

Awareness the Community in Al-Baha Region about the Importance of the Diet to Prevent Chronic Diseases

By

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Abstract: The current study aimed to Awareness the Community in Al-Baha Region about the Importance of the Diet to Prevent Chronic Diseases, Statistics of the World Health Organization for 2016 indicate that more than 1.9 billion adults (18 years and over) are overweight, and 650 million people suffer from obesity, and if the spread of obesity continues on its current path, half of the world's adult population will suffer from overweight or obesity by 2030, and obesity is a major burden on the global economy, amounting to about \$ 2.0 trillion (2.8%) of global GDP, so obesity is considered one of the The world's biggest economic losses, Obesity is also responsible for about 5% of deaths worldwide, results indicate that :Obesity in adults in the Kingdom according to the results of the National Health Information Survey for the year 2019 , The percentage of obesity in Saudi Arabia among adults (18 and above) was 20.2%, and overweight was 38.2%, The prevalence of obesity was higher among women at 21.4%, compared to 19.2% for men, Saudi Arabia ranks third in the Arab world in obesity rates, This measurement is not used for the following cases: Adults with a BMI of less than 25 or a BMI of 35 and above, Athletes. Children and adolescents (ages under 18 years), Pregnant women (gestational age more than 20 weeks), Those who cannot stand up straight (such as the crippled) or who have problems in the waist area (such as a hernia or tumor, or who have undergone recent surgery).

Keywords: Awareness the Community - Diet - Chronic Diseases--Baha Region.

Introduction:

A healthy diet is considered a prevention of chronic diseases such as obesity, type 2 diabetes, heart disease, some types of cancer, and osteoporosis.

The importance of healthy food is represented in following a healthy and beneficial diet for all parts of the body, as it supports it to perform its various functions, and also helps protect cells from environmental damage and restores damaged cells.

The importance of healthy food lies in controlling weight and achieving an ideal weight. People do not only need to reduce the calories consumed every day, but they need to follow a healthy and balanced diet.

According to WHO recommendations, a healthy diet should include all foods and beverages within the appropriate calorie range.

Justification:

Evaluation of the diet to prevent chronic diseases health awareness in Al-Baha region.

Objectives of the Research:

Determine the degree of importance of adherence to healthy food for the people of Al-Baha region.

Research Methods

Study design

Cross –sectional analytic study prospective

Study area: Al-Baha Region

Sample size: 3000 sample in AlBaha city

Data collection: A structured questionnaire will be developed particularly for the purpose of this study in Arabic and also translated to English

Analysis procedure:

The analysis was primarily descriptive in nature and will perform by using SPSS program for windows.

Ethical consideration:

Permission will be taken. Data collection: Data collection will be (Arabic questionnaire).

Problem statement:

Educating the community about the importance of following a healthy diet will lead to a decrease in the prevalence of chronic diseases.

Rational:

The majority of chronic disease patients are likely to suffer from long-term complications for a variety of reasons, including lack of awareness of the disease, which can be prevented with a healthy diet.

Research questions:

What is the level of awareness of the importance of a healthy diet?

Does awareness of the long-term complications of diseases reduce their incidence?

Hypotheses:

Awareness of the long-term complications of chronic diseases helps limit their spread.

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Background:

Statistics of the World Health Organization for 2016 indicate that more than 1.9 billion adults (18 years and over) are overweight, and 650 million people suffer from obesity, and if the spread of obesity continues on its current path, half of the world's adult population will suffer from overweight or obesity by 2030, and obesity is a major burden on the global economy, amounting to about \$ 2.0 trillion (2.8%) of global GDP, so obesity is considered one of the The world's

biggest economic losses, Obesity is also responsible for about 5% of deaths worldwide.

Obesity in adults in the Kingdom according to the results of the National Health Information Survey for the year 2019

The percentage of obesity in Saudi Arabia among adults (18 and above) was 20.2%, and overweight was 38.2%.

The prevalence of obesity was higher among women at 21.4%, compared to 19.2% for men.

Saudi Arabia ranks third in the Arab world in obesity rates.

Because obesity is linked to many chronic diseases such as high blood pressure, high cholesterol, type 2 diabetes, heart disease, and stroke, obesity was classified by the

American Medical Association in 2013 as a chronic disease.

