Microbial tests for leaf powders used in supplementation

Antimicrobial activity
Tools for collection of data

Assessment of standard of living

socio-demographic data of obese NIDDM patients

**Anthropometric Measurements**

Height (m)

Weight (Kg)

Body Mass Index (BMI)

Waist-Hip Ratio (WHR)

**Skin fold thickness measurements and techniques**

. Biceps skin folds

Triceps skin fold

Sub scapular skin fold

Supra-iliac skin fold

Body density

Body fat

Lean body mass (LBM)

**Biochemical Assessment**

Estimation of Blood glucose
Glycosylated hemoglobin levels (HbA1c)

Estimation of total cholesterol

Estimation of HDL-Cholesterol

Estimation of VLDL and LDL cholesterol

Estimation of Triglycerides

Estimation of Creatinine

Estimation of blood urea nitrogen

**Estimation of Antioxidants**

**Physiological assessment**

Physical activity and energy consumption

Assessment of Physical Activity and Energy Expenditure Pattern of the Subjects

Energy Balance

**Blood Pressure (BP)**

**Dietary Survey**

Collection of Dietary data

**Clinical examination survey**

**Initiating Nutrition Counseling**

Effective weight-loss programme

Counseling of Physical activity

Statistical analysis

Interpretation of the data
4. Results and Discussion

Socio-Demographic profile of the sample

Family history of obese NIDDM Patients

Antimicrobial activity of Leaf powder

Anthropometric Measurement Profiles of Obese NIDDM Patients before and after supplementation

Skin fold measurement of obese NIDDM patients before and after supplementation

Clinical symptoms of obese NIDDM Patients before and after supplementation

Micro and macro vascular complications of type2 diabetes

Health Complications of obese NIDDM patients before and after supplementation

Edible oils used by obese NIDDM patients

The mean Nutrient intakes of obese NIDDM patients before and after supplementation

The Energy Expenditure Pattern of the Obese NIDDM patients before and after supplementation

Systolic and diastolic blood pressures of obese NIDDM patients before and after supplementation

Biochemical analysis of obese NIDDM patients before and after supplementation

Lipid profile of obese NIDDM patients before and after supplementation

Serum creatinine and Blood urea nitrogen values of Obese NIDDM patients before and after supplementation

Serum Antioxidant levels of Obese NIDDM Patients before and after supplementation

5. Summary and conclusion

Suggestions

References