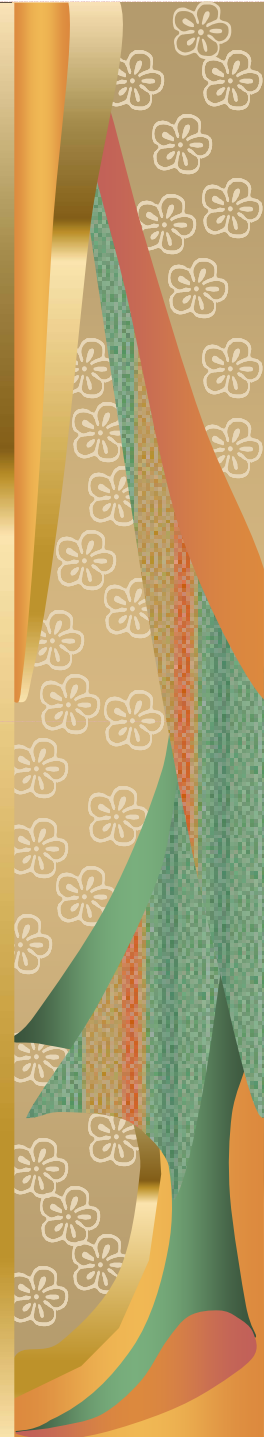


EFFECT OF DIET AND EXERCISE ON ANTHROPOMETRIC AND BIOCHEMICAL PROFILE OF THE SELECTED OBESE DIABETIC WOMEN

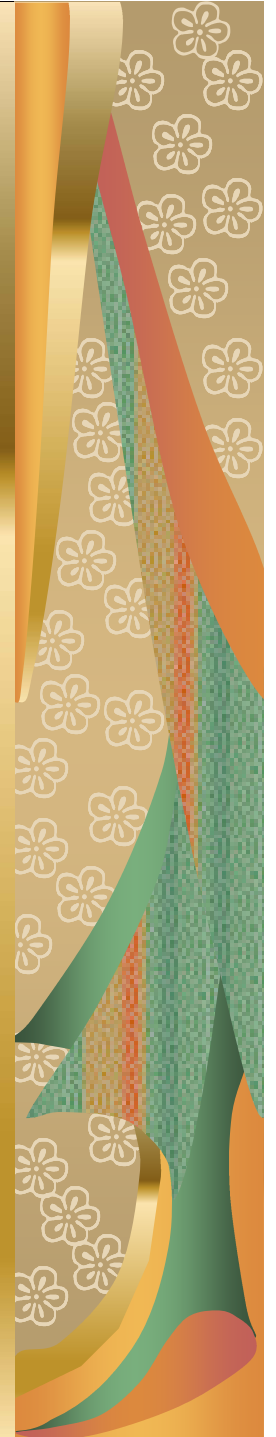
Dr.P.NAZNI, M.Sc.,M.Phil., Ph.D
Lecturer,
Department of Food Science,
Periyar University,
Salem, Tamilnadu.
e-mail-naznip@gmail.com





INTRODUCTION

- Diabetes is one of the oldest diseases documented in medical literature before over 2000 years.
- Diabetes mellitus is emerging as one of the main threads to human health.
- World Health Organization estimated that there were 135 million diabetic individuals in the year 1995 and it projected that this number would increase to 300 million by the year 2025.
- India had now been declared by WHO as the “Diabetes capital of the world”.





■ Obesity is an excess of body fat that frequently results in a significant impairment of health. Obesity results when the size or number of fat cells in a person's body increases.

■ *Obesity does not create a psychological burden. Obesity is a physical state, People creates the psychological burden.*

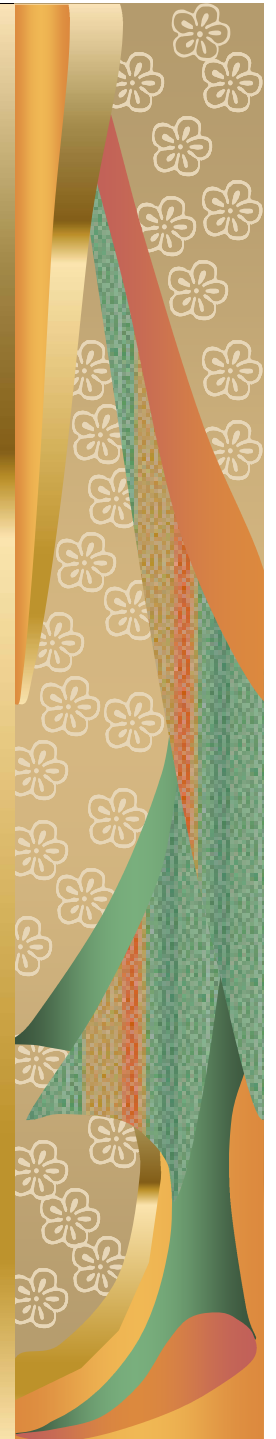
■ *Exercise is an wonder full drug:*

*is freely available to almost every one.

