



Survey on intake of functional food by patients suffering from non-communicable disorders: DIABETES MELLITUS

Aim:

To investigate the extent of intake of functional food and nutraceuticals in the community by the people affected with Diabetes Mellitus

Objective:

- To analyze the Intake of Functional food and Nutraceuticals in the community.
- To understand the impact of functional food and nutraceuticals on the health status of the community.
- To study the prevalence of Diabetes Mellitus in the community based on age, sex, lifestyle, and other factors.

Outcome:

The study offers insightful information about the eating patterns, lifestyle decisions, and knowledge levels of people with diabetes mellitus regarding functional food. Even while most participants are trying to improve their diets and supplement use, there are still some areas that might use improvement, such as getting more exercise, eating fewer processed foods, and being more aware of functional foods. The results emphasize the value of individualized diabetes treatment programs and ongoing initiatives to raise diabetes patients' knowledge of functional meals and good living habits.

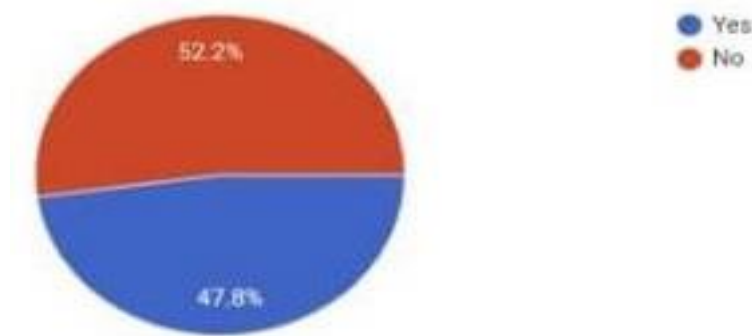
Report:

Diabetes mellitus, a chronic metabolic disorder, poses significant health risks globally, affecting around 537 million adults. In India alone, approximately 63 million people are diagnosed with diabetes, a number expected to rise to 80 million by 2025. Management of diabetes involves various factors, including maintaining blood glucose levels, meal planning, proper medication timing, and physical exercise. The survey was conducted among 25 participants using Google Forms. This survey aims to analyze the prevalence of diabetes, the impact of functional food on diabetes management, and the overall awareness of the diabetic population regarding their dietary habits.

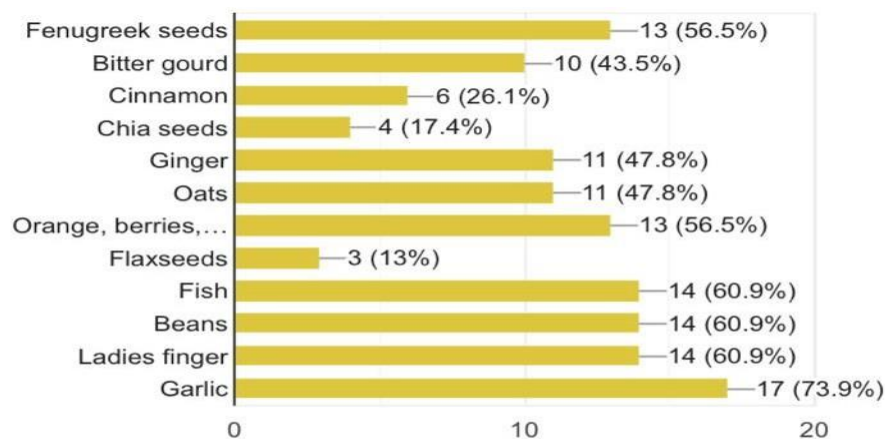
<https://forms.gle/okUTdzjka6LYQa6CA>

The survey provides valuable insights into the dietary habits, lifestyle choices, and awareness levels of individuals managing diabetes mellitus. While the majority of participants are making efforts through dietary modifications and supplement intake, there are notable areas for improvement, such as increased physical activity, reduced processed food consumption, and better awareness of functional foods. The findings highlight the importance of personalized diabetes management plans and continuous efforts to enhance awareness about functional foods and healthy lifestyle practices among individuals with diabetes.

52.2% of participants incorporated functional foods like fenugreek seeds and cinnamon to lower blood glucose levels, while 47.8% did not include any specific food for this purpose.



The bar graph depicts foods that are frequently consumed by the survey population to lower blood glucose levels. It was observed from the graph that Garlic was consumed by most of the population i.e., 73% of the population whereas fish, beans, and ladyfingers were consumed by almost 61% of the population. Citrus fruits were consumed by almost half the population which is around 57% of the population. Ginger, oats, and bitter gourd were consumed by 47% of the population. Cinnamon was consumed by around one-fourth of the population i.e., 26% of the total population. The consumption of seeds was too low i.e., chia seeds were consumed by 17.4% of the population and flaxseeds were seen to be consumed by 13% of the population.



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