

Impact of Nutrition Education on Anthropometric and Knowledge, Attitudes and Practices (KAP) Score on Nutritional Status of Non-Insulin Dependent Diabetics

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ABSTRACT One hundred twenty non-insulin dependent diabetic subjects were selected from Punjab Agricultural University and Civil Hospital of Ludhiana. The selected subjects were divided into four groups, viz. Group I, II, III and IV having thirty subjects each. The nutrition education was given for three months after fifteen days interval to the subjects of Group II, III and IV through individual and group contact and gain in nutrition knowledge was assessed after the study. The anthropometric measurements of the subjects were measured. Significant improvements were seen in weight, BMI, MUAC and TSFT of the subjects in Group II, III and IV after study. There were also a significant increase ($P \leq 0.01$) in the knowledge, attitude and practice score obtained by the subjects in Group II, III and IV and a non-significant increase ($P \leq 0.01$) was seen in knowledge, attitude and practice score of the subjects in Group I. Therefore, it can be reported from the results that nutrition education significantly improved the nutritional status of the diabetic patients. So the objective of the study was planned to assess nutritional status of the non-insulin dependent diabetics.