*can prevent or delay the onset of Type 2 diabetes

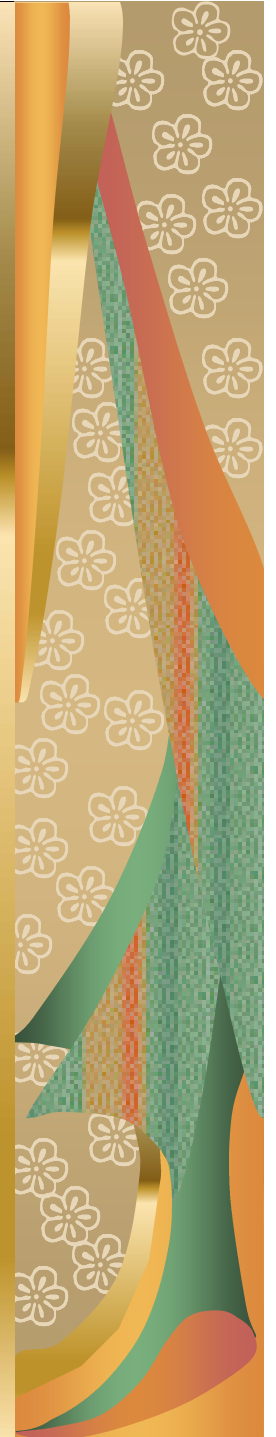
*controls blood sugar levels in people with diabetes.

*promotes weight loss and an improved appearance.



OBJECTIVES

- To gather base line information of the selected obese diabetic subjects.
- To find out the effect of exercise advice and diet control on the selected obese diabetic subjects





METHODOLOGY

Type 2 obese diabetic women

(100) (Age,25-45 yrs)

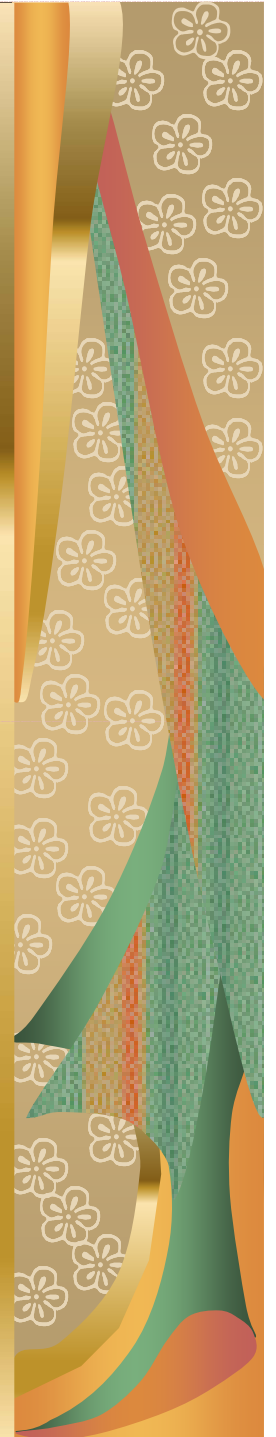
With fasting blood glucose above 150mg/dl.

With post prandial blood glucose above 250mg/dl.

Divided into four groups

- 1. Group-I=No exercise (n=40)
- 2. Group-II= 30 minutes walking daily (n=20)
- 3. Group-III=30 minutes tread mill daily (n=20)
- 4. Group-IV=walking and treadmill of 15 minutes each daily (n=20)

All the selected subjects followed the dietary advice of 1500 K.Cal diet with the above exercise for the period of 2 months

