

# Evaluation of Nutritional Status for the Diabetic Women

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**Abstract:** *In this study, Diabetic women were selected by purposive method. Purposive sampling starts with a purpose in mind and the sample is thus selected to include people of interest back ground information ,lifestyle pattern, medical history and bio chemical parameter were selected and to evaluate nutritional status for the selected diabetic women.*

**Keywords:** *Life style pattern, Medical history, Clinical assessment, Bio chemical parameters.*

## 1. INTRODUCTION

Diabetes mellitus is classified into four broad categories: type 1, type 2, gestational diabetes, and "other specific types". The "other specific types" are a collection of a few dozen individual causes. ( **Shoback DG,2011**) Diabetes is a more variable disease than once thought and people may have combinations of forms. The term "diabetes", without qualification, refers to diabetes mellitus. Diabetes mellitus (DM), commonly known as diabetes, is a group of metabolic disorders characterized by high blood sugar levels over a prolonged period. (**Tuomi T, 2014**)

## 2. MATERIALS AND METHODS

Totally 200 diabetic women were selected from the urban areas of Chennai. The study was carried out the following heads:

### **i).General information:**

Data regarding total income per month, physical activity, information regarding food stuffs purchasing, leisure time,yoga,betal nut, coffee and tea consumptions were collected from all the 200 samples.Informations like duration of diabetes, types of treatment,supplements,usage of laxatives and diuretics and blood pressure were collected.

Prevention and treatment involve maintaining a healthy diet, regular physical exercise, a normal body weight, and avoiding use of tobacco. Control of blood pressure and maintaining proper foot care are important for people with the disease. Type 1 diabetes must be managed with insulin injections. Type 2 diabetes may be treated with medications with or without insulin. Insulin and some oral medications can cause low blood sugar. Weight loss surgery in those with obesity is sometimes an effective measure in those with type 2 diabetes. Gestational diabetes usually resolves after the birth of the baby.(**Cash,Jill,2014**)

**ii).Clinical assessment:** Clinical assessment was carried out for 200 samples. Details about nutritional deficiency disorder, dental disorders, Respiratory disorders, Gastro intestinal disorders, chronic health disorders.

**iii).Bio chemical parameters:**

Blood samples were selected from the subjects of 100 diabetic women and analysed for fasting blood sugar, post prandial and lipid profile.

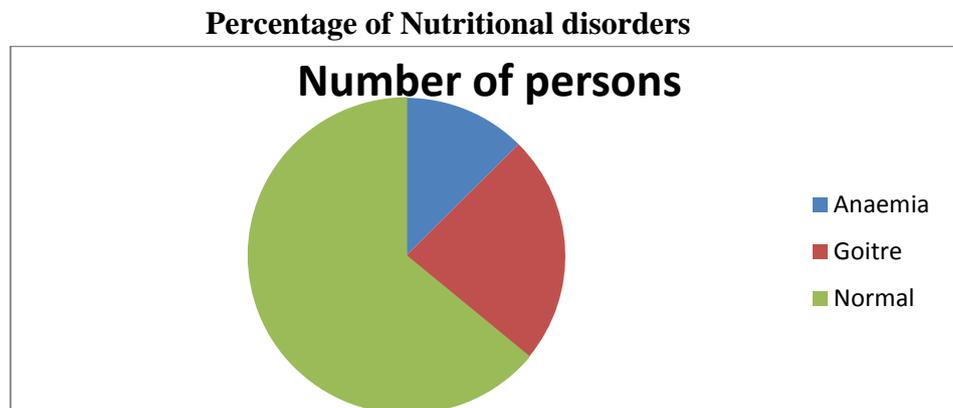
Diabetes is characterized by recurrent or persistent hyperglycemia, and is diagnosed by demonstrating any one of the following: Fasting plasma glucose level at or above 7.0 mmol/l (126 mg/dl).Plasma glucose at or above 11.1 mmol/l (200 mg/dl) two hours after a 75 g oral glucose load as in a test. Symptoms of hyperglycemia and casual plasma glucose at or above 11.1 mmol/l (200 mg/dl).Glycated hemoglobin (hemoglobin A1C) at or above 48 mmol/mol ( $\geq 6.5$  DCCT %). (This criterion was recommended by the American Diabetes Association in 2010, although it has yet to be adopted by the WHO. (**Diabetic care,2010**).

### 3. RESULTS AND DISCUSSION

#### Clinical assessment of the diabetic women

Nutritional disorder	Number of persons	Percentage
Anaemia	25	12.50
Goiter	47	23.50
Normal	128	64

It denotes 64 percent of the selected subjects did not have any nutritional disorder, 25 percent of the selected subjects had anaemia.



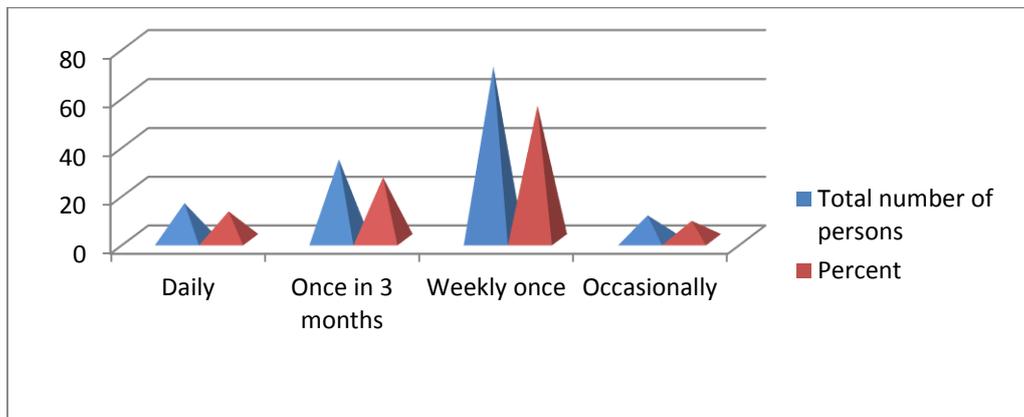
#### Frequency of Blood Glucose Monitoring

S.No	Frequency	Total number of persons	Percent
1	Daily	15	11.63
2	Once in 3 months	33	25.58
3	Weekly once	71	55.04
4	Occasionally	10	7.75

It revealed that 55.04 percent of the selected subjects were monitored blood sugar level at home for weekly once, 25.58 percent of the selected objects were monitored blood sugar level at home for thrice in a week, 11.63 of the selected subjects were monitored blood glucose at

home for daily, 7.75 percent of the selected subjects were monitored blood glucose at home for occasionally and 35.50 percent of the subjects did not monitored blood glucose at home.

### Percentage of Blood Glucose Monitoring



## 4. SUMMARY AND CONCLUSION

From the present study, it was concluded that the mean blood sugar and lipid profile were comparatively higher than normal due to wrong life style modification, lack of monitoring blood sugar level and improper food intake.

## 5. REFERENCES:

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