
The soul of my father

To my dear mother Nafisa Zomrawi who gave me care
and love

To my husband Mohammed Yosife Zomrawi the one who
took care of all this matter

To my dear brother Mohammed Elyasa and sisters Maha
and Malka who help me in my studies and also took, good
care of me

To my son Yosife and my daughter Nafisa

To my dear friends who encourages and present this
research to my friends as a souvenir

To our teacher`s who played a great role that helping
carrying out research

I would like to express my appreciation of gratitude to my supervisor Dr. Mariam Mohamed Elhiday for her support throughout my preparation and Organization of this thesis.

My deep thanks to all staff member of the Sudan University for science and technology.

My special appreciation are extended to my friends and the doctor in Abu Anga hospital

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Abstract

The main objective of this study was to describe the food consumption pattern of diabetes mellitus patient attending Abu Anga Hospital in Omdurman.

The sample of study composed of 150 diabetes patient attending the hospital during May to July 2007. A systemic random sample selection method was used to identify 150 diabetic patients, both males and females attending the hospital.

Primary data was collected using specific structured questionnaire designed and tested by the researcher. The questionnaire consisted of five sections objectively designed to obtain demographic socio- economic data, anthropometric measurements, clinic, dietary intake and nutrition advices addressed to patient. Face to face personal interviewing method was used to collect primary data needed for the study.

Secondary data needed was collected from the hospital records and relevant documents.

Frequency tables were generated examined and assessed using the chi- square.

Data was analyzed using Microsoft excel program and statistical package for social science (SPSS) version (12).

The results of this study showed that 57 % of respondents were females, 0.67 % of respondents age from (20-29) years, 43.33 % of respondents age from (30-39) years, 36 % of respondents age from (40-49) years, , 20 % of respondents age from 50 and above, 1.33 % of respondents were illiterate, 52 % of respondents primary, 40 % of respondents secondary, 67% of respondents University, 50 % respondents region from Northern , 45.33 % of respondents from central, 2.67 % of respondents from Eastern , 2 % of respondents western, 32 % of respondents were obese, 96.67% of respondents had multiple symptoms, 26% of respondents had hypertension, 63.33% of respondents treatment by diet and tablets, 44.67 % of respondents took three meals per day, 90 % of respondents took snacks between 3-4 per day, 54.67 % of respondents took macaroni, 100 % of respondents took meat - fish daily. And 96.67 % of respondents took diet soda two per week, 98.67% respondents took one spoon sugar, for table salt all

respondents they reported their salt was a normal and 52% of respondents tell the advice from Nutritionist.

Some Recommendations were suggested:

1. Number of nutritional officer should be increased in Abu - Anga hospital.
2. Patient attending the hospital should be given up dated dietary guide lines and pamphlets.
3. Patient should be taught to use glycemic index Appendix (7) and to consider and reduced salt in take per day.
4. It high time that Sudanese dietary guide lines should be formulated by nutrition specialists.

ملخص البحث

الهدف الاساسى لهذه الدراسة هو وصف نماذج استهلاك الأغذية لمرضى السكرى الذين يترددون على مستشفى ابو عنجة بأمدرمان .
العينة المبحوثة تتكون من (150) مترددى مستشفى ابو عنجة فى الفترة من مايو الى يوليو 2007 .

واستخدمت الطريقة العشوائية فى اختيار العينة ، (150) مريض سكرى رجال ونساء من الذين يترددون على المستشفى .
لجمع المعلومات الاولى استعملت استمارة صممت بواسطة الباحثة لملئ البيانات من مرضى السكرى . وتضمنت هذه الاستمارة 5 اجزاء: معلومات عن الخصائص الديمغرافية (الاقتصادية والاجتماعية) ، عن القياسات الجسمية، والاعراض الاكلينيكية ، ونماذج استهلاك الاغذية ثم

النصائح الغذائية المقدمة للمرضى . وقد استخدمت طريقة المقابلة الشخصية اما المعلومات الثانوية جمعت من سجلات المستشفى والوثائق والوثائق ذات الصلة .

تم تحليل البيانات باستخدام عدة طرق احصائية مثل التوزيع التكرارى - اختبار مربع كاي للارتباط كما استخدمت الحزم الاحصائية للعلوم الاجتماعية (SPSS) .

ومن اهم نتائج هذه الدراسة وجد ان كل العينة 57 % من مرضى السكرى نساء، 0.67 % من المرضى اعمارهم من (20-29) سنة و 43.33 % (30-39) سنة ، 36 % بين (40-49) سنة و 20 % من 50 فما فوق سنة اما عن التعليم 1.33 % اميين ، 52 % ابتدائى ، 40 % ثانوى و 67.6 % جامعى .اما عن الموطن الاصلى 50 % الشمال ، 45.33 % من الوسط ، 2.67 % من الغرب و 2 % من الشرق . 32 % اغلبهم من الفئة زائدة الوزن ، 97.67 % مصابين باعراض متعددة ، 26 % من المصابين بضغط الدم و 63.33 % يستعملون العلاج بواسطة الحبوب والوجبة . 44.67 % من مرضى السكرى يستهلكون ثلاث وجبات فى اليوم و 90 % من المرضى يتناولون وجبات خفيفة بمعدل 3-4 مرات فى اليوم . و 54.67 % من المرضى يتناولون المكرونه و 100 % من المرضى يتناولون الصودا مرتين فى الاسبوع . 98.67 % يتناولون ملعقة سكر فى اليوم ، وجد ان كل المرضى يستخدمون الملح (ملح الطعام) بصورة منتظمة و 52 % من المرضى يأخذون متابعتهم من اخصائى التغذية .

ومن احدى التوصيات المقترحة :

1. زيادة عدد موظفى التغذية فى مستشفى ابو عنجة .

2. المرضى داخل المستشفى يعطى لهم جداول وجبات غذائية وارشادات .
3. المرضى يجب ان يستخدمو مؤشر سكر الدم فى بعض الاطعمة الغذائية مع وضع الاعتبار التقليل فى تناول الملح فى اليوم .
4. عمل جداول وجبات سودانية تصمم بواسطة اخصائى تغذية .

Abbreviation

ADA	American Diabetic Association
ADA	American Dietetic Association
DM	Diabetes Mellitus
DRA	Dietary Recommended Allowances

IDDM	Insulin- Dependent Diabetes Mellitus
MNT	Medical Nutrition Therapy
NIDDM	Non Insulin- Dependent Diabetes Mellitus