

**SKR and SKR Govt degree college for
WOMEN(A).KADAPA.**

DEPARTMENT OF BIOCHEMISTRY

COMMUNITY SURVICE PROJECT

TOPIC : INCIDENCE OF DIABETES AND
OTHER CHRONIC DISEASES

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GROUP : II BMC

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CONTENTS

S.NO.	CHAPTER	PAGE
1.	I.INTRODUCTION	4
2.	II.ABOUT THE AREA	5
3.	III.METHODOLOGY	6-17
4.	IV.RESULTS AND DISCUSSION	18
5.	V.CONCLUSIONS	19
6.	VI.GEO-TAGGED PHOTOS	21-29

I. INTRODUCTION

❖ **PURPOSE:**

The purpose of the community survey project is to know that whether the society is aware of diabetes and other chronic diseases or not.

Objectives:

1. To know the common age group of people suffering from diabetes.
2. To know whether it is genetic or environmental factor.
3. To prevent or delay the appearance of late disease complications by increasing awareness among the people.

Need for the project:

As diabetes is an extremely common disease, affecting age range of people across the world. So CSP helps us get to know about Diabetes and other chronic diseases.

AREA / WARD

I have conducted a community service project on the topic of diabetes under the guidance of P.LAVEENA(M.Sc.,M.A.,B.ed.) . I have conducted this survey in 1st ward NGO's colony of our mandal i.e., adoni and 21st ward of nagarajupeta in kadapa.

LOG BOOK

METHODOLOGY

S.no	Ward name	Door no	Name	Age	No of family members	Name of volunteer
1	Adoni	21/405/2	Ballamma	53	4	Meghana
2	Adoni	21/409/2	Guruswamy	70	3	Meghana
3	Adoni	21/405/31	Nagarathnama	69	3	Meghana
4	Adoni	21/405/37	Mallikarjuna	44	2	Meghana
5	Adoni	21/405/39	Rajeshwari	56	3	Meghana
6	Adoni	21/405/37	Ramadevi	60	4	Meghana
7	Adoni	404/39/D	Nagaveni	38	5	Meghana
8	Adoni	21/405/36	Anjanamma	70	4	Meghana
9	Adoni	1/203/81	Shankarappa	58	3	Meghana
10	Nagarajupeta	5/370	Ramanjanama	64	5	Madhu
11	Nagarajupeta	6/370	Subbareddy	57	4	Madhu
12	Nagarajupeta	7/374	Parvatahamma	46	3	Madhu

Questionnaire for awareness

1. Is there a family history for diabetes?

- a. yes
- b. No

According to survey, 70% of the people are diseased due to the environmental factors and 30% of the people are diseased due to the genetic factors.

2. What was your blood sugar level when had a test last time?

- a. 70-100**
- b. 100-140**
- c. 140-170**
- d. 170-200**

According to the survey, most of the people

Are suffering from the blood sugar level Of 140-170.

3. Have you ever lost consciousness or required assistance to reverse blood sugar?

a. Yes

b. No

**According to the survey 80% of the people
Have lost their consciousness due to
other
Chronic diseases such as BP...but not
diabetes.**

4. Do u take pills for diabetes?

a. Yes

b. No

**According to the survey 80% of the people
Use pills for diabetes. 20% of the people
Doesn't use pills . Because they contain
Normal blood sugar levels.**

5. Do you take insulin?

- a .No**
- b .Yes**

If yes, do inject with

- a. Syringe**
- b. Insulin pen**
- c. Insulin pump**

According to the survey ,40% of the people use Insulin due to their financial status.71% of the People use syringes.

6. How often do you consult your doctor?

- a. Monthly once**
- b. Every 3 months**
- c. Every 6 months**
- d. Once in a year**

**According to the survey, 70% of the people
Consult their doctors for every 3 months.**

7. Having diabetes makes you...

- a. Angry**
- b. Afraid**
- c. Feel like I am a sick person**
- d. Feel like I can't live the way I want**

**According to the survey, 80% of the people
Feel like they can't live the way they want .
Because they can't eat what they want to
eat.**

8. Do you follow any dietary restrictions?

- a. No**
- b. Yes**

If yes,

- a. Vegan**
- b. Vegetarian**
- c. Non vegetarian**

According to the survey vegetarians and Vegans have lower risk of developing diabetes.

9. Do you exercise?

a. Yes

b. No

**75% of the people who exercise are able to
Maintain their normal blood sugar level.**

10. Do you have any other health problems?

- a. No**
- b. Yes**

If yes...

- a. High blood pressure**
- b. Glaucoma**
- c. Heart disease**
- d. Kidney problems**

**Along with diabetes people are also suffering
With other chronic diseases such as blood
Pressure , paralysis etc.**

RESULT

According to the survey we got to know that the most Of the people are not aware of diabetes or any other Chronic disease.

DISCUSSION:

In the area(i.e 1/NGO's colony and nagarajupeta) We did our survey and got to know that most of People are thinking that the diabetes is diseased For only 50+ aged people. Due to the lack of Awareness people are thinking that it is diseased Only after 50 years . But it is diseased after 30 years

Also . So there is a need of conducting camps in The areas.

CONCLUSION:

The conclusion that we got through this survey is that there is a Lack of awareness on diabetes and other chronic diseases. Even Most of the people are stepping backwards to discuss about their diseases
So by these community survey projects we can create awareness Among the people by conducting medical camps etc...

By these medical camps or community survey projects we can Suggest the diseased people that what are the dietary restrictions They have to follow...benefits of doing exercises...etc ..

GEO-TAGGED PHOTOS



Name :
Parvathamma
Door no : 7/321

Name:Shankarappa
Door no.1/203/81



Name: Balamma
Door no: 21/405/2



Name: k.Sravani
Door no: 21/409/2



Name: Ramadevi
Door no: 21/405/37





Name: Mallikarjuna rao
Door no: 21/405/37



Name: Nagarathnamma

Door no: 21/405/31



Name: Raheshri
Door no: 21/405/39

THANK YOU