A STUDY ON PREVALENCE AND NUTRITIONAL ASSESMENT OF OVERWEIGHT AND OBESE INDIVIDUAL ASSOCIATED WITH DIABETES MELLITUS

[1]Ms. Asma Farheen, [1]Head of the Department,

[1]Department of Nutrition and Dietetics,
[1]Islamia Degree and PG College, Hyderabad, India

Abstract: Global epidemic of obesity is one of the main public health problems in developing countries. Obesity is well known risk factor for developing diabetes. Diabetes is regarded as major public health problem. It is a precursor to major diseases like CVD & kidney diseases. The present study was undertaken to assess the prevalence of overweight & obesity among individuals associated with diabetes. The study conducted with sample size 100 adults' males & females were screened for overweight & obesity from height & weight. An interview schedule was devised to gather information regarding dietary habit, physical activity, life style changes, and blood sugar levels. Prevalence rate of overweight & obesity was calculated according to the limits of body mass index (BMI). Data has statistically significant association between BMI, physical activity, exercise, associated meal time activities, type of diet, disease associated with obesity.53% of the subjects think that sugar free sugar pills are healthy replacement of sugar. 34% of the subjects consume fast foods alternatively. 67% of the subjects use 5-10 liters of oil per month. 34 % of male were grade I obese & 25% of female were overweight.73% of the subjects don't follow diet obediently. 52% subjects have no physical activity. The study conclude higher trend diabetes increases with increase in BMI & obesity

Index Terms – **Global, Obesity, Diabetes, BMI (Body mass index),Physical activity.**

INTRODUCTION

Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health. A body mass index (BMI) over 25 is considered overweight, and over 30 is obese. The issue has grown to epidemic proportions, with over 4 million people dying each year as a result of being overweight or obese in 2017 according to the global burden of disease.

Rates of overweight and obesity continue to grow in adults and children. From 1975 to 2016, the prevalence of overweight or obese children and adolescents aged 5–19 years increased more than four-fold from 4% to 18% globally.

Obesity is one side of the double burden of malnutrition, and today more people are obese than underweight in every region except sub-Saharan Africa and Asia. Once considered a problem only in high-income countries, overweight and obesity are now dramatically on the rise in low- and middle-income countries, particularly in urban settings. The vast majority of overweight or obese children live in developing countries, where the rate of increase has been more than 30% higher than that of developed countries

NEED OF THE STUDY.

Overweight and obesity are major risk factors for a number of chronic diseases, including cardiovascular diseases such as heart disease and stroke, which are the leading causes of death worldwide. Diabetes is also arising as the major risk factor associated with the obesity which is the matter of prime focus and needed to be resolved.

Population and Sample

RESEARCH APPROACH: Descriptive study.

SELECTION OF AREA:-A cross-sectional study was done from different groups of degree from Yashoda multispecialty hospital, Malakpet and life span clinic, Himayat nagar, Hyderabad.

SELECTION OF SAMPLE:

SIZE OF SAMPLE:-Through random sampling, 100 subjects with diabetes mellitus were selected. The samples were drawn from organization of Hyderabad.

DURATION OF THE STUDY:-The study has been carried for a period of four months i.e. during the month of January, 2018 to April, 2018.

Data and Sources of Data

COLLECTION OF DATA:

Questionnaire:-The content of questionnaire contains general information, dietary information, lifestyle information and 24 hour-dietary recall of the subject. The questionnaire contains both open ended and close ended questions.

General information:-It was collected to get the following details like general information like height, weight, BMI, dietary information.

Dietary assessment method:-The 24-hour dietary recall method is used to find dietary intakes and food habits. The effects of life style, dietary practices were included in questionnaire to assess the dietary habits of subject

RESULTS AND DISCUSSION:

A study was conducted a prevalence and nutritional assessment of overweight and obsessed individual associated with diabetes 100 samples were selected for the study from different hospitals and diabetes clinics of Hyderabad i.e., Yashoda hospitals, Malakpet and life span diabetes center. A survey was conducted via pre-set questionnaire which was prepared based on the questions including the general information the general information and dietary assessment of the samples. Most of the subjects were vegetarian i.e. 50% of the subjects were vegetarian. It was found that 81% of the subjects have 3 meals per day. Around 68% of the subjects had diagnosed diabetes more than a year ago. It was found that 61% of the subjects ARE Family history of diabetes. 100% of the subjects were on medications for diabetes. Sleep duration of 78% of subjects was 8 hours. 76% of the subjects don't smoke. Majority of the subjects i.e. 96% don't consume alcohol. About 81% of the subjects think obesity as the cause of diabetes. It was found that 53% of the subjects thinks insulin is good option in maintaining diabetes. 72% of the subjects think there is strong relation between obesity and diabetes. Only 37% of the subjects had opinion that obesity causes diabetes. It was found that 34% of the subjects consumed sweets and desserts occasionally. Most of the subjects i.e. 73% of the subjects followed diet obediently. Many subjects i.e. 67% of the liters of oil per month. Only 34% of the subjects consumed fast foods alternatively. It was found that around 81% of the subjects consume beverages twice a day.

Table 1 Awareness of subjects for considering obesity as one of the cause of diabetes

Options	Frequency	Percentage %
Yes	72	72
No	28	28

AWARENESS OF SUBJECTS FOR CONSIDERING OBESITY AS CAUSE OF DIABETES
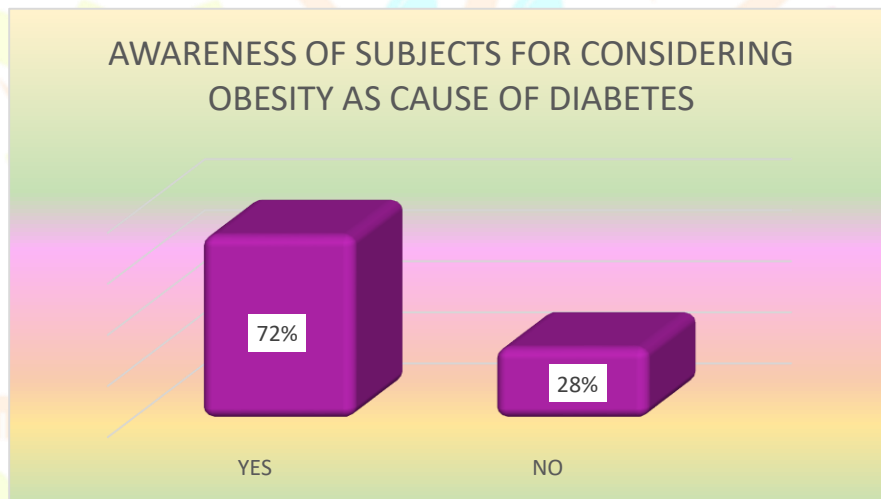
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