



## Study of awareness of Diabetes among common population

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### Abstract

Diabetes (or Diabetes mellitus) is a complex group of diseases caused by a number of reasons. Individuals suffering from diabetes have hyperglycemia (high blood sugar) either because there is low production of insulin or body cells do not use the produced insulin.

This study has been done to find out the awareness of diabetes among population. For this purpose, research was conducted on 100 people, which includes people of age above 30 years. The data was collected through questionnaire made by investigation or and data was analyzed using descriptive statistics. The finding of the study showed that people are less aware about the causes and diagnosis of diabetes. In general, people should consume balanced diet with low sugar daily content and daily physical activity to avoid risk of diabetes.

**Keywords:** Population, diabetes, diagnosis, statistical

### Introduction

Diabetes, also known as Diabetes mellitus, is a metabolic disorder in which the human body stops producing enough insulin in order to curb rising sugar levels or does not produce it at all. Long term diabetes causes high blood sugar levels, which in extreme cases can render a person comatose or even dead. Diabetes may also lead to cardiac problems, issues with hearing, sight, gum diseases, infections, and erectile dysfunction. Once diagnosed, a patient of diabetes will be restrained throughout his life, as an uncontrolled blood sugar level in the body can eventually result in severe complications. About 350 million people suffer from diabetes globally. The World Health Organization (1999) has predicted that diabetes will rise to the top seventh cause of death worldwide by 2030

### Objectives

The main purpose of this study is to make awareness about causes of diabetes and educate them for diagnosis of high blood sugar level.

### Methodology

#### a. Sample collection:

Research is conducted in 100 people from Batala and nearby villages in vicinity of Batala in Gurdaspur district, which includes people of age group above 30 years

#### b. Collection of Data

The data was collected through questionnaire the questionnaire was given to 100 people as grouped above by investigator himself. The purpose was briefly explained to them and their cooperation was expected for accurate response they were assured that their information will be kept confidential the response was collected by personal visit of investigator. It was assumed that the responses given in the questionnaire were true.

### c. Design of study

For Study of awareness of diabetes among common population, descriptive research has been designed in which survey method was adopted.

### d. Statistical procedure

The questionnaire consisted of 09 questions with options. The results of the questionnaire are regulated below. The subject was asked do tick the answer which they find to be most suitable.

#### 1. How much do you weigh?

Table 1

Total 100	Response	%
	<60 =26	26
	60-80=55	55
	>80=19	19

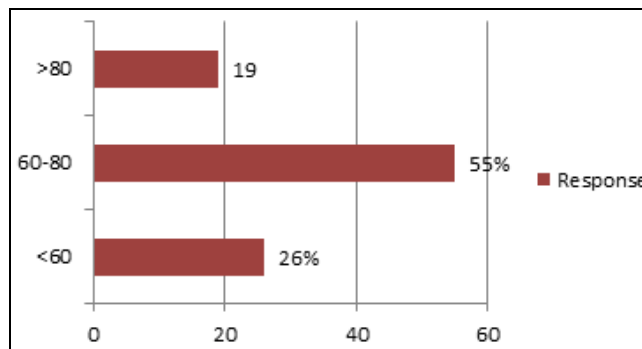
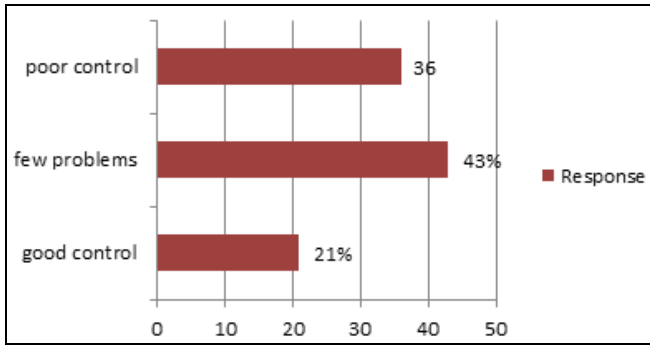


