

Dietary assessment and nutrition pattern of maternal with gestation diabetes at Misurata Medical Centre

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Background: The gestational diabetes is yet another pregnancy complication to look out for and as a pregnant woman, gestational diabetes happens when the body fails to produce enough insulin to regulate the sugar in blood. A healthy dietary regimen and eating behavior regarding gestation diabetes is a necessarily element to ensure the health and development of pregnancy stages.

Objectives: This study was conducted to assess nutrition patterns of gestation diabetes, to correlate fasting blood glucose and HbA1c with anthropometric measurements, age, lifestyle and diet regimen of maternal with GD at Misurata.

Materials and methods: Hospital-based cross section study was performed on 150 participants, who are selected randomly from Ob. and Gyn. Clinics, in March 2022. The data were collected thoroughly face to face interview, where well-structured questionnaire, patient record and anthropometric measurements used during the survey.

Result and discussion: The majority of participants 68% were age group 20-35 years at third trimester 55%, whose (38%) had birth weight of baby were 3.5-4 kg, 75% of maternal had family history with diabetes mellitus, diagnosed with polycystic ovary syndrome were 19%. According to measurements of body mass, obese participants were 72%. The results revealed that 84% of patients didn't followed any diet regimen, whereas, 57% of participants were drinking sweetened beverage. Majority of participants 78% had higher fasting blood glucose (≥ 120 mg/dl), whereas, 92% who's had higher HbA1c ($\geq 6.5\%$). Due to majority of participant's had poor dietary pattern regarding consumed high glycemic food. The majority of participants were eating junk food 83%, fatty meat and high fat diet 83% many times a week. Higher significant correlation ($P \leq 0.01$) HbA1c and FBS with multi-pregnancies, age, parity, weight of last baby and miscarriage, Whereas, a significant correlation ($P \leq 0.05$) between weight of last baby, income, age miscarriage, multi-pregnancy, still birth and number of meals.

Conclusion: The study concluded that the nutrition risks factors like poor dietary patterns and eating behavior associated gestation diabetes that will be threatening health pregnancy unless the maternal has committed with therapeutic diet plan.

Hybrid Event

30th European Nutrition and Dietetics Conference

February 22-23, 2023

Madrid, Spain

Biography

Ayman Balla Mustafa Yassien Associate professor, Faculty of Health Sciences, University of Misurata, Libya. His research interest areas are Nutrition sciences, dietetic and diet therapy, dairy nutrition, nutrition assessment and surveillance, dairy sciences and milk biochemistry, mineral imbalance and deficiency, nutritional and medicinal properties of camel milk, dairy production and farming, food crises and security international health and nutrition, community livelihood and malnutrition. His research interests reflect in his wide range of publications in various national and international journals.

Received: January 25, 2023; **Accepted:** January 28, 2023; **Published:** February 23, 2023
