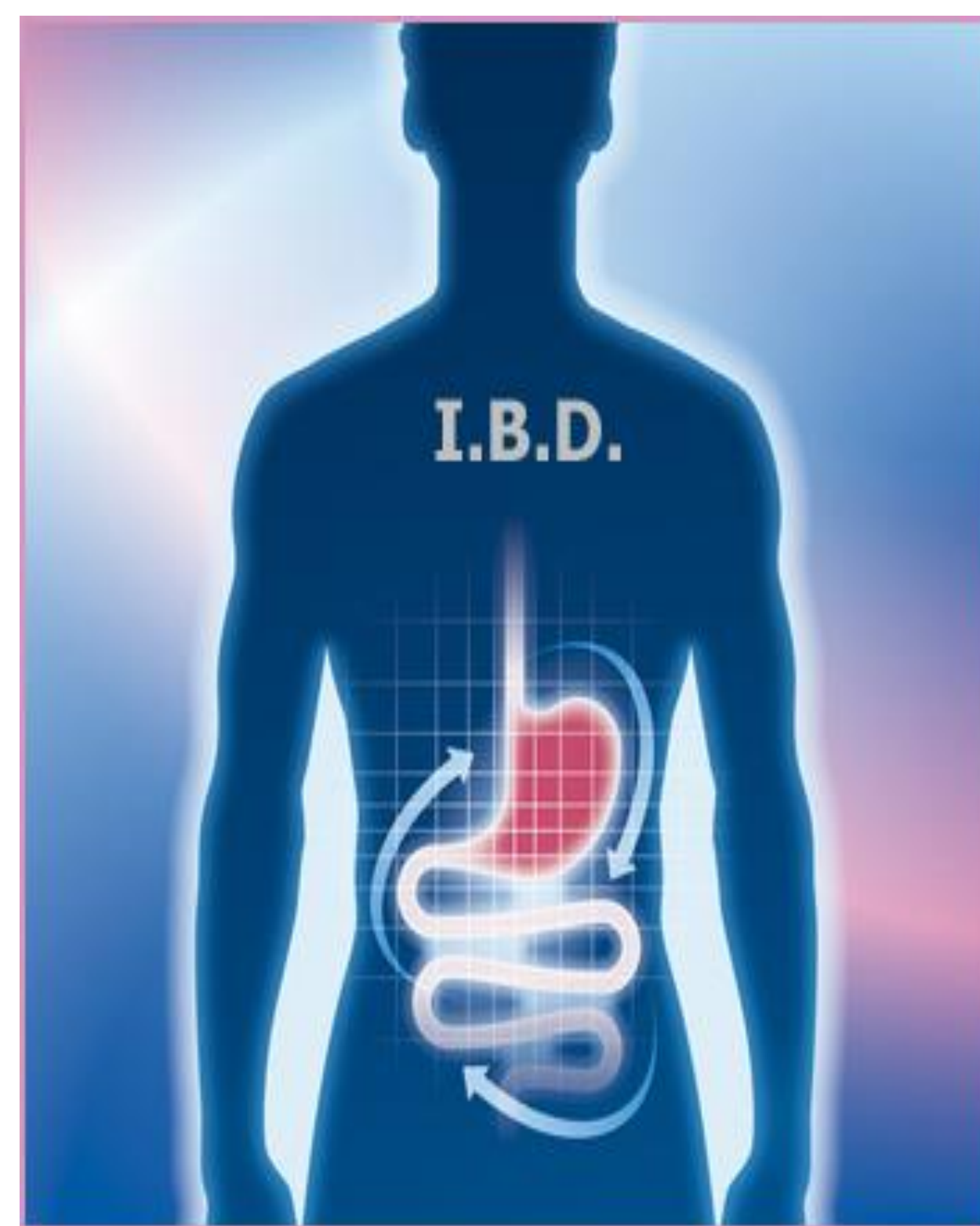


### Introduction

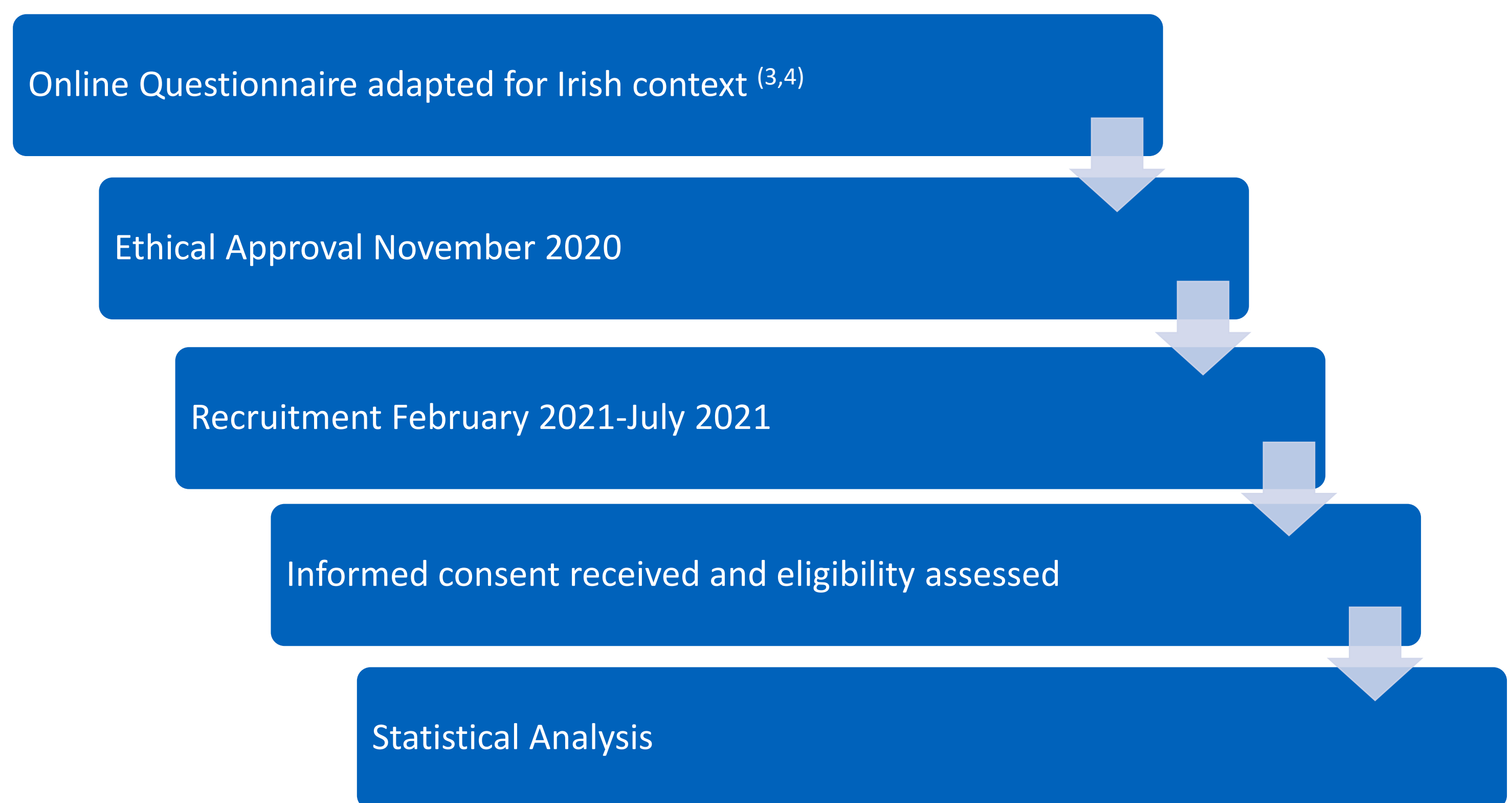
Inflammatory bowel disease (IBD) comprised of Crohn's Disease (CD) and Ulcerative Colitis (UC) is characterised by chronic relapsing inflammation, which typically results in gastrointestinal discomfort <sup>(1)</sup>. Many factors are thought to be involved in the development of IBD such as genetics and environmental factors including diet.

Patients often self manage their condition which can result in unnecessary food restrictions and subsequently other complications <sup>(2,3)</sup>.

The aim of this study was to investigate the dietary practices, beliefs and behaviours of adults with IBD in Ireland.



### Methods



### Results

In total 475 adults (female n=354, male n=121) took part in this study of which 62% had CD and 38% had UC. The mean time since diagnosis of disease was 11 ± 10 years. The majority (92%) of participants were taking medications to manage their IBD with Biologics (56%) and oral 5-ASAs (31%) most commonly reported.

Twenty –percent of participants thought diet was a contributing factor to the development of IBD, and 81% had modified their diet since diagnosis with 85% imposing dietary restrictions in the hope of preventing a relapse (Fig 1). Sixty-four percent reported that certain foods, predominately low fibre white plain foods (75%) improved symptoms during a relapse.

