

Effect of Nutrition Counselling on the Anthropometry and Blood Pressure in Non-Insulin Dependent Female Diabetics

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ABSTRACT The present study was conducted on sixty non-insulin dependent diabetic women in the age group of 40-60 years. After assessing the basic knowledge of the subjects about the disease by knowledge testing questionnaire all the subjects were imparted nutrition education regarding the disease, its symptoms, causes, complications and dietary modifications. The height, weight, mid upper arm circumference, tricep skinfold thickness body mass index and waist to hip ratio of the subjects was measured before and after nutritional education. A significant decrease in weight (66.45 to 61.20 kg), body mass index (27.70 to 25.56 kg/m²) and waist to hip ratio (0.88 to 0.85) was observed. The mean systolic (154.7 to 150 mm Hg) and diastolic (91.8 to 87.4 mm Hg) blood pressure decreased significantly ($P \leq 0.01$) after intervention. Therefore it can be concluded that nutrition counselling is an important measure for improving the knowledge and bringing about favourable and significant changes in anthropometry of diabetics.