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CORRELATING BLOOD SUGAR LEVEL WITH THE HABIT OF SKIPPING BREAKFAST

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ABSTRACT

The main point of the present research was to inspect any correlation between blood sugar level and skipping breakfast. 130students associated with Bahauddin Zakariya University, Multan, Pakistan participated in this study. Blood sugar level (fasting) was measured at first and then questionnaire was marked in order to lay down the results. It was interpreted from the report that sugar level has nostatistical effect on skipping breakfast.

Keywords: diabetes, glucometer, energizing

INTRODUCTION

From the beginning we've been told about how important morning meal is for us. It starts all the metabolism of the body and help us not to feed on snacks which contains large amount of fats. If a person skip breakfast, he later on feel hungry and then graze on so called fast food before lunch time. It has been declared from the recent researches that skipping breakfast every other day leads to several health issues like diabetes, obesity and heart stroke. And in comparison, breakfast eaters are less likely to have health problems like that of breakfast skippers.

Diabetes is a disease when pancreas, an organ in the body, fails to produce insulin or it is not enough for the body requirements, or body fail to respond to the insulin. According to this, diabetes is classified into three types whose symptoms and treatment are entirely different from one another. A digital device known as "Glucometer" is used to estimate the blood sugar level. In order to stay healthy, diabetic patients have to maintain their sugar level to the normal figures. One should keep an eye on the diet, avoid smoking and alcohol, exercise regularly and check sugar level every other day. The questionnaire based studies have been given great importance in recent years (1-10).

The main intention of the present research report was to inspect any correlation between blood sugar level and skipping breakfast.

MATERIAL AND METHOD

130 pupils associated with Bahauddin Zakariya University, Multan, Pakistan.

Measurement of Blood Sugar Level

Blood sugar was measured by using glucometer. Glucometer is available in a kit with strips and pricking needles and a recording notebook, so one can record sugar level on it. Index finger was washed with ethanol so as to avoid any sort of infections. Then with the help of pricking needle, finger was pricked and a drop of blood was taken on the test strip and immediately inserted into the glucometer. Glucometer showed the blood sugar level in digits.

Statistical Analysis

With the help of *t*-test, *p*-value was estimated and results were laid down in M. Stat. 0.05 *p*-value was taken in consider as significant.

RESULT AND DISCUSSION

31 male students and 99 female students were indulged in the report. The fasting blood sugar level lower than 100 was considered as normal while blood sugar level greater than 100 was considered as high sugar level. 75 female and 25 male students declared that they take their breakfast in the morning, while that of 24 female and 6 male students told that they skip their breakfast every morning. Correlation of blood sugar level (Mean±SD) with skipping breakfast is given in figures below.