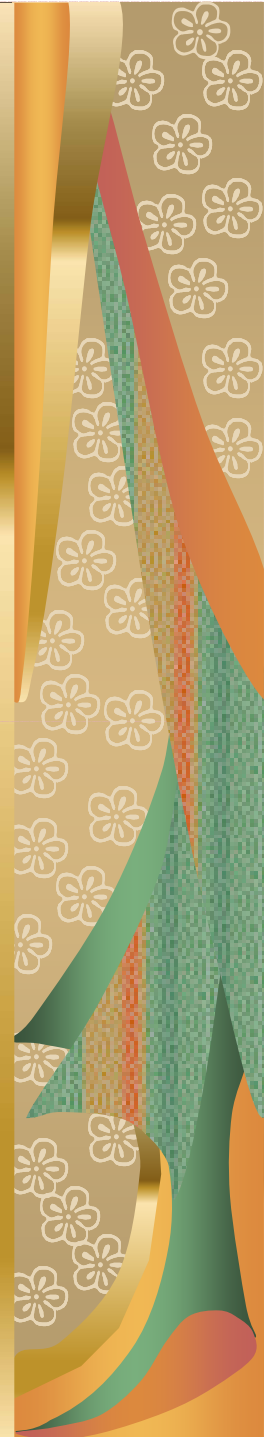


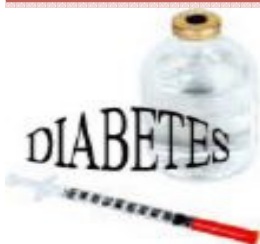


PARAMETERS ASSESSED

INITIAL AND FINAL VALUES OF

- *Fasting blood glucose
- *Post prandial blood glucose
- Total cholesterol
- Triglyceride
- Low density lipoprotein
- High density lipoprotein (HDL)
- Body weight
- Body fat





Tolets of Humor By Theresa Gardner



RESULTS

DEMOGRAPHIC PROFILE OF THE SELECTED SUBJECTS

Details	NUMBER OF RESPONDENTS	
	Number	Percentage
Age wise distribution In years)		
25-35	46	46
36-45	54	54
Literacy level		
Primary school	10	10
High school	43	43
Graduate	23	23
Illiterate	24	24
Type of family		
Nuclear family	35	63
Joint family	15	37
Nature of work		
Sedentary	90	90
Moderate	10	10
Heavy	-	-



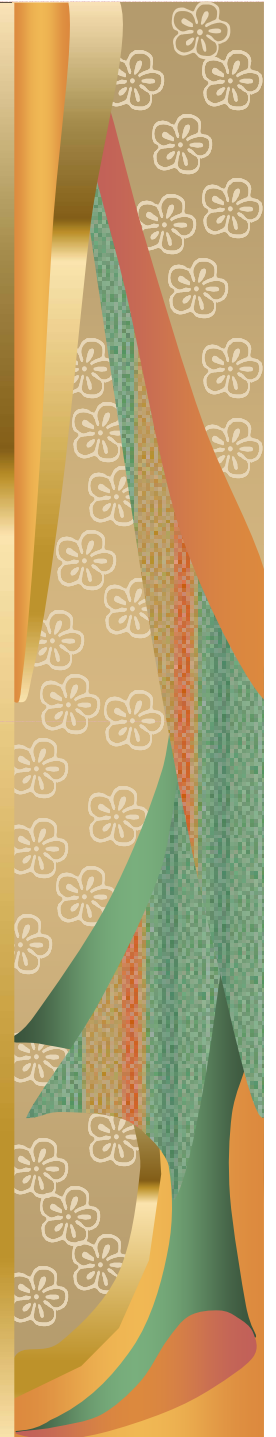
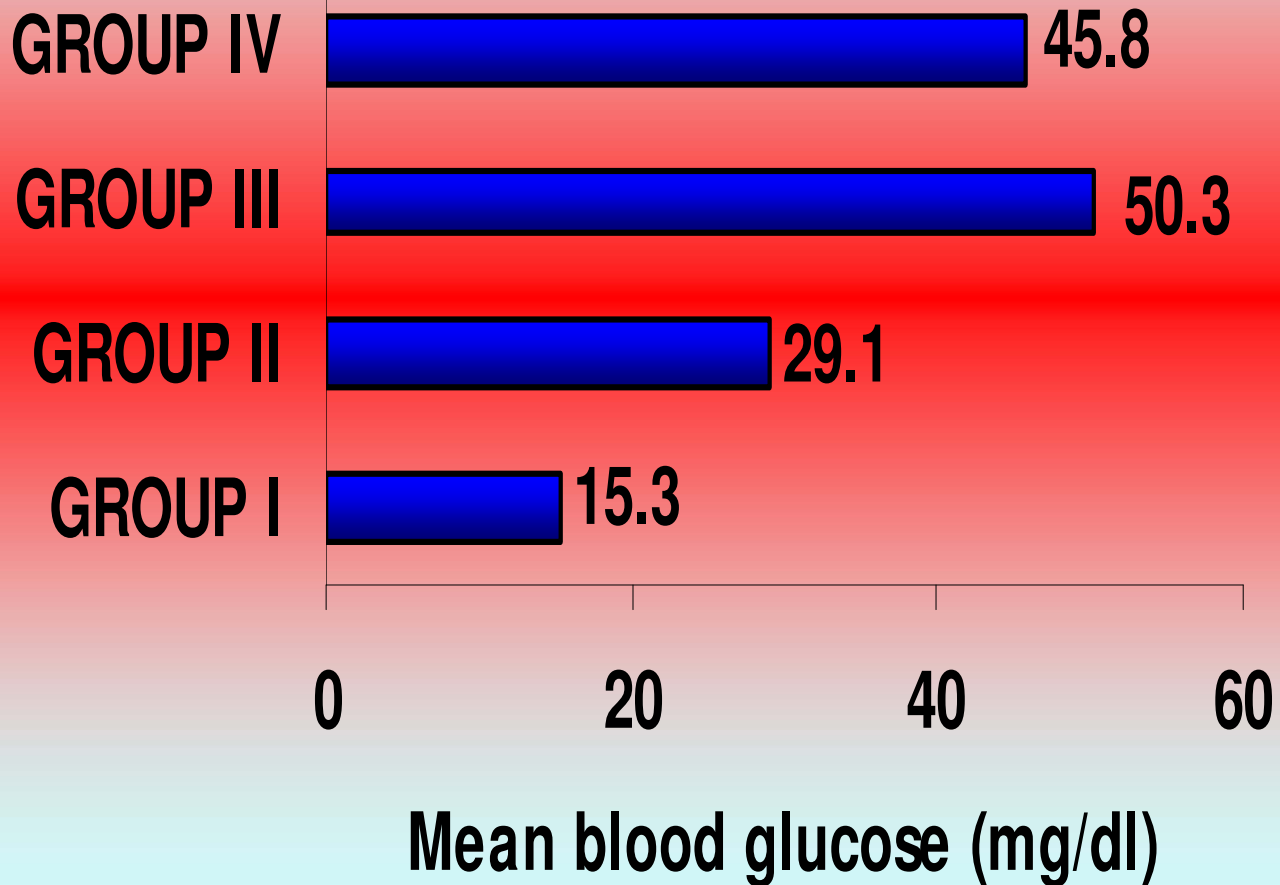


