

PREFACE

Chronic degenerative diseases such as obesity, diabetes, hypertension and chronic heart disease are increasing to epidemic proportions in the developing countries and economies in transition. Lifestyle related risk factors play an important role in the development of various chronic degenerative diseases. Multiple risk factors often act synergistically causing a geometric increase in the overall risk of developing these diseases.

In a quest for finding the risk factors leading to the development of chronic degenerative diseases, the present study was undertaken with an aim to study the metabolic profile of the subjects with respect to various risk factors so as to aid in ensuring preventive measures for the same. The thesis presents the results of the nutritional assessment, prevalence and metabolic profile of the subjects and the risk factor analysis in relation to various habits of the people such as smoking or chewing tobacco or drinking alcohol on the atherogenic lipid parameters. The apolipoproteins and total antioxidant status of the subjects suffering from chronic degenerative diseases were also studied.

The thesis has been divided into six chapters.

Chapter 1 gives a concise introduction of the topic along with the objectives of the study.

Chapter 2 reviews elaborately the topic chronic degenerative diseases by emphasizing on the recent literature available in this area.

Chapter 3 deals with the various methodologies employed in conducting the study

Chapter 4 presents the detailed findings of the study along with the discussion of the results under four sections

Section I deals with the assessment of nutritional status

Section II presents the results of prevalence and risk factor analysis of chronic degenerative diseases in an industrial set-up

Section III presents the results of the metabolic profile of chronic degenerative diseases in an industrial set-up

Section IV presents the results of apolipoproteins and total antioxidant activity of the subjects in an industrial set-up

Chapter 5 summarizes the major findings of the study and discusses the risk factor analysis in the development of chronic degenerative diseases

The figures and tables have been numbered consecutively and a consolidated bibliography in alphabetical order has been presented as **Chapter 6**.

The Appendix at the end of the thesis includes the questionnaire used for the collection of data of the subjects

The salient features of the study have been **presented at the following National / International Scientific meetings** as mentioned below:

- 1) IX Asian Congress of Nutrition, New Delhi, 2003
- 2) XXXIII Annual National Conference of the Indian Dietetic Association, Vadodara, 2000
- 3) International Conference on Heart Health in Developing Countries, New Delhi, 1999
- 4) 7th World Congress on Clinical Nutrition - International Conference on Atherosclerosis, Hypertension and Coronary Artery Disease, New Delhi, 1999

Part of the present study has been **published and communicated in the following journals/proceedings**

Research Publications:

- 1) Serum lipids, apolipoproteins and total antioxidant activity levels of obese, diabetic and hypertensive subjects in an industrial set up in Baroda, Gujarat, India.
Int J. Diab. Dev. Countries Vol 22 No 3, 91-99, 2002
- 2) Lifestyle risk factors for the development of chronic degenerative diseases in an industrial set up in Baroda
Int J. Diab. Dev. Countries Vol 20. No 4, 113-121, 2002
- 3) Aberrations in lipid profile in relation to BMI and WHR A population Based survey in an industrial set up in Baroda, Gujarat, India.
Ann Nutr Metab 45(1) pg 230, 2001

- 4) Situational Analysis of Lipid Profile in an Industrial Setup in Baroda
International Journal of Clinical Nutrition Vol (1) Abstract 169, 1999
- 5) Serum lipids, apolipoproteins and total antioxidant activity of subjects suffering from various chronic degenerative diseases in an industrial set up in Baroda
Abstract Book of IX Asian Congress of Nutrition, New Delhi, pg 320, 2003
- 6) Prevalence of Obesity in an Industrial Society
Proceedings of the International Conference on Heart Health in Developing Countries, New Delhi, pg 17,1999
- 7) Aberrations in lipid profile in relation to BMI and WHR A population based survey in an industrial set up in Baroda, Gujarat, India
Jr Clin Biochem & Nutr (communicated)