

# **"STUDY OF LIFESTYLE AND DIETARY HABIT OF THE DIABETES MELLITUS TYPE-II PATIENT COMING TO SMVS SWAMINARAYAN HOSPITAL OPD"**

**Dissertation for the Degree of Master of Science  
Foods and Nutrition**

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**Abstract:** Diabetes is one of the main non-communicable and chronic disease that result in high blood glucose i.e. too much sugar in the blood. Diabetes occurs when the function of the pancreas an insulin regulating hormone is hampered which means either body is not making enough insulin or it is not effectively using the insulin that is made. Specific objective study of diabetic patient lifestyle. To study of Dietary patterns and physical exercise of diabetes patient. To compare the knowledge and lifestyle and dietary habits to rural and urban area diabetes patient. To study of diabetes ratio in difference in male and female. Method: Type of Research: Descriptive Research and cross sectional study. Gender was classified in to three groups Male, Female and Other. In which 59% of male and 41% Female in total patient. Area wise data expressed to 35.12 percent patient rural area and 64.74 percent patient urban area. The finding of the present study reveals that diabetes mellitus type 2 female patient observed is a low, and majority of 40.85 percent BMI is a normal 1.41 percent is under nutrition, and other percent is an obese. BMI associated with age and family history of obesity, majority of patient family history is a diabetes mellitus. Nutrition and health education regarding diabetes mellitus, healthy lifestyle, and good dietary intake to adverse effects on health can be spread among the people and their patient especially with family history of diabetes mellitus. Incidence of diabetes is more among 40-60 age group people. Middle-aged females are more prone to diabetes than the male. High intakes of simple sugar and living a sedentary life style, family history are probably same of the major risk factors for prevalence of diabetes. It can also be concluded that incidence of diabetes is a common disorder of civilization amongst middle age group, especially 46 percent and is much higher in urban areas.

**Keywords:** Diabetes, chronic disease, dietary habits, BMI