DEMOGRAPHIC PROFILE OF THE SELECTED SUBJECTS

Dietary pattern		
Vegetarian	21	21
Non-vegetarian	79	79
Total income per month		
Economically weaker section (Below Rs.2100)	09	09
Low income group (Rs.2101-Rs.4500)	26	28
Middle income group (Rs.4501-Rs.7500)	43	43
High income group (Above Rs.7501)	22	22
Percentage of income spent on food		
20-40	20	20
41-60	41	41
61-80	30	30
Above 80	09	09

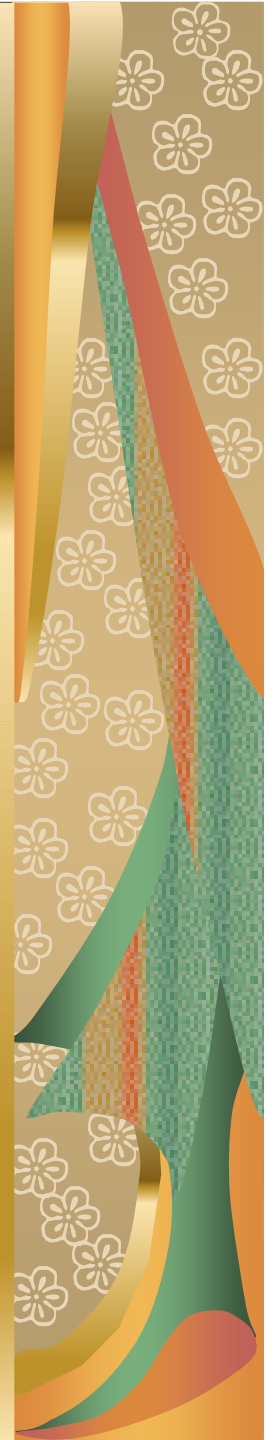
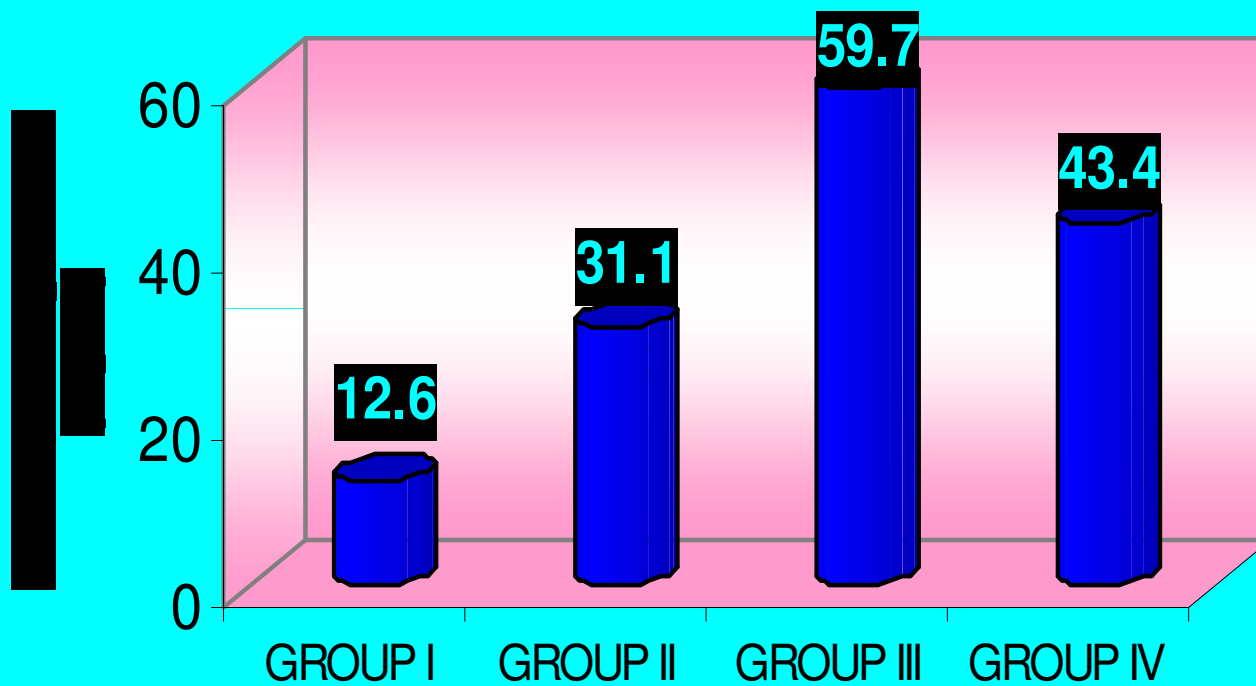


