

Food Consumption Pattern and Other Associated Factors of Overweight/Obesity and the Prevalence of Dysglycemia/Diabetes among Employees Attached to the Ministry of Economic Development

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Abstract : Introduction: In Sri Lanka studies reveal higher trend in prevalence of diabetes. The office employees have sedentary life style and their eating patterns changed due to nutritional transition. Further overall, urban and rural pre diabetes is also increasing. Objectives - Study the general food pattern of office employees and its relation to overweight/obesity and prevalence of diabetes among them. Method: The data was collected from office employees between 30-60 years (n=400). Data analyzed using SPSS 16 version. The Study design was a descriptive cross sectional study. The study setting was Ministry of Economic Development. Anthropometric measurements and blood glucose assessed by trained nurses. Dietary pattern was studied through a food frequency questionnaire thereby calculated daily nutrient intakes. Results: Mean age of office employees were 38.98 SD (7.033) CI=95% and 245 females (61.2%) 155 males (38.8 %) , Nationality includes Sinhala (67.5%), Tamil(20%), and Muslims (12.5%). Overweight(7,1.8%), obese male(36,9%), obese female(66,16%)/diabetes/obese(18,4.5%) out of 127(31.8%) who were above the normal BMI whereas 273(68.2) were within the normal. Mean BMI was 24.1593. Mean Blood sugar level was 104.646, SD(16.018). 12% consume tobacco products, 17.8 consumed alcohol. 15.8% had nutrition training. Two main dietary patterns identified who were vegetarians and non vegetarians. Mean energy intake 1727.1, (SD 4.97), Mean protein consumption(11.33, SD 1.811), Mean fat consumption(24.07, SD 4.131), Mean CHO consumption (64.56, SD 4.54), Mean Fibre (30.05, SD 17.9), Mean cholesterol(16.85, SD 17.22), Energy intake was higher in non vegetarians and larger proportion of energy derived from proteins, and fat. Their carbohydrate and cholesterol intake was also higher. Tamils were mostly vegetarians. Mainly BMI were within normal range(18.5-23.5) whereas Muslims who had higher energy intakes showed BMI above the normal. Conclusion: Two distinct dietary patterns identified. Different ethnic groups consume different diets with different nutrient composition. Dietary pattern has a relation to overweight. Overweight related to high blood glucose levels but some overweight subjects do not show any relation.

Keywords : obesity, overweight, diabetes, dietary pattern, nutrition, BMI, non communicable disease

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