Food And Brain: A Survey Report.

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ABSTRACT-

Food anxiety is a very common concern is diabetic persons due to the need for careful management of blood sugar levels. Most of the time they discussed about meal management. In present study numbers of total 404 samples taken from Ujjain city Nutritional sincerity is not found in them. They are not much aware about their food and lack of Knowledge about disease is also found.

Introduction:- The correlation between food and diabetes is significant because diet plays a crucial role in both the development and management of diabetes. Particularly Type 2 diabetes. Always People take about their food Pattern with each other. Fear of blood sugar spikes or drops in people with diabetes is almost common. Its important for diabetics experiencing significant food anxiety to seek support from health Care Professional who can provide tailored advice and Strategies to manage both their diabetics and the associated anxiety.

Anxiety is a mental health disorder characterized by behavioral syndrome, fear feeling of discomfort and panic. Research studies show that generalized anxiety disorder and panic disorder are the most common health conditions

1-Smith K.J Beland, M Dyde, M Gariegy et al 2013 association of diabetes with anxiety a systematic review and Meta analysis. J. Psychosom Res 2013 74, 89-99 [Google scholar] [Cross Ref] [Pub med]

2. (Wiltink J. Bentel M.E. et al 2011- Prevelance of distress comorbid conditions and well being in the general population. J. Affect Disord. 2011, 130, 429-437 [Google scholar] (CrossRef) (Pub Med)

Research Methodology:

Purposive Sampling technique was used for finding the anxiety and stress level of diabetes type 2. Patients and healthy Persons too. Age group 30 to 60 and both gender were taken, total Sample size of 404. Subjects selected from Various hospitals, R. D. Gardi Medical College Ujjain OPD and IPD, Gyms by open talks.

Tools and Test-

1-24 hours dietary recall questionnaire. 2-comprehensive Anxiety Test-

Sinha.

Scoring-

- Scoring of anxiety test is of quantitative nature. Each item of the test is answered either by Yes or No.

- 24 hours dietary recall questionnaire. It's a tool used to assess an individuals dietary intake over the previous 24 hours.

H-0. There would be found no significant difference between diabetic and healthy persons on their stress level with nutritional status.

Statistical Analysis of Data-

Variables were expressed as mean standard deviation (SD), ANOVA and t test were used as appropriate probability value of

.01 and .05 was considered statistically and the confidence range was 95%.

Result and Analysis

Table Shows to stress mean SD and trafis of diabetic and healthy persons with their nutritional status.

Stress	N	Mean	SD	t	P
Proper Nutrition	289	53.67	25.87	1.30	NS
Improper Nutrition	115	59.00	24.16		

As we find in the result of Statistical data analysis, shows that there were no significant difference in stress level of diabetic and healthy subjects. Thus the null

Hypothesis is accepted as similar study of Beezod Cynthia et al (2014)

Conclusion and suggestions -

There were no Proper dietary awareness found in local people of the Ujjain of Madhya Pradesh (India). Managing diet is crucial for people with diabetes to maintain stable blood sugar levels and overall health.

Here we are giving diet in some suggestion for managing diet in diabetes.

1. Education and understanding about different types of carbs which affect their blood sugar levels.

2. Learn what is glycemic index of foods and how they can use this knowledge.

3. Meal planning

4. Healthy food choices

5. Mindful eating

6. Managing cravings

7. Monitoring and adjusting for calories with the help of food diary and dietitian.

8. Social with and emotional, support with friends & family members

9. Flexible dinning outings.

10. Staying hydrated

11. Limit alcohol

R. **Regular physical activity**

Using this strategies can help diabetics manage their diet more effectively reducing anxiety & stress improving overall well being.

Refrences-

1. Smith K.J Beland, M Dyde, M Gariegy et al 2013 association of diabetes with anxiety a systematic review and Meta analysis. J. Psychosom Res 2013 74, 89-99 [Google scholar] [Cross Ref] [Pub med]

2. (Wiltink J. Bentel M.E. et al 2011- Prevelance of distress comorbid conditions and well being in the general population. J. Affect Disord. 2011, 130, 429-437 [Google scholar] (CrossRef) (Pub Med)

3. Roedeh Basiri Blessing seidu (2023) 15 (19) 4226; Exploring the interrelationships between diabetes, Anxiety and Depression: Implications for Treatment and Prevention strategies.

4. Beezhold cynthia Randitz 2014 "vegans report less stress and anxiety omnivores." Nutritional neuroscience [Pub Med]