Obesity is defined as the excess of body weight from the normal limit as a result of excessive or abnormal accumulation of fat, which is harmful to an individual's health. This increase is due to an imbalance between the energy intake of food and the energy consumed in the body.

Methods of measuring obesity:

First: Weight classification using BMI for adults:

The most common measurements for ease of conduct, and it is calculated by dividing the body weight in kilograms by the square of height in meters to see if the weight of an adult is appropriate for his height, and this indicator is used for adults aged 20 and over, and is not used for the following categories: athletes, children, adolescents, and pregnant women.

Second: Weight classification of children and adolescents using Saudi growth curves for body mass index by age as follows:

The BMI at the level between 85% and 94% of the growth curve is overweight.

The BMI at or above the growth curve is obese.

Third: Classification of central obesity (accumulation of fat in the abdominal area) by measuring the waist

Circumference:

Fat accumulated in the abdomen is more dangerous than fat in the buttocks or any other part of the body, where people with central obesity are at higher risk of diabetes, cardiovascular disease and premature death. This measurement can be used as an additional method in adults who are overweight or obese of the first degree (BMI between 25-34.9 kg/m2).

This measurement is not used for the following cases:

Adults with a BMI of less than 25 or a BMI of 35 and above. Athletes.

Children and adolescents (ages under 18 years).

Pregnant women (gestational age more than 20 weeks).

Those who cannot stand up straight (such as the crippled) or who have problems in the waist area (such as a hernia or tumor, or who have undergone recent surgery).

Causes of Obesity:

- Unhealthy diet and lack of movement (one of the reasons for the spread of obesity among children, which usually lasts into adulthood, social factors lead to the acquisition of wrong eating habits in the family).
- Some diseases such as laziness in the activity of the thyroid gland, Cushing's syndrome and others.
- Some medications such as antidepressants, some diabetes medications, some epilepsy medications and others.
- Lack of sleep.
- Aging.
- Pregnancy.
- The genetic factor has a role in some cases of obesity.

Complications of Obesity in Adults:

- Heart disease.
- Stroke.
- Type II diabetes.
- High cholesterol or triglyceride levels.
- Hypertension.
- Arthritis and bones.
- Temporary sleep apnea.
- Some psychological problems, such as poor self-confidence and social isolation, which lead to depression.
- Some types of cancer such as: (colorectal, breast, uterus, pancreas, prostate, esophagus, liver and kidney cancer).
- Diseases of the gallbladder.
- Non-alcoholic fatty liver disease.
- Gynecological diseases such as infertility and irregular menstruation.
- Skin problems such as difficulty healing wounds.

Obesity Treatment Methods:

- Eat a healthy diet and increase the level of physical activity.
- Behavioral modifications and changing nutritional and physical misconceptions.
- Weight loss drugs under medical supervision and follow-up.
- Bariatric surgery as directed by the attending physician.

Prevention of obesity:

Stick to a healthy, balanced diet and regular physical activity

Prevention of obesity in adults:

- Reduce the consumption of energy-rich foods.
- Eat main meals regularly.
- Eat foods rich in fiber.
- Eat slowly and control the size of the diet.
- Drink enough water a day.

- Avoid unhealthy diets.
- Read the food label behind the products for healthier choices.
- Physical activity at least 150 minutes a week and increase your daily rate for 300 minutes or more per week.
- Make sure to sleep enough periods.
- Weight monitoring once a week.

There are practices or habits, which have become habits, so we constantly do them without feeling, and through them we get results that help us move forward in life, and then we watch the successes come true, as if they came without any trouble.

This is what should happen with you, deal with (diabetes) in a coexistence manner, to control its course in the way you want, and the method that suits you, act with it according to its nature; to overcome its risks with ease and ease, it starts and ends for you.

Definition of glucose sugar:

It is the simplest type of sugar, and the body's cells use it as an energy source.

Definition of insulin:

It is a hormone secreted by beta cells in the pancreas, which is responsible for introducing sugar into cells to produce energy.

Definition of diabetes:

It is a chronic disease that affects the way the body's cells receive glucose or the amount of insulin secreted by the pancreas, leading to an abnormal rise or fall in the level of sugar in the blood.

