

# VIDYASAGAR UNIVERSITY

A Project Work

On

## A Comparative study on Health Status between Diabetes and Normal Women

(Age 40-50 years)

This project work is submitted for the partial fulfillment for the award of  
degree of B.Sc. (Hons) from Vidyasagar University



Submitted by

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Regn. No. 1290878 of Session: 2019-2020

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# Mugberia Gangadhar Mahavidyalaya

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### TO WHOM IT MAY CONCERN

This is to certify that Nibedita Bera (Roll:1125129; No.: 190107; Regn. No.:1290878 of Session: 2019-2020) a student of B.Sc. Part –III, Dept. of Nutrition, under Vidyasagar University, Paschim Medinipur, has completed her project work under my guidance on the topics 'A Comparative study on Health status between Diabetes and Normal Women 'for the partial fulfillment for the award of degree of B.Sc. from Vidyasagar University.

I am satisfied for her performance. She is energetic and up to date in her work; I wish success in her life.

Date: 10/02/2022

*Keya Dash.*

(Prof. Keya Dash)

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15/2/22

Date:

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*Nivedita Bera*  
Sincerely

## ABSTRACT

Life style of a person affects his /her health. In the present study a survey was conducted to **Health Status between Diabetes and normal Women**. The survey was carried out at Bhupatinagar and Raghunath chak, Purba Medinipur, West Bengal. The data was collected for diabetes women(n=10) and for normal house women (n=10).Different measurements like height, weight, waist circumferences and hip circumferances, body fat(from biceps, triceps, by measuring skinfold thikness), BMI, were carried out. It was found that there was no significant ( $p<0.05$ ) differences in body mass index, waist-hip ratio, blood sugar test and mean pressure between diabetic and normal women. But it has noticed that the skinfold thickness (triceps, biceps,) were not significantly ( $p<0.05$ ) lower in diabetic women .Different measurements like pulse rate, pulse pressure, systolic pressure and diastolic pressure were significant ( $p>0.05$ ).

**Keywords:** Diabetic, Health, Body mass index, Waist-hip ratio, Pulse pressure, Pulse rate, Blood sugar

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**PLATE 1: Different activities during survey of Diabetic patient of Bhagwanpur II Block area**



**PLATE 2: Different activities during survey of Normal Woman of Bhagwanpur II Block area**