Fig 1

#### 2. How satisfied are you with your overall blood glucose control?

**Table 2**

Total 100	Response	
	I have good control = 21	21
	I have a few problems=43	43
	I have poor control =36	36

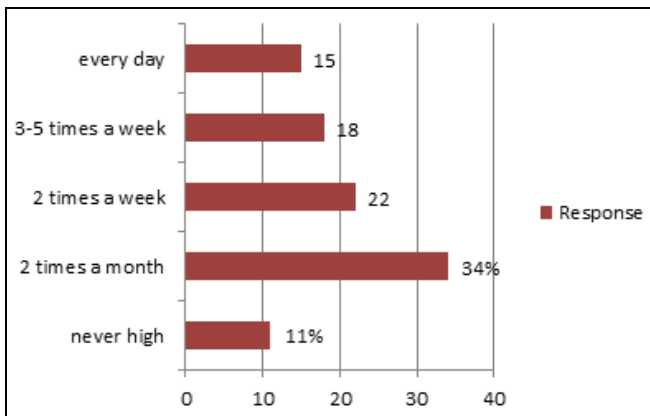


**Fig 2**

3. Sometimes when you test your blood sugar, it can be too high. How often is this a problem for you.

**Table 3**

Total 100	Response	
	My blood sugar is never too high = 11	11
	A couple times a month or less =34	34
	Once or twice a week =22	22
	Three to five times a week= 18	18
	Almost every day =15	15

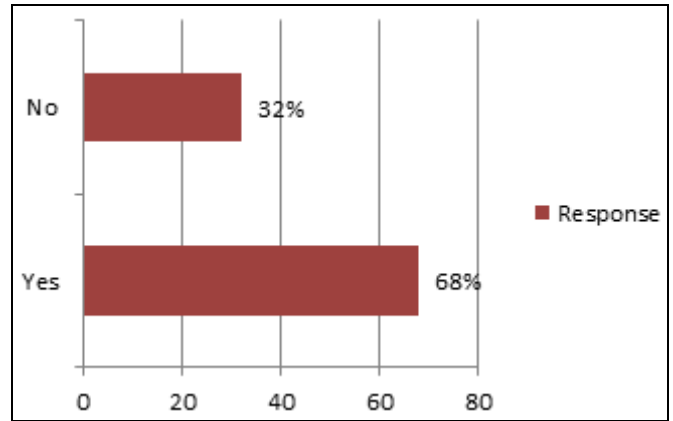


**Fig 3**

4. Has your doctor prescribed pills for your diabetes?

**Table 4**

Total 100	Response	
	Yes (68)	68
	No (32)	32

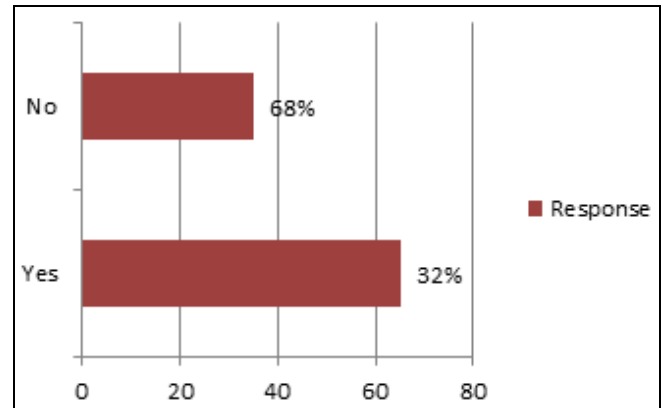


**Fig 4**

5. Has your doctor prescribed insulin shots for your diabetes?

**Table 5**

Total 100	Response	
	Yes (32)	32
	No (68)	68



**Fig 5**

6. Eat unplanned snacks? That is, how often do you find yourself snacking on foods then thinking “I wish I had not eaten that?”