Pre-diabetes:

It is the condition that affects people before they have type II diabetes, so that the blood sugar level is higher than normal but not high enough to diagnose diabetes, and its early detection and treatment helps to restore the normal sugar level, and prevent type II diabetes.

Types of diabetes:**Type I diabetes:**

It is the lack of insulin secretion or non-secretion at all due to damage to the beta cells in the pancreas, which makes the patient need to obtain insulin from an external source for life.

Type II diabetes:

It is the body's resistance to the effect of insulin, or that beta cells do not produce enough of it.

Gestational diabetes:

Any change in blood sugar first diagnosed during pregnancy, whether or not it persists after birth.

Other types caused by some conditions:

Some special types of diabetes occur for several reasons, such as: monogenic diabetes, pancreatic diseases such as cystic fibrosis, some medications (such as: cortisone compounds and some drugs used in the treatment of AIDS), and diabetes is associated with some syndromes (such as: Down syndrome).

Diagnosis of diabetes:**Random sugar analysis:**

This test is done at any time when symptoms of high or low blood sugar are felt, and a person is considered diabetic if the result is 200 mg/dL or higher.

Laboratory tests:

There are several laboratory methods for diagnosing diabetes that are done in the hospital, and they are often returned the next day to confirm the infection, including:

1. Fasting sugar analysis:

In this analysis, blood sugar is measured after abstaining from eating (fasting) for more than 8 hours, often in the morning before breakfast.

2. Glucose tolerance test:

In this analysis, blood sugar is measured two hours before drinking a particular sugar solution.

3. Diabetic hemoglobin (hemoglobin)/cumulative sugar test:

This analysis calculates the rate of sugar in the blood in the last two or three months, and this analysis is characterized by the fact that it does not require fasting or eating anything before it and is used to diagnose new cases and follow up on chronic cases as well.

Misconceptions:

People with type I diabetes can only be treated through diet and lifestyle changes.

Fact: Type I diabetics need insulin for life.

Gestational diabetes is a temporary increase in sugar only during pregnancy, not a cause of diabetes later.

Fact: Studies have shown that gestational diabetes is a risk factor for type II diabetes.

Type I and II diabetes can be prevented.

Fact: Many studies have been conducted on the means of preventing type I diabetes and failed to prevent it, while type II can be prevented through diet, weight reduction and lifestyle changes.

A diabetic patient does not need periodic follow-up if his sugar is regular.

Fact: Every diabetic needs routine follow-up, to check blood pressure, nerves, eyes and measure cumulative sugar.

There is no need for a diabetic patient to measure blood sugar at home.

Fact: Studies have shown that the more measured the patient, the better the control of sugar and the fewer complications.

I was diagnosed with type II diabetes but the doctor started insulin therapy immediately.

Fact: The doctor may treat type II diabetics with insulin directly in the event of a very high blood sugar.

Having diabetes prevents a person from leading a normal life.

Fact: Diabetes does not prevent a person from going about his life, as he can live with it and control it.

High blood pressure is a common disease that occurs when there is constant pressure on the walls of the arteries over the long term.

It usually has no symptoms, but can cause serious problems such as: stroke, heart and kidney failure.

<http://xisdjxsu.asia>

The cause of its infection is an increased workload on the heart and blood vessels.

Detecting it depends on reading blood pressure measurements. It can be controlled by following a healthy lifestyle and taking medications (if necessary).

Definition of disease:

It is the force of pushing blood through blood vessels, where the heart works harder and blood vessels with more pressure, which makes it a major risk factor for heart disease, stroke and other serious problems, and the amount of pressure is determined by the amount of blood pumped by the heart and the size of the resistance of the arteries to the strength of blood flow and flow, and high blood pressure is generally a disease that develops over years, and despite the above, it is possible to detect high blood pressure early to control it.

Tissues and organs need oxygen-laden blood in order to do their job and survive, when the heart beats it creates pressure that pushes blood through a network of tube-shaped blood vessels, which include arteries, veins and capillaries, and this pressure is the result of two forces:

The first force (systolic pressure), which is the force with which the heart pumps blood throughout the body.

The second force (diastolic pressure), which is the blood pressure that occurs between the heartbeat.

