

Life Style and Nutritional Profile of Non-Insulin Dependent Diabetes Mellitus (NIDDM) Patients

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Abstract

The present investigation was undertaken to study the life style and nutritional profile of NIDDM patients. A representative group of 60 respondents belonging to different cities of punjab was selected. General information, dietary information, information about consumption of traditional food adjuncts like bittergourd, jambu and fenugreek seeds, diabetic history and activity pattern was collected. Height, weight and body mass index (BMI) were taken and food intake was recorded by 24 hour recall method. Fasting blood sugar (FBS) levels at the time of diagnosis of disease and prevailing ones at the time of survey were noted from reports of diagnostic laboratories. Observations showed that the majority of respondents were overweight and over 40 years of age with FBS levels of 200-300 mg/dl at the time of diagnosis. All respondents had general awareness regarding control of diabetes. Majority was consulting doctors, dieticians, was regular in walk and other exercises and was consuming glucose lowering food adjuncts. About 50% maintained fair to good control over diabetes. Data showed a definite decrease in their FBS levels. Mean daily intakes of energy and other essential nutrients except iron were adequate. Findings of study indicate that by modifying diet and life style one can maintain fair control over diabetes.

Key Words: Fasting Blood Sugar, BMI, Obese, Traditional Food Adjuncts, Food Habits

Introduction

Diabetes mellitus is one of the most burdensome chronic diseases that are increasing in epidemic proportion throughout the world (*Mageshwari et al, 2004*). According to *WHO (2000)*, the global prevalence of non-insulin dependent diabetes mellitus (NIDDM) will more than double from 135 million in 1995 to 300 million by 2025. The largest number of diabetic subjects is in India (*Pradeepa et al, 2002*). Obesity and physical inactivity constitute part of the risk for NIDDM because of their propensity to induce insulin resistance. There is renewed interest in the prevention of insulin resistance and NIDDM through lifestyle interventions like physical activity and nutritional plan with reduced caloric intake (*Kelly, 2003*). Fiber rich foods and foods known to possess glucose lowering activity may be accorded some preference in the design of

diabetic diets. Since food and dietary pattern of an individual have an important role to play in the development, treatment or prevention of NIDDM, the present study focuses attention on food habits, consumption of traditional food adjuncts with glucose lowering activity, activity patterns and nutritional profile of selected NIDDM patients.

Materials and Method

A group of 60 subjects, both male and female above the age of 30 years diagnosed clinically and chemically with NIDDM belonging to different cities of Punjab i.e. Jalandhar, Ludhiana and Patiala was selected. Information regarding the socio-personal and dietary profile of all selected subjects was collected through pre-tested questionnaire cum interview method. The relevant data on diabetic history of the subjects regarding awareness and control of