Reduction of Fasting Blood Glucose (mg/dl) after Diet and Exercise Control



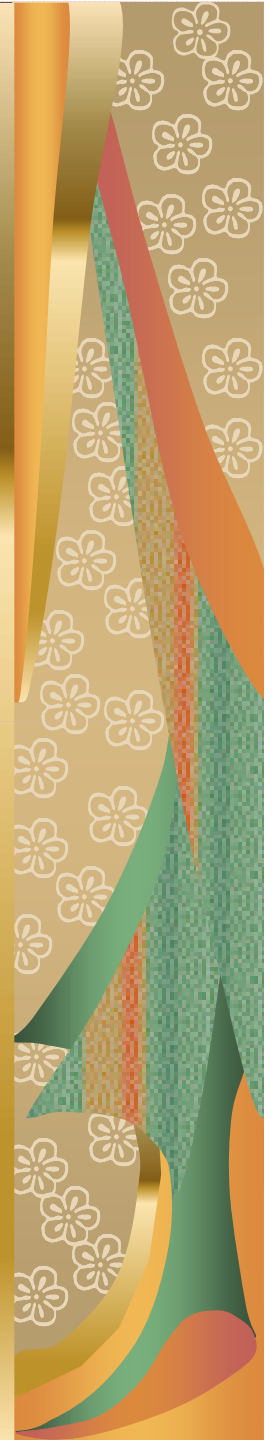
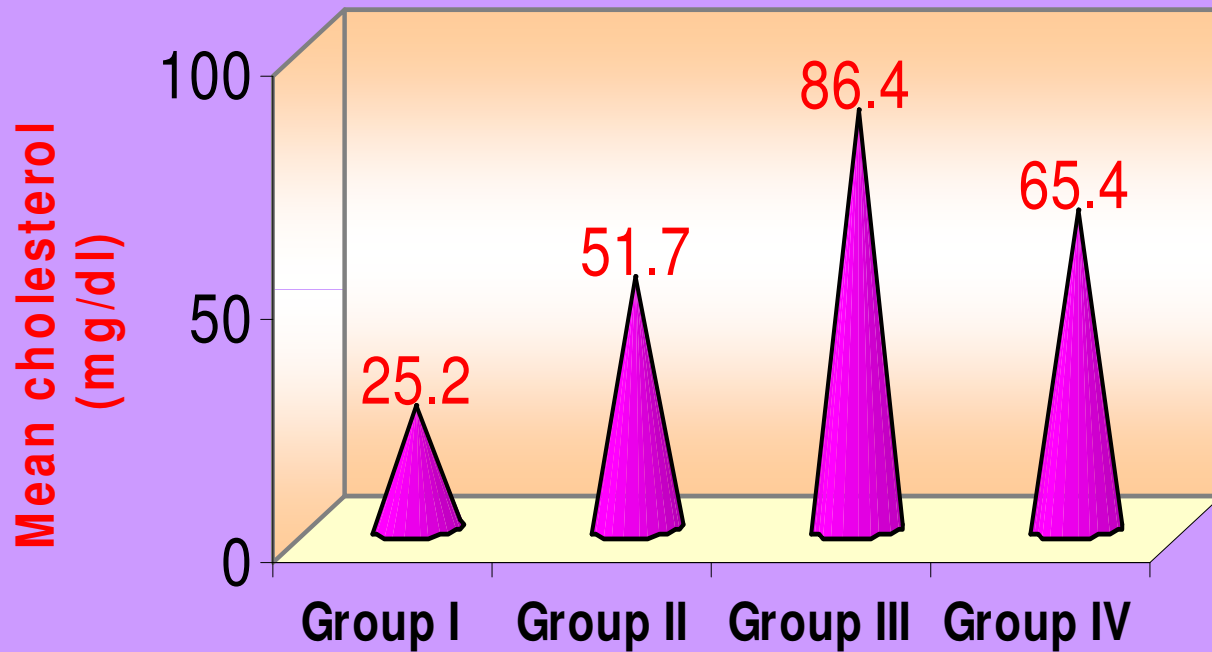


