

# Food Pattern of Diabetic Persons In Shahkund Block, Bhagalpur

Paper Submission: 05/03/2021, Date of Acceptance: 21/03/2021, Date of Publication: 22/03/2021



**Rahul Kumar Raj**

Research Scholar,  
Dept. of H.Sc (Food & Nutrition)  
T.M. Bhagalpur University,  
Bhagalpur, Bihar, India



**Mamta Kumari**

Associate Professor,  
Dept. of H.Sc (Food & Nutrition)  
T.M. Bhagalpur University,  
Bhagalpur, Bihar, India

## Abstract

The term diabetes mellitus refer to the metabolic disorder of Carbohydrates. The word diabetes are taken from the Greek word "Diabainein" which means to pass through, describe the Copious "Urination" and "Mellitus" from the Latin meaning "Sweetened" like honey refers to sugar in the urine. Diabetes mellitus is a disorder in which body does not produce enough or respond normally to insulin. Causing blood sugar (glucose) level to be abnormally high.

1. Diabetes damages blood vessels and increase the risk of heart attack, kidney disease, vision loss, etc.
2. Control on diabetes depends on balance diet & exercise.

There are two types of Diabetes :

1. Type-I: IDDM (Insulin Dependent Diabetes Mellitus).
2. Type-II: NIDDM (Non-Insulin Dependent Diabetes Mellitus).

Aims and objective of my study is to know the food pattern of Diabetic Persons. Study is carried out with total number of Respondents (500). Information and data collected by direct interview method and Questionnaire or schedule method. My study is divided into Introduction, Aims and Objective, Hypothesis, Methodology, Data Collection, Finding, Conclusion, Recommendation and References.

**Keywords:** Diabainein, Urination, Thirst, Obesity, Healing, Injuries, Diabetic Food, Insulin and Diet

## Introduction

The term diabetes mellitus refers to the metabolic disorder of carbohydrate. The word diabetes is taken from the Greek word "Diabainein" which means to pass through, describe the copious Urination and "Mellitus" from the Latin meaning "Sweetened" like honey refers to sugar in the Urine. Diabetes Mellitus is a disorder in which body does not produce enough or respond normally to insulin, causing blood sugar (glucose) level to be abnormally high.

Urination and thirst are the major symptoms of diabetes in which increased, the people may loose weight even if they are not trying to loose weight.

1. Diabetes damage blood vessels and increase the risk of heart attack, stroke, chronic kidney disease, vision loss, hearing problem, late healing of injuries and diabetic foot.
2. Recent data (from report of Health special 1<sup>st</sup> week of March 2021) shows that out of sixpersons in the World in which one individual belongs to Indian are diabetic. Report shows that 1.7 crore children are prone to obesity. Among 184 countries of the World, India stand second place in child obesity. This data shows that people in India are prone to diabetic condition in future.

Two types of Diabetes

### **Type-I Diabetes: IDDM (Insulin Dependent Diabetes Mellitus)**

About 20% of known cases of diabetes are of Type-I, in this case insufficient insulin supply to regulate blood glucose. This may be caused by due to interaction of drugs.

### **Type-II Diabetes: NIDDM (Non-Insulin Dependent Diabetes Mellitus)**

90% known cases are type-II. In this insulin receptor response is decreased while insulin production may be normal. If diet is suitably modified and regular exercise is taken, then these types of patients do not need insulin.

**Blood Glucose Level**

The normal fasting glucose level or concentration of blood is 70-110 mg/100ml of blood.

**Aims and objective of the study**

1. To know the food pattern of the diabetic persons.
2. To know the balance diet and unbalance diet of diabetic persons.

**Hypothesis**

Diabetic persons generally consume normal and unbalance diet.

