

Correlation with dietary fiber consumption awareness pattern and lipid profile among cardiovascular disease patients

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Dietary fibers are complex carbohydrates, which play a vital role in reducing lipid profile of the cardiovascular disease (CVD). However, the consumption practice about dietary fiber needs to evaluate with its association in lipid profile. One hundred and eighty CVD patients were assessed from Sangli, Satara and Kolhapur districts of western konkan of Maharashtra. They were examined in relation with their dietary practices especially dietary fiber and correlated with their grades of lipid profile. Strong positive correlation was noticed in ignorance about dietary fiber with higher level risk in lipid profile among CVD patients.

Key Words : Dietary fibers, KAP, Lipid profile, Correlation

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INTRODUCTION

Dietary fibre is an extremely important food commodity in everyday life. High fibre diets seem to alter the body's chemistry associated with a low incidence of heart disease (Cummings, 1998). Many researchers proved that dietary fibre acts in lowering blood triglycerides (Dodd, 1994 , Latto, 1998, Lindner and Moller, 2009) and cholesterol (Morris *et al.*, 2001; Shaper, 2002). However, now a days the Indian dietary pattern is drastically changed due to multifactorial reasons. Blind foods, empty carbohydrates, fast foods, ready to eat foods, energy dense food, readymade food formulaes etc. consumptions are increasing in the present scenario. This type of food habits will lacking the dietary fibre consumption. It may leads to many health problems like obesity, diabetes mellitus, constipation, heart disease, gallstone etc. By keeping this in view, the present research work is designed to assess the consumption pattern of dietary fiber and its relation with the prevalence of cardiovascular disease in relation of lipid profile.

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METHODOLOGY

Study area :

The patients registered in the civil hospitals of Sangli, Satara and Kolhapur districts of western konkan of Maharashtra were selected by purposive random sampling method.

Selection of sample :

One hundred and eighty CVD patients in the age group between 40 to 60 years who attended as OPD of the three civil hospitals *i.e.* Sangli, Satara and Kolhapur over a period of 3 months were selected from the secondary source of data.

Collection of data :

The data related to the study were collected through self structured questionnaire. Specified questions regarding the awareness about dietary fibre, rich sources and its consumption, eating habits, food preparation methods, selection of foods etc. were asked during the personal interview to the CVD patients and their family.

Tools and techniques :

Lipid profile :

Prevalence of cardiovascular disease among these patients were measured by applying biochemical analysis method. The lipid profile especially triglycerides and blood cholesterol level, LDL (mg /dl). HDL (mg/dl) of the patients