When blood pressure is too high for a long time, it damages the blood vessels, as LDL cholesterol begins to accumulate on the artery walls, increasing the workload of the circulatory system while reducing its efficiency.

Other names:

Silent killer.

Reason:

The main way high blood pressure is to increase the workload on the heart and blood vessels, making them work harder and less efficiently.

There are two causes of high blood pressure:

Unknown cause (substantial or primary):

- (It is the most common; it develops gradually over many years.

High blood pressure caused by causes (secondary):

- Some kidney or hormone problems.
- Problems with the thyroid gland.
- Sleep apnea
- The presence of a congenital defect of blood vessels from birth.
- Some types of medications.
- Drug or alcohol abuse.

Risk factors:

- Heredity.
- Aging.
- Sex.
- Obesity.
- Smoking.
- Drinking liquor.
- Psychological stress.

- Unhealthy dietary pattern by eating too much salt.
- Chronic diseases: such as diabetes and others.
- Sedentary lifestyle and lack of physical activity.

- The questionnaire contain sections focused on participants' socio-demographic, different.

Symptoms:

Most people with high blood pressure don't have any signs or symptoms, even if their blood pressure readings are high-risk, but some may experience:

- Headache.
- Shortness of breath.
- Nosebleeds.

But these signs and symptoms aren't specific and usually don't occur until high blood pressure reaches a dangerous or life-threatening stage.

Complications:

- Aneurysm.
- Stroke.
- Heart failure.
- Angina.
- Renal failure.
- Vision loss (blindness).
- Impotence.
- Peripheral arterial disease.
- Problems with memory and concentration.

Diagnosis:

- Family history.
- Medical history.
- Follow up on blood pressure readings.
- Laboratory tests.
- Some tests rule out any cause or risk factor for high blood pressure.

Therapy:

Based on the diagnosis, a treatment plan will be developed that includes:

- Lifestyle changes such as: physical activity, healthy diet.
- Medications to control hypertension.

Prevention:

A healthy lifestyle is one of the most important ways to prevent and control the level of blood pressure, as it includes:

- Practice physical activity.
- Maintain a healthy weight.
- Eat a healthy diet
- Control anxiety and stress.
- Refrain from smoking and drinking alcohol.
- Reduce caffeine intake.

Methodology:

- A cross-sectional web survey was introduced to the residents of Albaha region.

Results:

A total of 3000 questionnaires were completed:

The first question in the questionnaire:

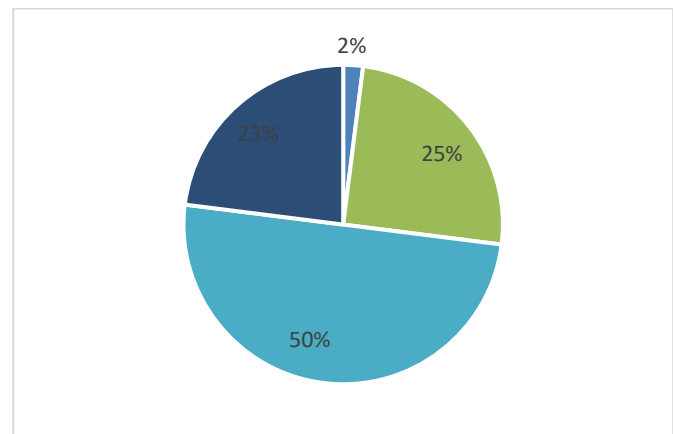
Do you have diabetes?

Percentage of those who answered yes to having type 1 diabetes: 2%

Percentage of those who answered yes to having type 2 diabetes: 25%

Percentage of those who responded that they did not have diabetes: 50%

Percentage of those who do not know whether they have diabetes or not: 23%



We recommend spreading community awareness about the necessity of screening for diabetes through volunteer campaigns and the media.

