

# STUDY THE FREQUENCY OF NON DIABETIC AND NORMOTENSIVE STUDENTS OF UOG VISITING THE NSMC HEALTH CARE CENTRE GUJRAT, PAKISTAN

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## ABSTRACT

The presenting complaints made by patients were recorded. Total 303 (males, 99; females, 204) patients were included in the study. RBG were measured with glucometer, BP with sphygmomanometer and BMI was recorded, to study the distribution of patients according to their living(residence), obesity, different dietary habits, blood glucose level and blood pressure was measured. Frequency distribution characteristics of patients lodging, presenting complaints in Health Care Centre, with the assistance of Biochemistry department of NSMC, UOG. The nature and outcome of patients were assessed and tabulated accordingly. From a total of 303 patients presented to health care center during the study period having 99 males & 204 females with ratio of hostelite males 30, hostelite females 36, days scholar male 69 and days scholar female 168 (Table No.1). It has been observed that different individuals came with different dietary habits, but mixed food habit was observed in 214 individuals Table No.4). There are number of individuals who were suffered from variety of complaints like (Allergy, n=14; Gastritis/Food Poisoning, n=87; UTRI/Sore throat, n=169; Flu/Body ache/Fever, n=30; Muscular Pain, n=02 and Toothache ē Headache, n=01). Eight patients were obese and eight patients were under weight (Table No.2).

Three patients were presented with high blood pressure and no patient has high blood glucose level (Table No. 3).

**Key Words:** BP= Blood Pressure, BMI=Body Mass Index, RBG=Random Blood Glucose, UOG=University of Gujrat

## INTRODUCTION

The mental and physical health of University graduate and post-graduate students considered to be a matter of high concern in developed countries<sup>1,2</sup>. It was observed that many young adults have been experiencing number of mental and physical illnesses due to change of environment and study workload<sup>3,4,5</sup>. Recently It was also noticed that mental & physical health of graduate and post-graduate students has gained importance in developed countries<sup>6,7</sup>. In our country the studies have been reporting high prevalence of depression, distress and many other clinical and pathological complications in students of various disciplines.

In this study, total number of 303 students (99 males, 204females) were studied for different demographic, eating habits, obesity, along with clinical evaluation for blood pressure and random blood glucose status. Blood glucose range for fasting (70-110 mg/dL), and for random was (140-180 mg/dL)<sup>8</sup>. Body mass index (BMI) was measured for obesity determination

(BMI  $\geq$  30) for male and (BMI  $\geq$  38) for female considered as obese<sup>9,10</sup>.

## METHODOLOGY

All the patients were over 18 years of age up to 25 years. Demographic data, weight, height, dietary habits, fluid intake, regular home food, hoteling along with routine clinical examination was done. Complaints like Allergy, Gastritis, Food Poisoning, UTRI, Sore throat, Flu, Body ache, Fever, Muscular Pain, Toothache, Headache were noted at the visit to clinic. RBG level was measured by Glucometer and BP was taken by sphygmomanometer in mm Hg. After clinical examinations and questionnaire filling, data was collected and processed.

## STATISTICAL ANALYSIS

SPSS v 16.0 software were used for statistical analysis in this study.

## RESULTS

The total number of individuals (n=303) were included in this study, their data were recorded and processed according to different distributions of patients (Table

No.1-5). BMI was also calculated on the basis of height and weight ratio and categorized under different classes of health.

**Table 1:** Distribution of Patients (n=303) according to Residence

S.No.	Distribution	Male	Female
1	Total No. of Patients (n=303)	99	204
2	Hostilite (n=66)	30	36
3	Day scholar (n=236)	69	168

**Table 2:** Distribution of Patients (n=303) according to BMI kg/m<sup>2</sup>

S.No.	Category	BMI kg/m <sup>2</sup>	Total No. of Individuals
1	Very Severely Underweight	15	8
2	Severely Underweight	16	3
3	Underweight	16-18.5	76
4	Normal Healthy Weight	18.5-25	181
5	Overweight	25-30	27
6	Obese Class	30-35	8

**Table 3:** Distribution of Patients (n=303) according to RBG & BP

S.No.	Complaint		Quantity
1	Blood Pressure	Normal	208
		High	3
		Low	92
2	Blood Glucose	Normal	267
		High	Nil
		Low	36

**Table 4:** Distribution of Patients (n=303) according to different Dietary Habits.

S.No.	Dietary Parameters	Types	Quantity
1	Dietary Habit	Vegetarian	24
		Non Vegetarian	45
		Mixed Food	214
		Fast Foods	20
2	Fluid Intake	4 Glasses	108
		6 Glasses	102
		8 Glasses	56
		10 Glasses	37
3	Regular Home Food	Yes	210
		No	93
4	Hoteling	Daily	38
		Once a Week	68
		Thrice a Week	6
		Never	33

**Table 5:** Distribution of Patients (n=303) according to Presenting Complaints in NSMC, HealthCare Centre

S. No.	Complaint		Quantity
1	Allergy		14
2	Gastritis/Food Poisoning		87
3	URTI/Sore throat		169
4	Flue/Body ache/Fever		30
5	Muscular Pain		2
6	Toothache/Headache		1

## DISCUSSION AND CONCLUSION

Investigations of patient complaints are increasing in both healthcare and educational organizations. Sometimes there is a significant correlation between dietary habits and occurrence of disease. Dietary habits include many parameters, but in this study we selected different types of food like vegetarian, non-vegetarian, fast food and mixed food, fluid intake with different number of glasses, regular home food considered with hoteling routine of the students.

Body mass index is very important parameter to categorize the individual into obese, non-obese, underweight and overweight status. All the students were taken in this study are non-diabetic and non drug dependent for BP. Total number of students 303 included in this study has showed different health status by calculating their BMI, which has shown in (Table No.2).

In (Table No.3), blood glucose and blood pressure were calculated of students (n=303), in which mostly were normal. By comparing the dietary habit parameters with the frequency of presenting complaint in (Table No.4), it was observed that those students, who were less concerned about their diet and also have not good routine of diet, they suffered from more clinical complaints of various types; allergy, food poisoning, gastritis, sore throat, fever, flu, UTRI, muscular pain, body ache and fever has shown in (Table No.5).

## CONCLUSION

It was concluded that to decrease the number of complaints, students should be careful about their diet and its pattern in case of different residency status to maintain a healthy life style at campus.

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