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Assessment of knowledge, attitude and practices related to Type-2 diabetes mellitus and dietary intake among diabetic patients

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Knowledge, attitude and practices affect the dietary intake and nutritional status. Dietary intake is considered one of the key factors in prevention and management of diabetes mellitus. The aim of this study was to assess the knowledge, attitude and practices and analyze the dietary intake of the type-2 diabetes mellitus patients living in Gurugram, Haryana. This was a cross-sectional study conducted on 138 type-2 diabetes mellitus patients attending OPD at two different diabetic centers in Gurugram city. Socio-economic status, duration of diabetes, blood pressure, fasting and post-prandial blood glucose levels, nutritional status and knowledge-attitude-practices of type-2 diabetes mellitus patients were studied. The study included 47% males and 53% females, majority of the patients (37%) were in the age group 46-50 years. Anthropometric assessment suggested that 49% subjects were in the pre-obese category. 45% males and 49% females had high waist-hip ratio. The mean \pm SD fasting and post-prandial blood glucose for males was 141.9 \pm 39.2 mg/dl and 178.8 \pm 46.7 mg/dl, respectively. The mean and post-prandial blood glucose for females was 152.1 \pm 38.8 mg/dl and 199.1 \pm 56.6 mg/dl, respectively. The blood pressure assessment revealed 74% males and 59% females in the pre-hypertensive category. Food and nutrient intake data revealed that the mean \pm SD of energy intake was 1470.7 \pm 176.8 kcal and 1267.5 \pm 102.4 kcal for males and females, respectively which was found to be 98% and 106% adequate for males and females, respectively. The protein intake for both males and females was inadequate at 77% and 80%, respectively. Dietary fiber intake was also inadequate at 69% and 80% for males and females, respectively. The intake of micronutrient magnesium was also inadequate at 77% and 89% for males and females, respectively. Data related to knowledge about diabetes revealed that 44% subjects had good knowledge scores and 53% subjects had average knowledge scores. The mean score of attitude of the subjects was 3.5 \pm 3.6 on Likert scale thus indicating a positive attitude. The practices assessment suggested that 63% subjects had their medicines regularly, 41% subjects do physical exercise daily, and 68% subjects monitor blood glucose on regular basis (two-three times a month). The study revealed that friends and media played a crucial role as a source of dietary information. On the basis of the knowledge-attitude-practices of the subjects regarding diabetes, interventions may be planned.

Biography

Monika Suri, based in Gurgaon, India, have completed B.Sc. Life Sciences (1993–1996) from Govt. P.G. College, Gurgaon, Haryana, India (Awarded "Roll of Honour" by MDU, Rohtak for first position in state level science exhibition and distinction in botany and zoology), then M.Sc. (Dietetics and Food Service Management and aspires to pursue PhD from a recognized university. She holds CFN Certificate in Food and Nutrition, PGDBM (MBA) and Food safety certificate of competence (FSSAI).

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