Reduction of Post prandial Blood Glucose (mg/dl) after Diet And Exercise Control





Reduction of Total cholesterol (mg/dl) after Diet And Exercise Control



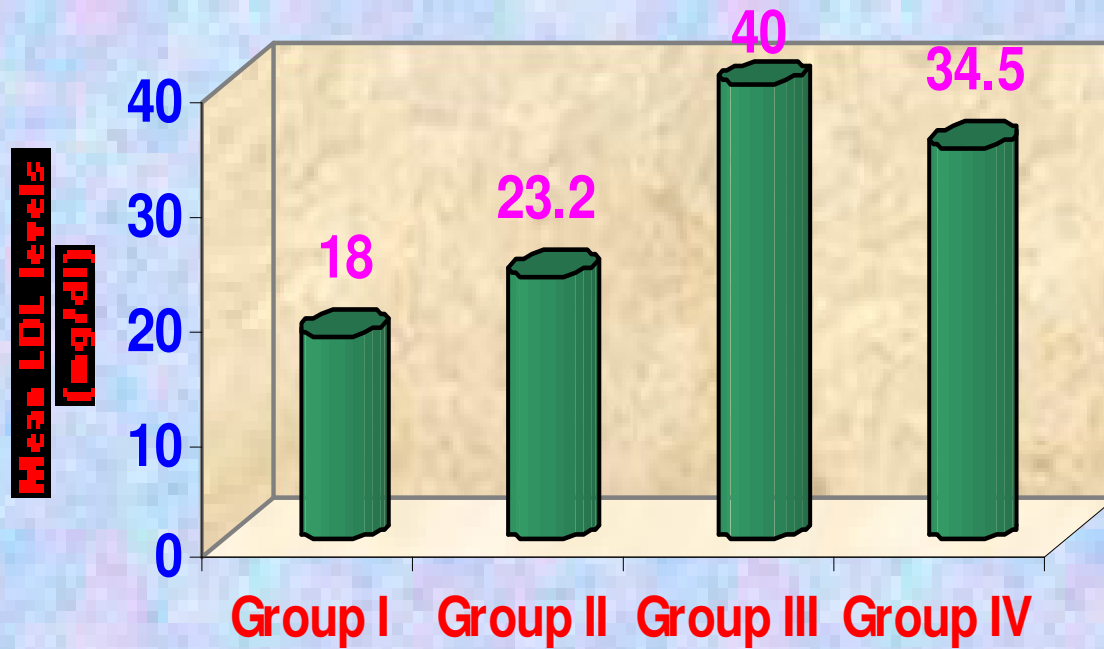


Reduction of Triglyceride (mg/dl) after Diet And Exercise Control