**Table 6**

Total 100	Response	
	never	31
	1-3 times a week	52
	4-6 times a week	17

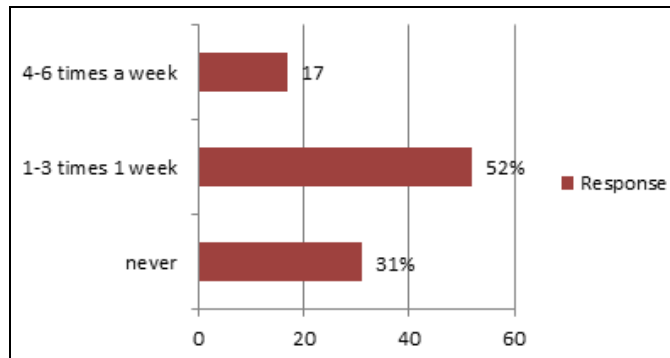


Fig 6

7. Do you consume junk food?

Table 7

Total 100	Response	%
	Yes (60)	70
	No (40)	30

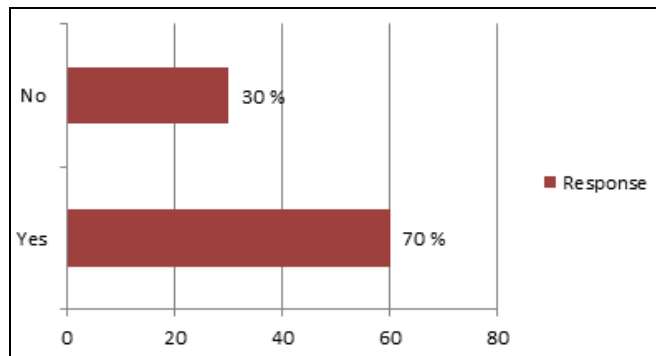


Fig 7

8. Do you eat sweets?

Table 8

Total 100	Response	%
	Yes (75)	75
	No (25)	25

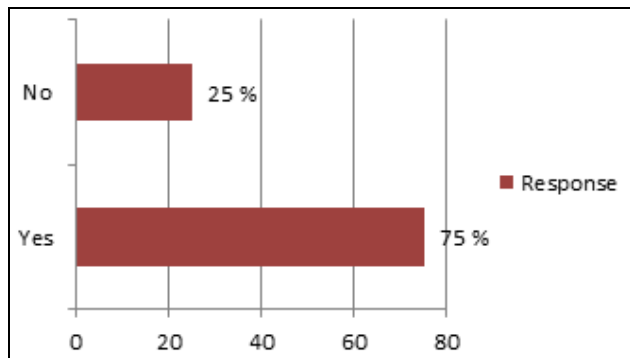


Fig 8

9. Do you regularly go to exercise?

Table 9

Total 100	Response	%
	Yes (52)	52
	No (48)	48

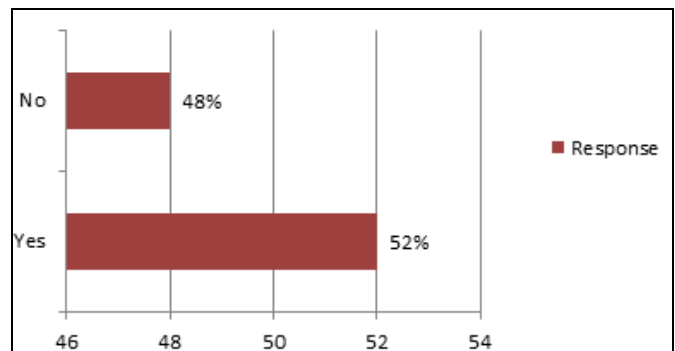


Fig 9

**Analysis of Data**

The data to assess the analyses of increase in diabetes as collected through questionnaire above was analysed using descriptive statistics.

**Result and discussions**

Analysis of above questionnaire gives following results: People are not much aware about consequences and reason of diabetes. Most of people are with high B.M.I value. Only 21% people are satisfied with their blood sugar content. 31% people show regular high sugar level in a week. 70% people consume junk food. Only 52% people do regular exercise. All these activities leads to the high rate of sugar content in the body and most of people are not aware about this.

**Suggestions**

1. To create awareness among persons regarding diabetes by conducting seminars and skit.
2. To consume good quality food with low carbohydrates.
3. Regular medical checkup for iron content in body should be done in school and colleges.

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