

# 19<sup>TH</sup> ASIA PACIFIC DIABETES CONFERENCE

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## Nutrition food assessment of children with type-1 diabetes in Mongolia

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**Statement of the Problem:** In National Health Center for Maternal and Child at Mongolia between 1996 to 2008 the number of kids with diabetes type-1 increased twice in last 10 years, which shows one in every 10 children are risk of diabetes. In 2016, nearly 84 children age of 0-18 under control for diabetes in National Health Center for Maternal and Child. There is not enough researches for diabetes in children and teenagers especially researches in nutrition and food for diabetes which becomes the basis for this research. The purpose of this study is nutrition food assessments for children with type-1 diabetes and also to determine the relationship between intakes of carbohydrate and inject the insulin.

**Methodology:** In team of 22 children for general anamneses (general information, physical measurements, health indication, nutrition in food, courses about diabetes, some tests) and team of 12 children for actual experiment (3 days study for food intake in 24 hours, dose of insulin injection for a day and changes of sugar in blood) of food and nutrition were checked.

**Findings:** The result of comparison of carbohydrates intake and insulin injection for each child does not show enough for 1:15 and risk of getting related complications due to fail in adjustment with the carbohydrate and insulin.

**Conclusion & Significance:** About 32% of children in team were male and 68% of them were female in all children who participated in research. Nutrition food assessments in comparison to graphics of general body indication and body mass indication. The outcome was 13.6% is underweight, 86.3% is normal by BMI (body mass index) indication and general indication of body shows 18.2% of them stunted growth, 81.8% of them have normal growth. Outcome from this study shows two children in every 10 children diagnosed with type-1 diabetes have underweight. In actual experiment assessment, five children which is 41.6% of them intake micro nutrition from food is just 50% of normal physiological needs. Other children in team are taking 59.3-82.3% micro nutrition with their food.

## Biography

Dolgormaa D is a Medical Nutritionist and works as the Head of Department of Food and Nutrition in Grand Med Hospital, Mongolia. She has experience in condition of national food and nutrition.

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