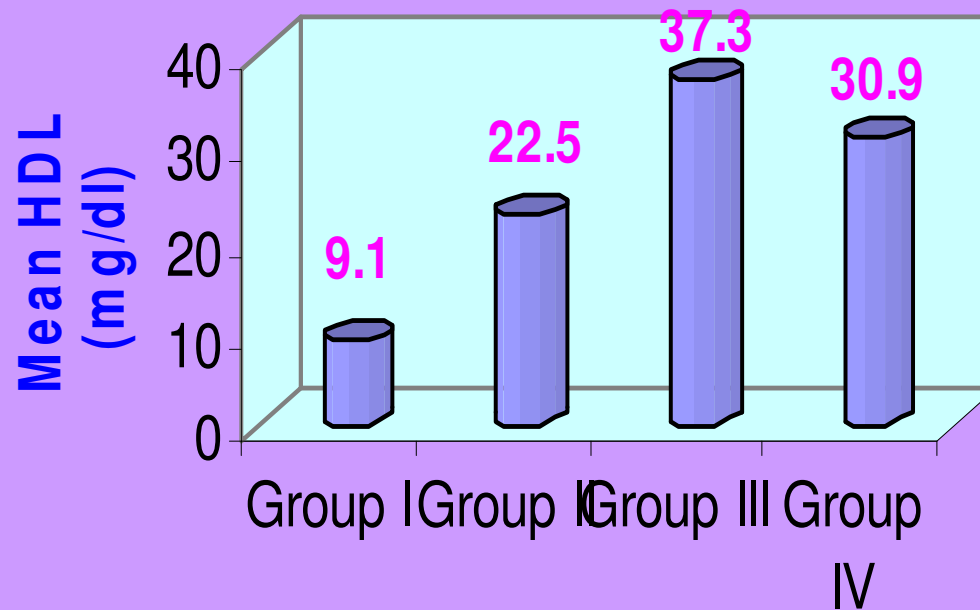


Reduction of Low density lipoprotein (mg/dl) after Diet And Exercise Control



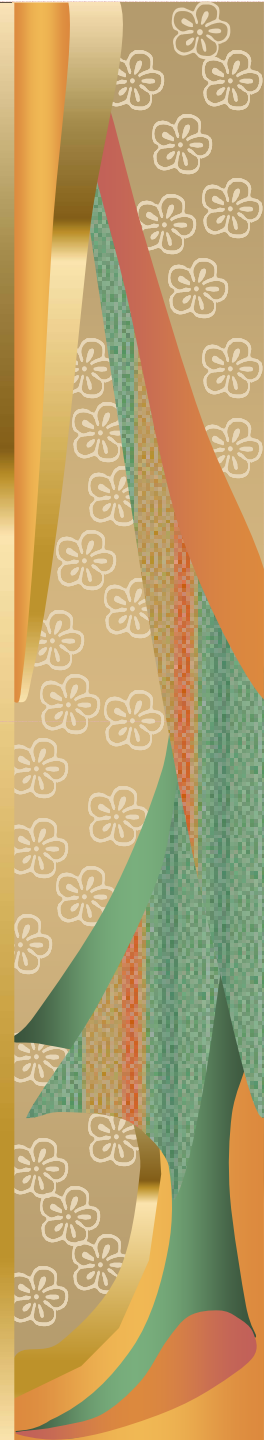
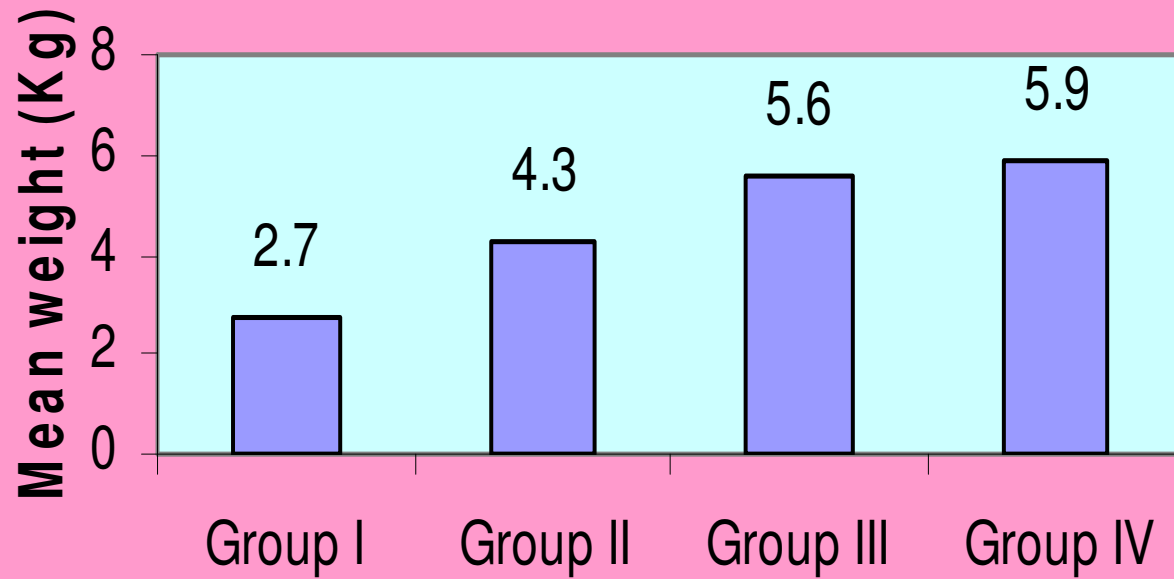


