



RESEARCH PAPER

Studies on life style and dietary pattern of selected hyperlipidemic subjects of Parbhani city in Maharashtra

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Abstract : Hypercholesterolemia or hyperlipidemia or dyslipidaemia, an another noncommunicable health problem. Hence, study was conducted with an objective to determine the socioeconomic status, information about dietary intake of hyperlipidemia. Thirty non-insulin dependent hyperlipidemic subjects (men and women) were selected from Parbhani city of Maharashtra state. Information on diet pattern, lifestyle, known risk factors for disease were collected. The information regarding their dietary habits, frequency of consumption of different food groups in a day etc. were collected. The actual food intake of the selected diabetic subjects was collected for the immediate past 24 hours. The intake of different nutrients per day by each selected subject was then calculated from the food intake values using food composition tables. Food and nutrient adequacy was calculated based on balanced diets and Recommended Dietary Allowances respectively. It was observed that from hyperlipidemic subjects were more from 50-60 years age group (76.66 %) respectively. Sex wise data indicated that more number of male were sufferers of hyperlipidemia (70 %). Hyperlipidemia was observed more among the subjects who were engaged in the service (36.66 % each). The income wise distribution indicated that there was increase in the number of subjects as the income was increased. A very high per cent (70%) of males were having hyperlipidemia. There were 6.66 per cent and 13.33 per cent subjects who had impaired lipid profile from 3-5 years and > 5 years duration. The increase in weight was experienced by all the selected 30 hyperlipidemic subjects after diagnosis of disorder. There were more than half with family history of hyperlipidemia. Oilseeds were consumed daily by 60 per cent hyperlipidemic respondents. It can be concluded that hyperlipidemia can be well controlled by modification in the diet and lifestyle.

Key Words : Hyperlipidemia, Socio-economic status, Diet history, Oilseed intake, Nutrient intake

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