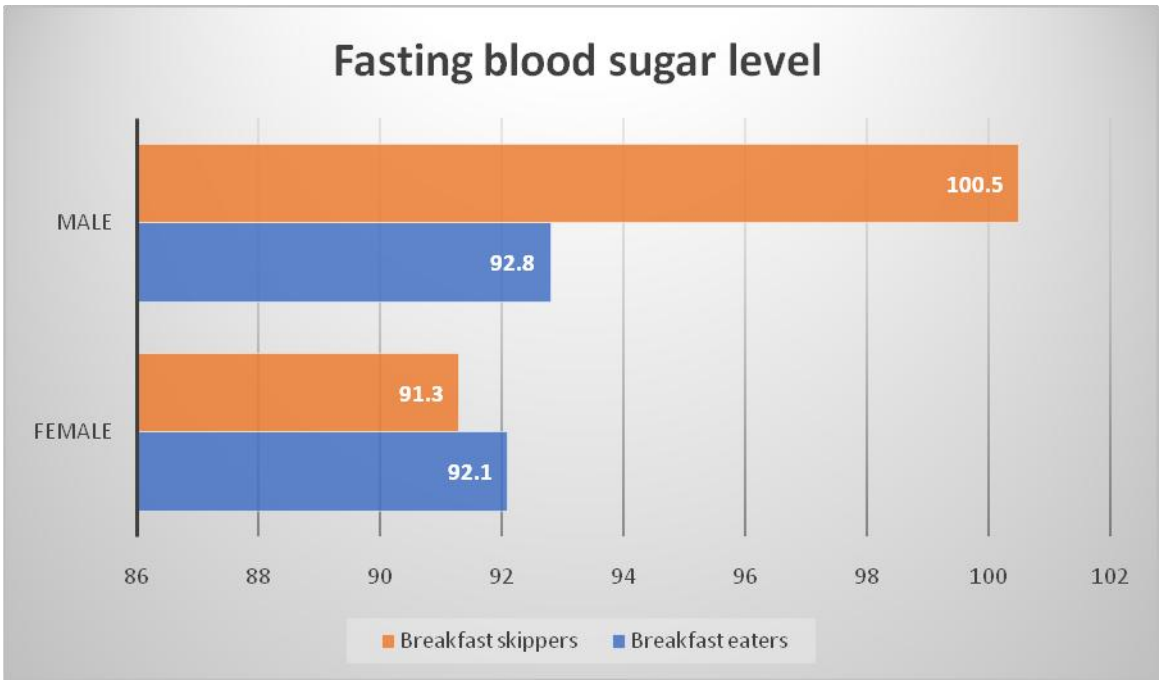

Figure 1: Correlation of blood sugar level (Mean±SD) with skipping breakfast

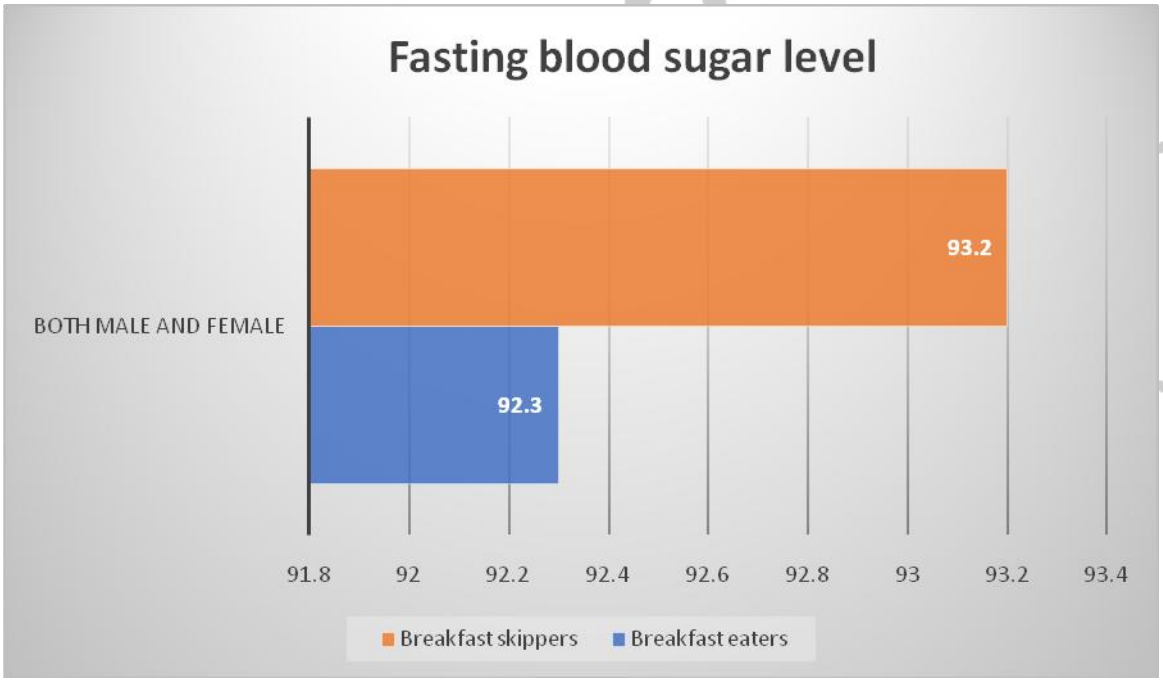

Figure 2: Correlation of blood sugar level (Mean±SD) with skipping breakfast of both male and female

CONCLUSION

It was interpreted from the report that sugar level has no statistical effect on skipping breakfast.

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