



ASSOCIATION OF DIETARY HISTORY AND TYPE 2 DIABETES OCCURRENCE IN PATIENTS VISITING A TERTIARY CARE CENTRE OF EASTERN NEPAL

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ABSTRACT

Diabetes mellitus isn't just connected with weight yet the quality and amount of sustenance admission may likewise participate in the causation of diabetes mellitus. The primary point of this examination was to decide the relationship between significant dietary examples and danger of sort 2 diabetes mellitus among people visiting a tertiary consideration healing facility of eastern Nepal. Members included 250 guys and females with sort 2 DM and 50 people as control gathering. Study members were talked with utilizing an organized poll to inspire a lifetime history of an assortment of way of life factors. Standard eating routine poll was likewise used to assess the typical eating regimen in cases. The outcomes were factually examined utilizing ANOVA. Our discoveries demonstrated that there was fundamentally lower utilization of foods grown from the ground gatherings and higher utilization of meat assemble in patients contrasted and control group($p < 0.05$). There was no noteworthy distinction in utilization of dairy and grain bunches among patients and control gathering. Our finding demonstrates that bring down utilization of products of the soil and high admission of meat(specially red meat) had significant job in sort 2 diabetes advancement in patients visiting a tertiary consideration focus of eastern Nepal.

KEYWORDS : *Diabetes type II, eastern Nepal.*

INTRODUCTION

Non-insulin subordinate diabetes mellitus is a metabolic issue that is described by high blood glucose with regards to insulin obstruction and relative insulin deficiency.¹ Type 2 diabetes makes up about 90% of instances of diabetes.² Corpulence is believed to be the essential driver of sort 2 diabetes in individuals who are hereditarily inclined to the disease.^{3, 4} Type 2 diabetes is at first overseen by expanding activity and dietary modification.^{5, 13} Rates of diabetes have expanded notably in the course of the most recent 50 years in parallel with heftiness. Diet has a critical part being developed of a few physiological or clinical disturbances.^{5, 6} Studies have demonstrated that immersed lipid in meat and dairy items can prompt incessant maladies, for example, diabetes and perpetual vascular diseases.^{8, 9, 10} There is likewise noteworthy relationship between high fiber diet and anticipation of diabetes mellitus.^{11, 12} This examination was directed to explore the biomedical job of eating routine in sort 2 diabetes event in the region.

MATERIALS AND METHODS

A. Participants

This examination is a review, cross-sectional investigation to assess cases from a review graph audit of guys and females with sort 2 diabetes. Members included 300 people (130 females and 120 guys with analyzed sort 2 diabetes and 50 solid people as control gathering) . Patients who were admitted to this

doctor's facility and in whom type 2 diabetes were found by fasting glucose test performed either routinely or for an explicit reason.

B. Questionnaire

After composed educated assent was acquired, contemplate members were met face to face via prepared questioners utilizing an organized poll to evoke a lifetime history of an assortment of statistic, medicinal, and way of life factors. Standard eating regimen survey was additionally used to assess the typical dietary example in cases. Dietary admission data was gathered by FFQs intended to survey normal sustenance allow over the earlier year. A standard segment measure was given for every sustenance thing. Members were requested to browse 9 conceivable recurrence reactions, running from "never" to "in excess of 6 times each day" for every nourishment.

C. Statistical Analysis

All qualities are displayed as mean±SD. Factual importance was assessed by one-route examination of fluctuation (ANOVA) utilizing SPSS 19. Essentialness was estimated utilizing Game-Howell critical for the correct P esteems and noteworthy contrasts are noted in the outcomes. Contrasts with P<0.05 were viewed as huge.

Results

Table I speaks to day by day utilization of nutrition types in patients and control gathering.

Measurable investigation proposes that the mean every day utilization of natural product bunch in female patients with D2 was altogether lower contrasted and control gathering (P<0.05). The mean day by day utilization of vegetable gathering was essentially lower in male patients contrasted with control gathering (p<0.05). Besides the every day utilization of meat aggregate was essentially higher in both male and female patients than control gathering (P<0.001). There was no critical distinction in utilization of dairy and grain bunches among patients and control gathering.

The information are shown as mean ± SD . P esteems are communicated in correlation with control gathering. N.S. speaks to no huge distinction. DM2 demonstrates diabetes mellitus type 2.

	Dairy Products	P	Fruit	P	Vegetables	P	Meat	P	Cereal	P
Control	2.49±0.1		1.09±0.1		3.01±0.17		5.67±2.5		5.83±1.16	
Females with DM 2	2.42±0.95	N.S	2.71±1.45	<0.05	2.78±1.57	N.S	6.3±1.95	<0.001	5.74±1.1	N.S
Males with DM 2	2.56±1.15	N.S	2.33±1.23	N.S	2.34±1.24	<0.05	7.2±2.32	<0.001	6.43±1.39	N.S

The data are indicated as mean ± SD . P values are expressed in comparison with control group. N.S. represents no significant difference. DM2 indicates diabetes mellitus type 2.

DISCUSSION

The consequences of momentum look into demonstrate that the utilization of vegetable and natural product nutritional categories was lower and the utilization of meat nutrition class was a lot higher in patients with sort 2 diabetes contrast and control gathering. There are numerous examinations which have demonstrated the impacts of dietary factors on the advancement of diabetes or other metabolic disorders.18, 19, 20, 21 In agreement with this investigation, some different investigations have demonstrated that there is a noteworthy connection between utilization of an excessive amount of meat

nutritional categories, for example, cheeseburger and broiled chicken with advancement of sort 2 diabetes.^{14, 15} Furthermore a few looks into show that high admission of red meat and full-fat dairy items which contain immersed lipids can prompt fiery malady and diabetes.^{16, 17} Also, in accordance with our discoveries, different examinations have demonstrated the preventive impacts of fiber-rich nourishments, for example, vegetable and natural product bunches on diabetes and metabolic syndrome.^{22, 23, 24, 25} This anticipating impact of fiber may emerge from the way that fiber, especially solvent fiber, can moderate the ingestion of sugar, which for individuals with diabetes can help enhance glucose levels.^{22, 24}

CONCLUSION

It very well may be presumed that utilization of a lot of meat bunch is a hazard factor for advancement of sort 2 diabetes, while foods grown from the ground bunches which contain dietary strands can have a defensive impacts on diabetes. Be that as it may, a case control examine is required to elucidate the impacts of eating regimen on sort 2 diabetes event.

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