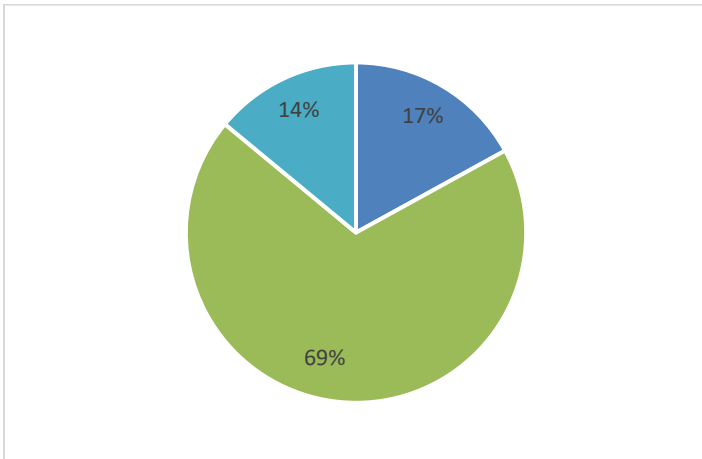
The second question in the questionnaire:

Do you have high blood pressure?

Percentage of those who answered yes: 17%

Percentage of those who answered no: 69%

Percentage of those who do not know: 14%



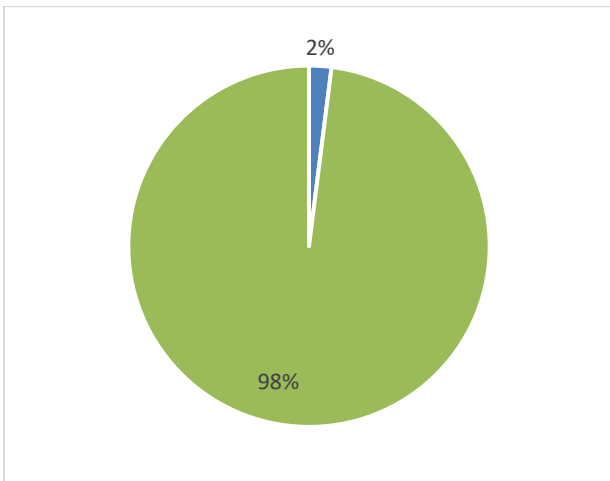
We recommend spreading community awareness about the necessity of blood pressure testing through volunteer campaigns and the media.

The third question in the questionnaire:

Do you have heart disease?

Percentage of those who answered yes: 2%

Percentage of those who answered no: 98%

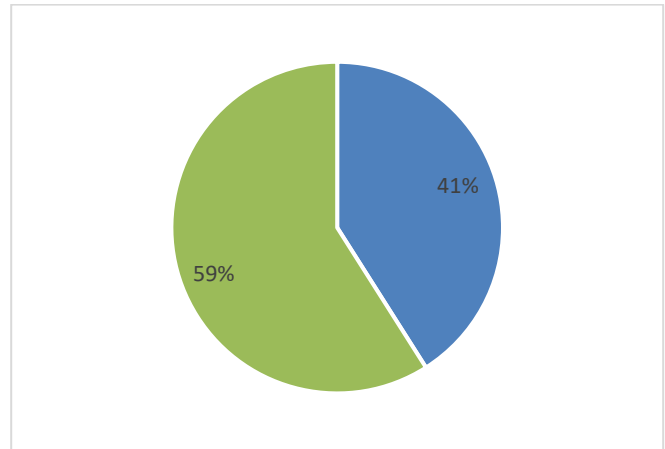


Fourth question in the questionnaire:

Do you know the health problems and diseases that can affect you as a result of eating large amounts of sugar?

Percentage of those who answered yes: 41%

Percentage of those who answered no: 59%



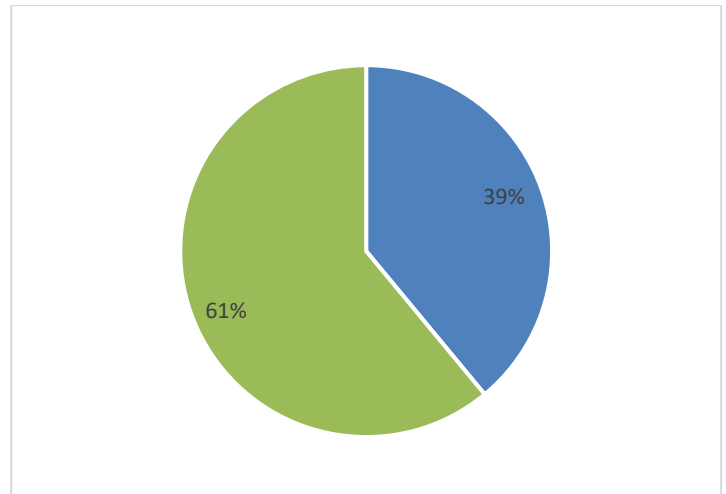
We recommend spreading community awareness of the danger of consuming large amounts of sugar through volunteer campaigns and the media.

