

THE HEALTH FUNCTION OF PEOPLE WITH DIABETES MELLITUS DUE TO THEIR DIET

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Abstract

Diabetes mellitus is defined as a chronic metabolic disorder due to absolute or relative insulin deficiency resulting in intermittent or permanent hyperglycemia. The key to treating diabetes is proper nutrition, physical activity and pharmacotherapy. Numerous studies have proven a positive correlation between diet and optimal blood glucose levels. The aim of this study was to determine what type of diet is most commonly eaten, how body mass index (BMI) and average blood glucose are linked, whether laughter has an effect on blood sugar, what the health function of patients is, and how often they are engaged in physical activity.

The study involved 98 subjects (20 of the Type 1 and 78 of Type 2) from Međimurje, Croatia. Participants filled in the survey in writing form in their Diabetes associations, hospital or family medicine practice. The results were processed using descriptive statistics and were divided by type of diabetes, eating habits and years of illness.

Considering the diet, the lowest average of blood glucose levels are shown by subjects who feed on the American diet association (ADA) model. Health functioning is, on average, appropriate for this population with rare variations. In this study, we have proved that the lower BMI can be associated with lower blood glucose levels. In subjects with normal BMI the incidence of glucose level is 4.8 mmol/L, those who are overweight it is 7.63 mmol/L. In patients with type 1 diabetes, a positive correlation was found between longer laughing and lower blood glucose. All respondents stated that they know that physical activity and exercise have a positive effect on health, but only about half of them exercise.

In this study we see that the lowest average of blood glucose levels have people who are fed by ADA model. It is found the positive correlation between the lower BMI and the lower blood glucose levels. The positive correlation was found between longer laughing and lower blood glucose levels, but further studies are needed due to little numbers of subjects in study.

Key words: Diabetes mellitus, Diet, Health function, BMI, Laugh, Physical activity.