

OBESITY, DIET AND NUTRITION

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A study on prevalence of abdominal obesity among adult type 2 diabetes mellitus patients

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Rapid globalization and industrialization especially in developing countries contributes to considerable increase in lifestyle related diseases. Obesity has turned into worst bane of 21st century and a global health concern associated with high morbidity and mortality in adults. Indian population is passing through transition phase where subsistence conditions are being replaced by plentiful food but reduced physical work. There are substantial researches linking obesity as major risk factor in development of diabetes. Nevertheless, it is now being recognized that for given BMI, central rather than lower body fat distribution poses greater risk of metabolic and cardiovascular complications of obesity. This study was therefore, planned to evaluate the prevalence of abdominal obesity in type-2 diabetic subjects. The objective of this study was to assess quantitative evidence on relationship between abdominal obesity and the incidence of type 2 diabetes in both men and women, and to examine the relative usefulness of different measures of abdominal obesity. Participants were selected using a multistage, stratified sampling design and were considered representative of civilian, non-institutionalized population. Though waist circumference cannot distinguish abdominal subcutaneous fat, total abdominal fat and total body fat but is strongly correlated with BMI and is easily measured and can be monitored by patients themselves. This study demonstrates a strong co-relationship of increased abdominal obesity to incidence of type 2 diabetes thereby also suggesting clinicians can use a simple measure of abdominal obesity in everyday practice to help identify patients at increased risk of developing type 2 diabetes.

Biography

Shilpa Varma (PhD, MSc Dietetics and Applied Nutrition) is Chief Clinical Nutritionist Bellevue MultiSpeciality Hospital, T2T Hormone Clinics, India, Mumbai and MotherCare Clinic, Mumbai. She is Hon National Secretary IAPEN India Association for Parenteral and Enteral Nutrition. She is Chief Program Officer IAPEN Nutrition and Diabetes India. She is a Director Partner at HealthyHey Nutrition Company. She is a visiting faculty at D.Y. Patil University, Navi Mumbai. She is the member of various National and International Associations. She has co-authored many text books and FSSAI manual and various publications.

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