The fifth question in the questionnaire:

Do you know the health problems and diseases that can affect you as a result of eating large amounts of fat?

Percentage of those who answered yes: 39%

Percentage of those who answered no: 61%



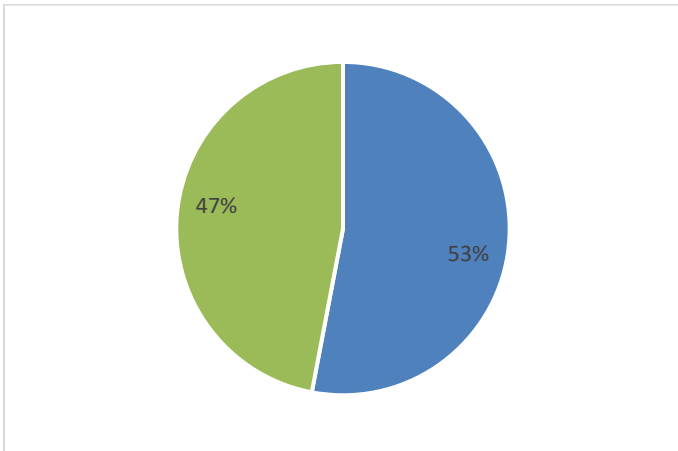
We recommend spreading community awareness of the danger of consuming large amounts of fat through volunteer campaigns and the media.

Sixth question in the questionnaire:

Do you suffer from obesity?

Percentage of those who answered yes: 53%

Percentage of those who answered no: 47%



We recommend the importance of spreading awareness of exercise and diet through volunteer campaigns and the media.

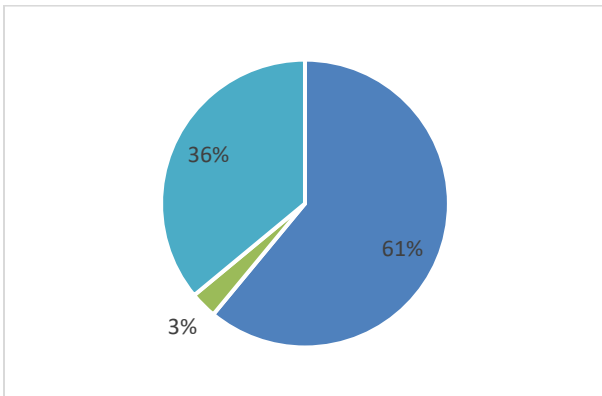
The seventh question in the questionnaire:

Do you constantly eat fast food?

Percentage of those who answered yes: 61%

Percentage of those who answered no: 3%

Percentage of those who answered "sometimes": 36%



We recommend the importance of spreading awareness of reducing the consumption of fast food through volunteer campaigns and the media.

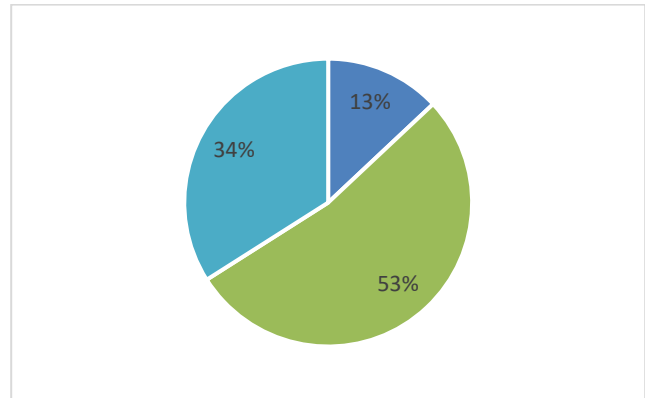
The eighth question in the questionnaire:

Do you count the calories in your daily food?