Most participants (84%) stated that their IBD affected their appetite and pleasure in eating and on a scale of 1-10 (1=no appetite and 10= normal appetite), mean score for during remission was 8.35 (SD = 1.96) and during disease relapse was 3.70 (SD=2.32) (Fig 2). The mean difference between the two scores was 4.7 (SD=2.54; 95% CI, 4.4-4.8; p<0.001). Most participants (73%) avoided the same menu as others in their household to prevent a relapse and 56% avoided eating out for fear of causing a relapse. Seventy prevent avoided food or drink they liked to prevent a relapse

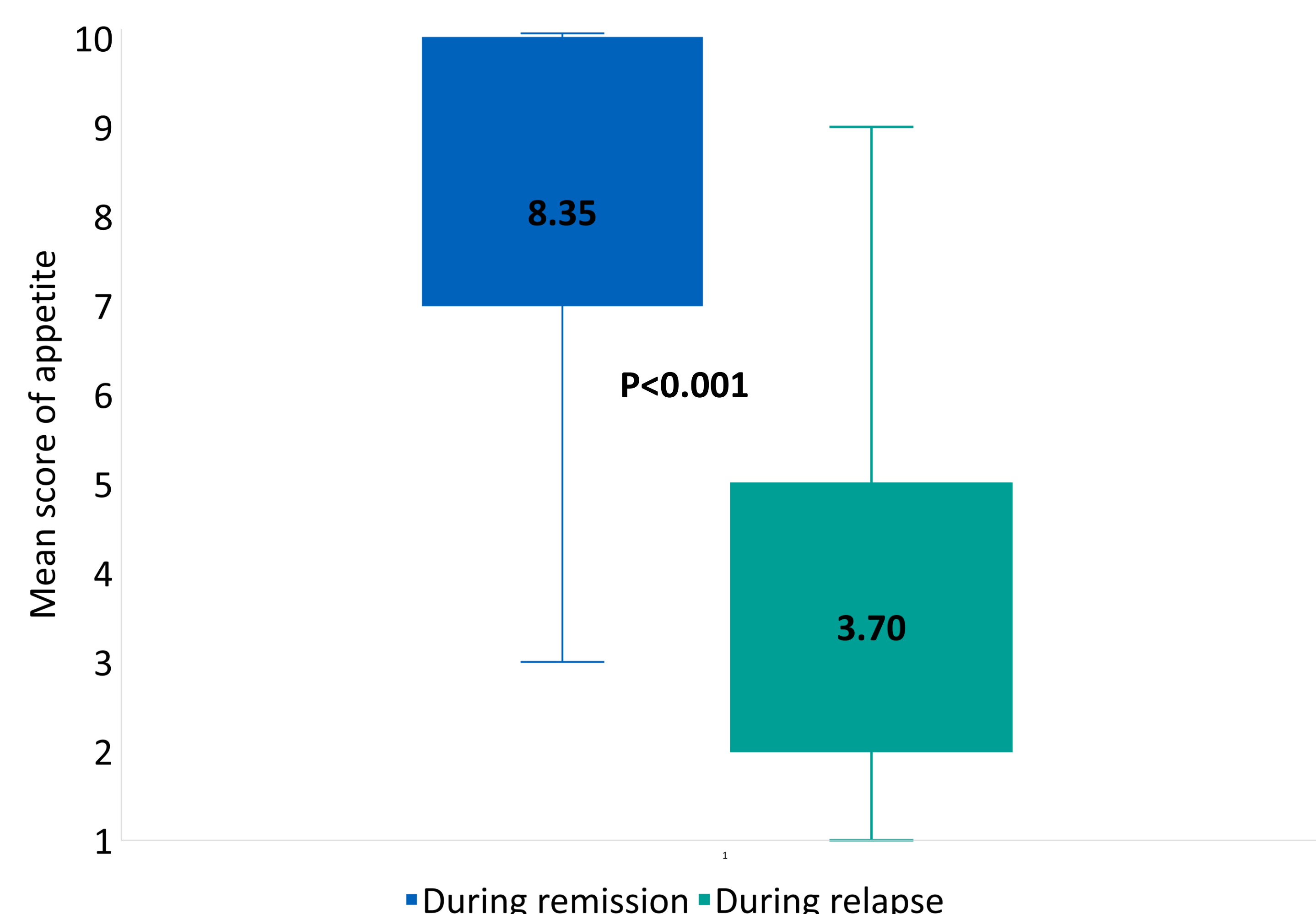


Fig 2. IBD effect on appetite during remission and relapse

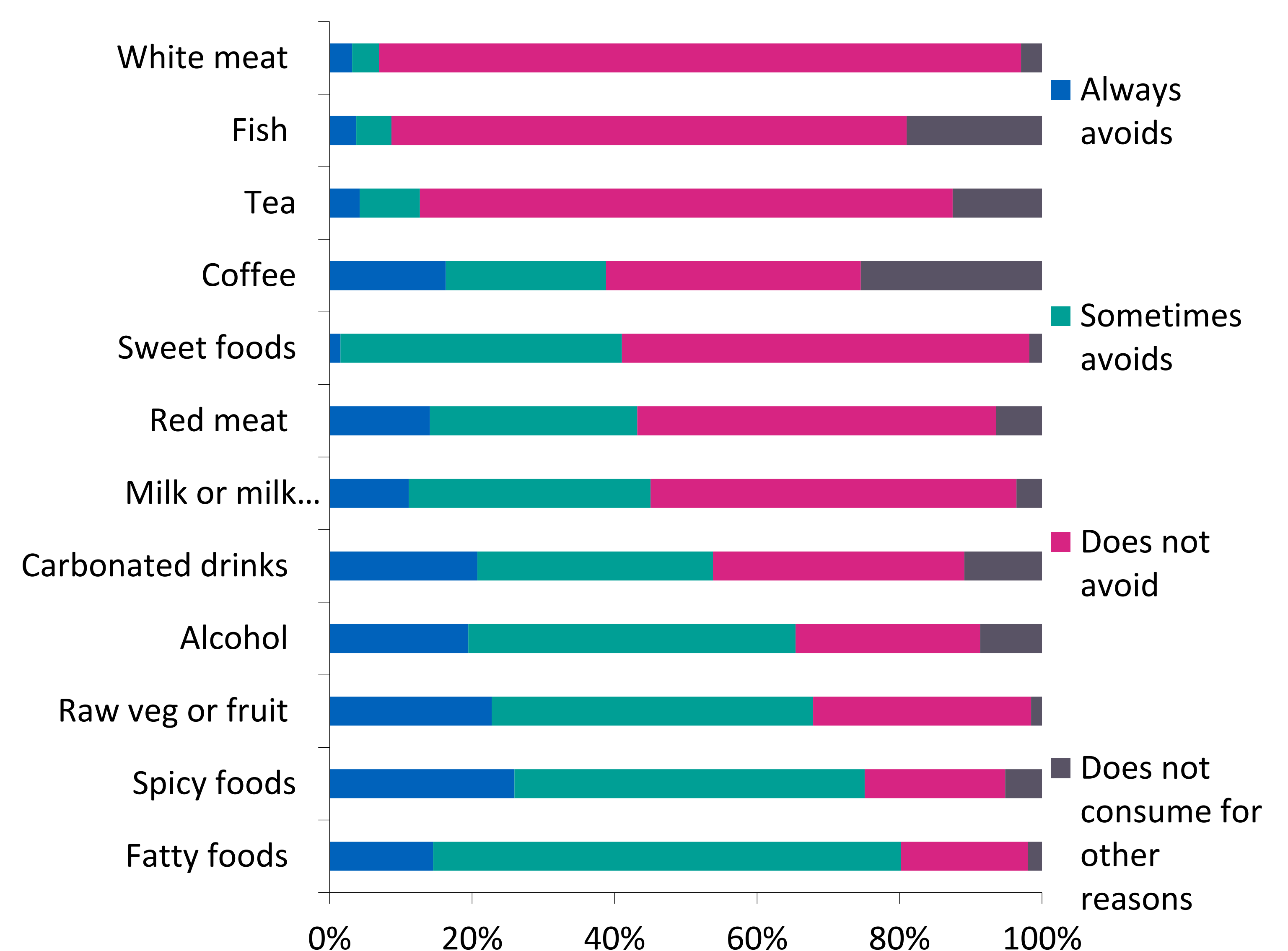


Fig 1. Frequency of most commonly reported avoided foods and drinks to prevent a relapse of IBD

### Conclusion

This cross –sectional study shows the role of diet and its impact on IBD. It is evident that adults modify or restrict their diet to manage their IBD. For many this is through self management. These findings reiterate the importance of patient education and support.

### References

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