allied academies
25th Anniversary of scientific services
JOINT EVENT

19th INTERNATIONAL CONFERENCE ON

CLINICAL NUTRITION AND FITNESS

November 22, 2022 | Webinar

The prevalence of metabolic syndrome in Punjabi community of New Delhi- a community survey

Deepika Dhawan
Chitkara Universiy, India

Background & Aim: Metabolic Syndrome (MetS) is an inter-linked quartet of factors- abdominal obesity, type 2 diabetes, hypertension, and dyslipidemia. The aim of the study was to find out the prevalence of MetS in Punjabi community among individuals of age group 18-55 years.

Methods: The socio-demographic and lifestyle characteristics of subjects along with data for anthropometric measurements and metabolic profile were extracted to distinguish subjects with MetS using IDF (International Diabetes Federation) criterion by organizing health camp in Gurudwara, New Delhi.

Results: The incidence of MetS was 26.10% among Punjabi community, it peaked to 56.96% in 50-55years of age and dropped to 4.5% in 18-24years. The statistical analysis presented an association and significant difference among MetS and Non-MetS patients for variables waist circumference, BMI (Body Mass Index), blood pressure, total triglycerides, fasting blood glucose, HDL (High Density Lipoprotein), and LDL (Low Density Lipoprotein) cholesterol at p<0.01, except for physical activity score using Chi-square test and t-test.

Conclusion: Punjabi community is susceptible to MetS due to its genetic predisposition and affluent lifestyle and early diagnosis may help manage its implications and further investigation must be done to demarcate MetS, especially in the primary care setting.

Recent Publications

1. Patent: Chauhan C, Sharma P, Dhawan D. (2022). Gold Nanoparticles with Albizia Lebreckl Benth Leaves Extract for Dermal Cancer. Application No. 202211061864 A.

2. Edited Book: Chauhan C, Dhawan D. (2022). Home Science as a Vocational Subject: Challenges and Opportunities. Star Publications, Agra. (ISBN: 978-93-81246-60-3)

3. Book Chapter: Singh R. Dhawan D. (2023). Antidiabetic Benefits of Dietary Flavonoids. In Sharma N, Saini D, Kesharwani, RK, Gupta, PC, Keservani RK (Ed.), Advances in Flavonoids for Human Health and Prevention of Diseases. Apple Academic Press

Biography

Deepika Dhawan is currently working as an Assistant Professor at Allied Health Sciences, Chitkara School of Health Sciences, Chitkara University, Rajpura, India. She has recently completed her Ph.D. in Food Science and Nutrition (Home Science), Banasthali Vidyapith, Rajasthan in the year 2022. She has more than 4year experience in teaching and research. She did her post-graduation in Food Science and Nutrition from Banasthali Vidyapith, Rajasthan in 2018 and graduation in Home Science (Hons) from Institute of Home Economics, University of Delhi in 2016. The major research areas of interest include metabolic syndrome and non-communicable diseases, food product development and analysis, and community and therapeutic nutrition. She has written 8 journal articles, a patent, an edited book, 2 book chapter and given 7 paper presentations in conferences and seminars. She has also received about 57 citations on google scholar from the published articles.

deepikadhawan10@gmail.com