

A Study on the Nutritional Status of Diabetics and Associated Risk Factors

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ABSTRACT Nutritional status of 115 subjects (56 male and 59 females) suffering with NIDDM and attending a diabetic clinic was determined using standard techniques. A questionnaire was designed to collect information regarding background of patients, family history and clinical history. Anthropometry included measurement of height, weight, mid upper arm circumference and tricep skin fold. Diet history was collected using 24 hr recall and food frequency. Data revealed that a majority of subjects were between 50-65 years of age, Hindu by religion, studied up to undergraduate level and were from lower and middle income group. The onset of disease was noticed between 40-45 years with higher incidences up to 60 years. The symptom of frequent thirst and urination was more common. Many reported family history of diabetes from parent's side. Fasting blood sugar level of >120 mg/dl was reported by majority of subjects. The incidence of anemia was more in women. Among associated risk factors, eye and heart problems were predominant. Anthropometry of patients revealed that 60 (M) and 49% (F) of patients were in normal range of BMI, 33.9 (M) and 35.6 % (F) were over weight and 5.4 (M) and 13% (F) were obese. 49 and 34 % of female subjects and 41 and 17 % of male subjects had higher than ideal tricep skin fold and waist-hip ratio respectively. Diet survey showed the intake of carotene, iron, vitamin C, niacin and riboflavin to be inadequate and that of calcium, fat and thiamine to be adequate.