

Nutritional and Health Status of Diabetic Patients

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ABSTRACT To assess the nutritional and health status of diabetics, nutritional and health status of 80 subjects (40-60 years) suffering with type 2 diabetes mellitus was determined using standard techniques. A questionnaire was designed to collect background information, anthropometric measurements, biochemical estimations and diet history. Data revealed that overweight/obesity, hypertension and eye problems were the health disorders associated with the subjects. Body mass index of subjects revealed that a higher number of female subjects were obese compared to their male counterparts. Mean fasting blood sugar and postprandial glucose level was noted to be 175.2 mg/dl and 258.4 mg/dl respectively. Diet survey of the subjects indicated high intake of fats, carbohydrates and energy and inadequate intake of proteins, fibre and iron as compared to their recommended values. Wide prevalence of associated health problems among the hyperglycemic subjects clearly emphasized need of their diet and lifestyle modifications.