Increase in High density lipoprotein (mg/dl) after Diet and Exercise Control



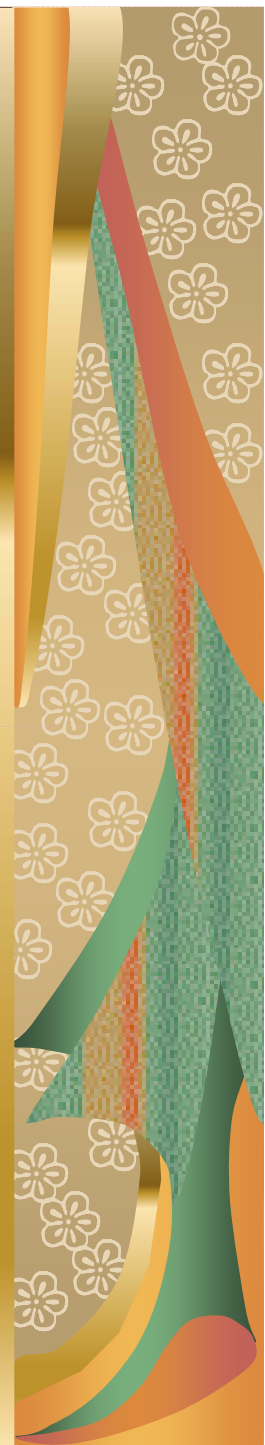
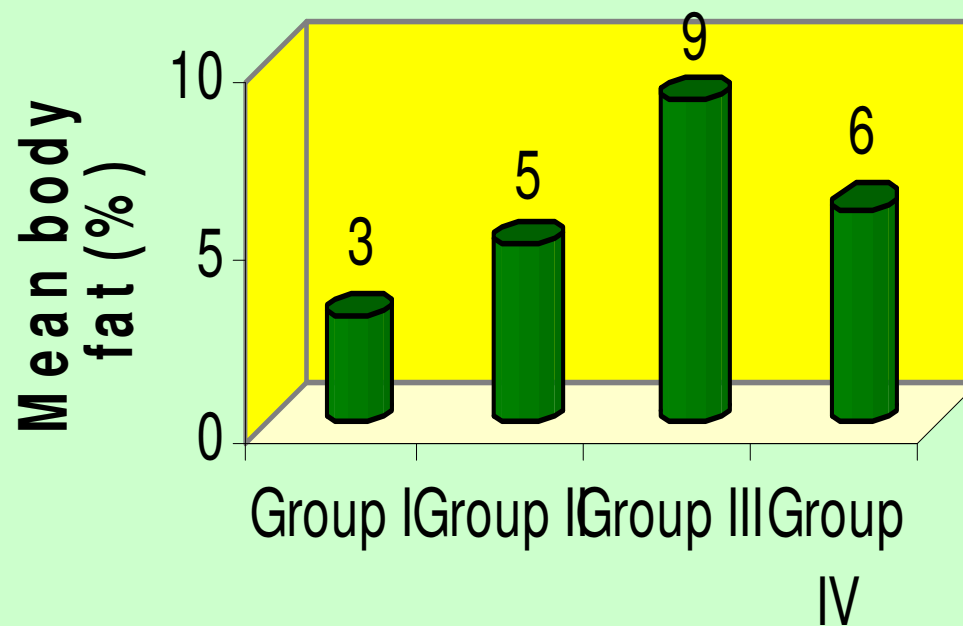


Reduction in weight (kg) after Diet and Exercise Control





Reduction in Body fat (%) after Diet and Exercise Control

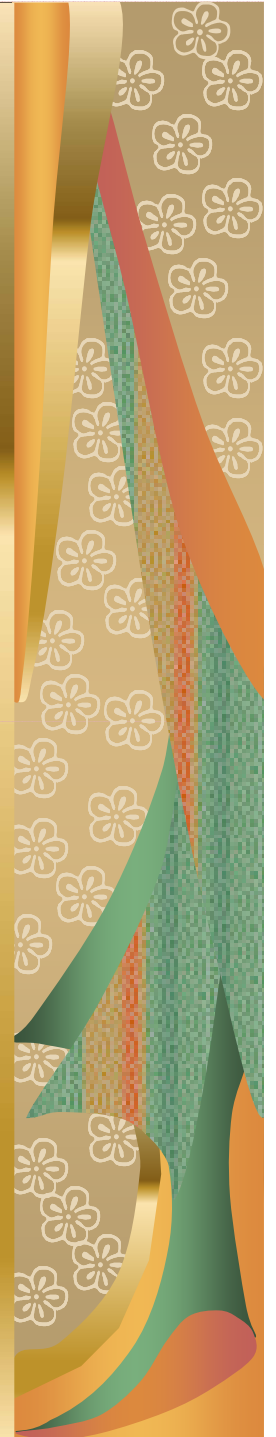




CONCLUSION

Thus the changes found to be remarkable among the grouped women who were advised with diet control and treadmill exercise (Group III) as compared to other groups

Thus the diet being an integral component, the exercise act as a wonderful drug in treating the obese diabetic women.





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