ABSTRACT

The study has been conducted with an aim to find out the dietary intake and clinical profile of the children with Diabetes Mellitus and to study the effect of diabetes management education intervention program in the management of the disease. The total sample consisted of 132 subjects, which included from 82 subjects from IGICH and 50 from SH South Bangalore. Out of 132 subjects selected for the study, 129 were Type 1 Diabetes Mellitus (T1DM) and 3 were Type 2 Diabetes Mellitus (T2DM). The subjects were in the age group of 1-18 years. A pre tested interview schedule was administered on the subjects to collect the required information. The mean energy and macro nutrient (CHO, Protein and Fat) intake of the subjects were calculated based on 3-day dietary recall method and compared with RDA. It was found that there was significant increase in CHO intake compared to the RDA. It was also found that the subjects' diets were deficient in calories and protein. All the subjects (n=81) above 10 years of age from the total sample were selected for intervention program based on diabetic education. At the end of 12 weeks of intervention, 40 subjects continued with the programme while the others dropped out. At the end of the intervention period a significant improvement pertaining to their dietary intake, HbA1c levels and quality of life were recorded. However, the concept of fixing insulin dosage based on the CHO counting did not work since the subjects failed in fixing their bolus insulin dosage based on the CHO count.

Key words: T1DM, T2DM, CHO count, HbA1c