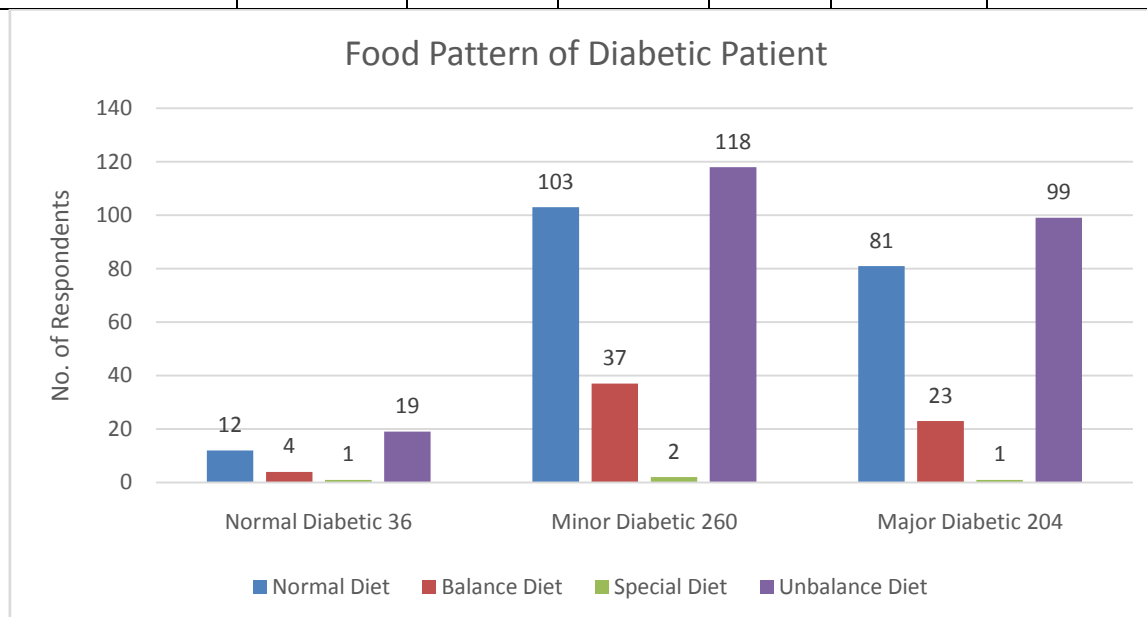
**Methodology**

1. The study was carried out with total number of Respondents (500).
2. Information was collected through Questionnaire and schedule by Interview and observation method.
3. All the data were collected from each family and having diabetic complication. Result was tabulated and analysed to make the research work scientific.

**Finding**

Food pattern of Diabetic persons in Shahkund Block (Bhagalpur, Bihar)

Different health status of Respondents (PP. Oral Glucose/Random Glucose Test)	Number of Respondents	Food Pattern of Diabetic Pattern				Total
		Normal Diet	Balance Diet	Special Diet	Unbalance Diet	
Blood Sugar Level < 140 mg/dL (Normal Diabetic)	36	12 33.33%	04 11.11%	01 2.77%	19 52.77%	(36x100)/500 =7.2%
Blood Sugar Level 140-200 mg/dL (Minor Diabetic)	260	103 39.61%	37 14.23%	02 0.76%	118 45.38%	(260x100)/500=52%
Blood Sugar Level 200 or higher mg/dL (Major Diabetic)	204	81 39.70%	23 11.27%	01 0.49%	99 48.52%	(204x100)/500=40.8%
		196	64	04	236	500



Above table shows the food pattern of diabetic respondents. Out of 500 respondents 36 respondents were in the category of blood sugar less than 140 mg/dL (PP) i.e. Normal diabetic, among them 12 (33.33%) respondents who consumed normal diet, 4 consumed balance diet, 1 take special diet and 19 (52.77%) respondents consumed unbalance diet.

1. Among 260 respondents (Minor Diabetic), 103 (i.e. 39.615%) respondents had the habit of normal diet, 37 respondents take balance diet, 2

respondents take special diet and 118 (45.38%) respondents i.e. maximum respondents had the habit of unbalance diet.

2. Out of 500 respondents 204 were in major diabetic condition (200 mg/dL blood glucose), among them respondents who followed unbalance diet pattern were maximum in number 99 (48.52%), followed by 81 (39.70%) in normal diet pattern, only one had special diet and 11.27% (23) followed balance diet pattern that means the food pattern of diabetic persons are

not up to the mark respondents should increase their balance diet pattern to maintain their good health status.

**Conclusion**

Finally to conclude awareness regarding food pattern of Diabetic persons are not satisfactory. Out of 500, only 196 respondents consumed normal diet, whereas 236 respondents had unbalance food pattern in the diabetic condition, this shows that they are not aware regarding to their balance food pattern.

**Recommendation**

I therefore recommend that proper regular diet pattern should be followed by the respondents, especially those who are facing these several diabetic condition.

Secondly other family members also should be aware to change their food pattern and lifestyle to decrease the future risk of diabetes in the family.

**References**

1. *High carbohydrates diets and insulin dependents diabetes. Br Med J2 (6189), 523-525, 1979 RW Simpson, JI Mann, J Eaton.*
2. *Nutrition and Dietetics with Indian case study 3<sup>rd</sup> Edition: Shubhangini A. Joshi.*
3. *The Week Health November 20, 2011 Dr. S.K. Wangnoo (Senior Consultant, Apollo Centre for obesity, diabetes and endocrinology Delhi).*
4. *Diabetes in the U.K. 2011/2012 : Key statistic on diabetes.*
5. *The Health special (Danik Bhaskar 1 week of March 2021, 8871516000, 7869916282).*