Percentage of those who answered yes: 13%

Percentage of those who answered no: 53%

Percentage of those who answered "sometimes": 34%

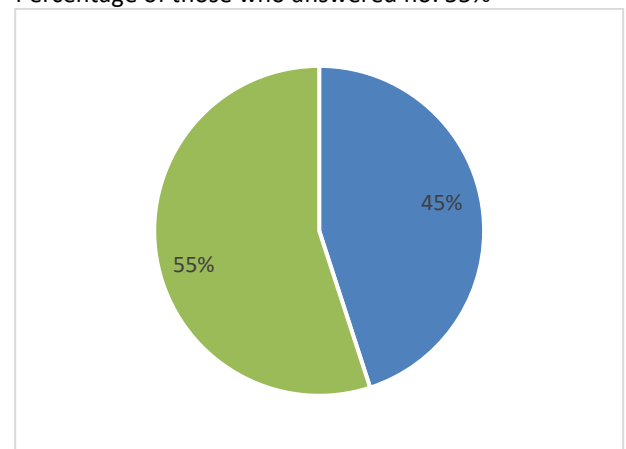


The ninth question in the questionnaire:

Have you ever consulted a doctor about dieting?

Percentage of those who answered yes: 45%

Percentage of those who answered no: 55%

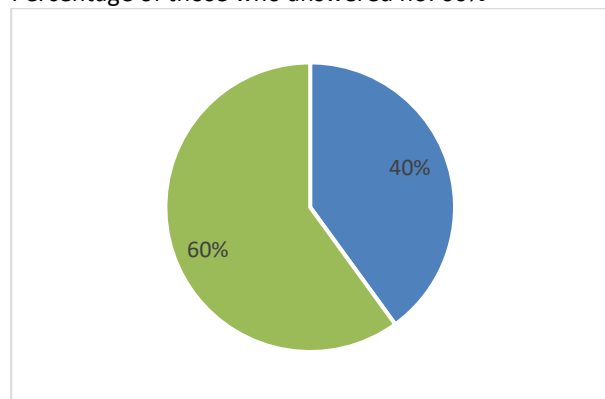


The tenth question in the questionnaire:

Have you followed a diet during the last two years?

Percentage of those who answered yes: 40%

Percentage of those who answered no: 60%



Conclusion:

Our survey found that respondents were generally knowledgeable about the diet, with the exception of some information that had not yet been made public.

I. Introduction:

A diet is a nutritional pattern in which various foods and foods are consumed during a certain period, to obtain the necessary calories and nutritional components, to carry out vital processes and obtain energy, with the aim of losing or gaining weight or other various goals depending on the health condition and other factors.

II. Material and Methods:

A cross-sectional internet survey was conducted among the residents of Al-Baha region.

Respondents have to answer all questions of the web questionnaire using MCQs. The questionnaire focuses on different aspects of awareness and coping with Diet.

The questionnaire aims to collect information from the participants in Arabic language to make it easier for the respondents.

Questions focused on different aspects.

III. Result:

A total of 3000 questionnaires were completed:

The first question in the questionnaire:

Do you have diabetes?

Percentage of those who answered yes to having type 1 diabetes: 2%

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Percentage of those who responded that they did not have diabetes: 50%

Percentage of those who do not know whether they have diabetes or not: 23%

The second question in the questionnaire:

Do you have high blood pressure?

Percentage of those who answered yes: 17%

Percentage of those who answered no: 69%

Percentage of those who do not know: 14%

The third question in the questionnaire:

Do you have heart disease?

Percentage of those who answered yes: 2%

Percentage of those who answered no: 98%

Fourth question in the questionnaire:

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Percentage of those who answered yes: 41%

Percentage of those who answered no: 59%

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Do you know the health problems and diseases that can affect you as a result of eating large amounts of fat?

Percentage of those who answered yes: 39%

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Percentage of those who answered yes: 53%

Percentage of those who answered no: 47%

The seventh question in the questionnaire:

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Percentage of those who answered yes: 61%

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Have you followed a diet during the last two years?

Percentage of those who answered yes: 40%

Percentage of those who answered no: 60%

III. Note:

Our survey concluded that participants generally have awareness about diet except for some information that needs awareness, and the media and print media including the Internet will become an important source for health care promotion.

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