

A Study on Prevalence and Nutritional Status of the Type –II Diabetes in Rural Area

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ABSTRACT

Diabetes mellitus has become a leading killer disease in recent years. About 16 million people suffers from diabetes in the U.S. alone with are estimated 12 million suffers worldwide. To assess the prevalence and nutritional status of the subjects. Here the sample size was takes about 108, and the age range between the 45 to 70 years. The total population of the village is 6,000 out of that 108 subjects were selected and house to house survey was done here anthropometry, clinical and dietary assessment was done. Nearly 36% subjects reported that they had maternal/ paternal origin and the remaining that they had no family history of diabetes. Most of the diabetic particulars suffer with delaying of would healings 45% of the total diabetic subject both men and women reported delaying of wondered healing. Both men and women had higher BMI range. All the nutrients *i.e.* energy, protein, carbohydrates, Vitamin-A, thiamine, Riboflavin were deficient in diabetics. There was significant difference between the nutrient intakes and RDA.

V. Harika Chinnari and J. Jyoshna (2010). A study on prevalence and nutritional status of the Type – II diabetes in rural area. *Internat. J. Med. Sci.*, 3(1 &2): 10-13

Key words :

Type –II
Diabetes,
Anthropometry,
Clinical and
nutrient intake,
Recommend
dietary allowance

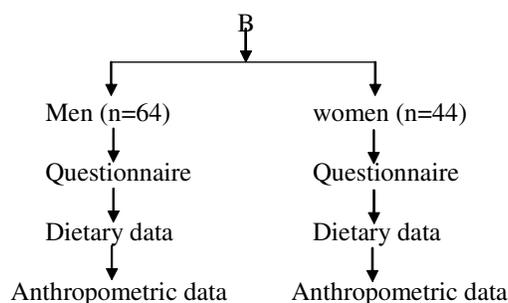
The 42nd World Health Assembly (WHA) noted that Diabetes Mellitus (D.M) is already a significantly health concern and the problem is growing especially in the developing countries. Recognizing that the disease is chronic, debilitating, and costly and is attended by severe complicating the WHO invited member's countries to formulate preventive and control strategies and guidelines for control programs were developed. Though the incidence and prevalence of type I and II DM and the relative contribution of these two major types of DM show differences in general. It is observed that 85% of all DM cases are of the type II diabetes. Both Genetic and environmental (external) factors are important in the development of type II DM. These external factors are modifiable and there is evidence that correction of these factors can bring down the risk of type II diabetes by up to 91%. Thus it would be important and worthwhile to determine the role of the various risk factors in the causation on type II diabetes in the local epidemiological set up so that appropriate local risk factor interventions can be planned.

MATERIALS AND METHODS

The subjects were selected from venkatarreddypalem because of its proximity to the university at Guntur (A.P). Here the sample size was taken about 108, and the age ranged between the 45 to 70 yrs. The total population of the village is 6,000 out of that 108. Subjects were selected and house-to-house survey was done. The sample size consisted of 64 males and 44 females subjects. They belong to the age group between the 45-70 yrs. The subject selected mostly belongs to the middle or low-income group.

To collect the general information age, sex, income, past history of patient. Were collected height, weight and BMI were noted under

Experimental Design (Subjects no 108)



Accepted :
June, 2010