Annotated Bibliography

1.[The role of exercise and nutrition in type II diabetes mellitus management.](http://web.ebscohost.com.ezproxy.ballarat.edu.au/ehost/viewarticle?data=dGJyMPPp44rp2%2fdV0%2bnjisfk5Ie46%2byB9NjfhOqk63nn5Kx95uXxjL6orVCtqK5JsJa2Uq6nuEqwls5lpOrweezp33vy3%2b2G59q7T7WttEmzqrBRpOLfhuWz44ak2uBV8PDmPvLX5VW%2fxKR57LOwSK%2bms021q7RLpNztiuvX8lXk6%2bqE8tv2jAAA&hid=21" \o "The role of exercise and nutrition in type II diabetes mellitus management.)

Polikandrioti, M & Dokoutsidou, H (2009). [The role of exercise and nutrition in type 2](http://web.ebscohost.com.ezproxy.ballarat.edu.au/ehost/viewarticle?data=dGJyMPPp44rp2%2fdV0%2bnjisfk5Ie46%2byB9NjfhOqk63nn5Kx95uXxjL6orVCtqK5JsJa2Uq6nuEqwls5lpOrweezp33vy3%2b2G59q7T7WttEmzqrBRpOLfhuWz44ak2uBV8PDmPvLX5VW%2fxKR57LOwSK%2bms021q7RLpNztiuvX8lXk6%2bqE8tv2jAAA&hid=21" \o "The role of exercise and nutrition in type II diabetes mellitus management.)

[diabetes mellitus management.](http://web.ebscohost.com.ezproxy.ballarat.edu.au/ehost/viewarticle?data=dGJyMPPp44rp2%2fdV0%2bnjisfk5Ie46%2byB9NjfhOqk63nn5Kx95uXxjL6orVCtqK5JsJa2Uq6nuEqwls5lpOrweezp33vy3%2b2G59q7T7WttEmzqrBRpOLfhuWz44ak2uBV8PDmPvLX5VW%2fxKR57LOwSK%2bms021q7RLpNztiuvX8lXk6%2bqE8tv2jAAA&hid=21" \o "The role of exercise and nutrition in type II diabetes mellitus management.) *Health Science Journal,* 3 (4): 216-21.

Maria Polikandrioti and Helen Dokoutsidou conducted a research to know about the role of exercise and nutrition in type 2 diabetes mellitus. They have taken this research as because diabetes is an existing health problem and they find out several etiological factors of this. The aim of their study was focusing on the role of nutrition in the management of diabetes. Type 2 diabetes is a public health problem in both developed and developing countries which has increased alarmingly in the field of diseases. The method of this study included the bibliography research of all of the reviews and research literatures, which gives a reference to the nutrition management in diabetes mellitus. This is a simple method that they can reveal points from other references without doing a field work. Here, on a review basis, they got the report that the westernised diet which has been established in the last decades plays its major role in the increased morbidity and mortality of diabetes mellitus. According to the literatures, in most of the cases, the result of unregulated blood sugar ends in hyperglycaemia and resulting in increased number of hospitalisation. This clearly reveals that the patients are usually unaware of the existence of disease and they follow unhealthy nutritional practises in their daily lifestyle. According to the view of this research study, the risk of diabetes in patients with impaired glucose tolerance decreased after a program of nutritional importance in diabetes management. Their study resulted with a point that the dietary choices contributes a positive effect to the maintenance of blood glucose within normal range and minimises the complications of the disease. This research helps to understand the importance of health education in the field of nursing and the role of nurses for being a part of this to improve the knowledge of management diabetes mellitus among the patients as well as relatives.

2.[Improvement in nutrition-related knowledge and behaviour of urban Asian Indian school children: findings from the 'Medical education for children/Adolescents for Realistic prevention of obesity and diabetes and for healthy aGeing' ( MARG) intervention study.](http://web.ebscohost.com.ezproxy.ballarat.edu.au/ehost/viewarticle?data=dGJyMPPp44rp2%2fdV0%2bnjisfk5Ie46%2byB9NjfhOqk63nn5Kx95uXxjL6orVCtqK5JsJa2Uq6nuEqwls5lpOrweezp33vy3%2b2G59q7T7WttEmzqrBRpOLfhuWz44ak2uBV8PDmPvLX5VW%2fxKR57LOwSK%2bmtUy2qLdJpNztiuvX8lXk6%2bqE8tv2jAAA&hid=21)

Shah, P; Misra, A; Gupta, N; Hazra, DK; Gupta, R; Seth, P; Agarwal, A; Gupta, AK;

Jain, A & Kulshreshta, A (2010). [Improvement in nutrition-related knowledge and behaviour of urban Asian Indian school children: findings from the 'Medical education for children/Adolescents for Realistic prevention of obesity and diabetes and for healthy aGeing' ( MARG) intervention study.](http://web.ebscohost.com.ezproxy.ballarat.edu.au/ehost/viewarticle?data=dGJyMPPp44rp2%2fdV0%2bnjisfk5Ie46%2byB9NjfhOqk63nn5Kx95uXxjL6orVCtqK5JsJa2Uq6nuEqwls5lpOrweezp33vy3%2b2G59q7T7WttEmzqrBRpOLfhuWz44ak2uBV8PDmPvLX5VW%2fxKR57LOwSK%2bmtUy2qLdJpNztiuvX8lXk6%2bqE8tv2jAAA&hid=21) *British Journal of Nutrition*, 104 (3): 427-36.

Shah, P; Misra, A; Gupta, N; Hazra, DK; Gupta, R; Seth, P; Agarwal, A; Gupta, AK; Jai,n A & Kulshreshta, A conducted a research study among urban Asian Indian school children. The prevalence of childhood obesity has increased in the world wide. This has the most effective impact on the rise of diabetes in the ongoing society. A study among school children or adolescents is very effective in finding out various causative factors and onset of several diseases. So that several school-based programs has been conducted to get a greater effect on the children behaviour towards healthy living. In this research study, the aim was to evaluate the impact of a school-based health and nutritional education program on knowledge and behaviour of urban Asian Indian school children, parents and teachers in the management of obesity and diabetes mellitus. The method used for this research was questionnaire method. This method is well suitable in getting a better information about the knowledge and behaviour of the upcoming society. In this research, the education has provided for 40196 children (aged 8 – 18 years), 25000 parents and 1500 teachers. The education was about health, nutrition and physical activity. The subject focused on the increasing effect of diabetes mellitus. Research has conducted with a pre and post tested questionnaire. Pre test questionnaire resulted with a low baseline knowledge score of 75-94%. But a significant higher improvement has observed after the education. Thus this research study reveals the importance of health education among the children as well as elderly regarding the management and prevention of diabetes mellitus. This study can open a well impact on the nurses to conduct child education or school as well as community health programs to establish the effect of nutrition in the management of diabetes.

3.[Effect of Nutrition Changes on Foods Selected by Students in a Middle School-Based Diabetes Prevention Intervention Program: The HEALTHY Experience.](http://web.ebscohost.com.ezproxy.ballarat.edu.au/ehost/viewarticle?data=dGJyMPPp44rp2%2fdV0%2bnjisfk5Ie46%2byB9NjfhOqk63nn5Kx95uXxjL6orVCtqK5JsJa2Uq6nuEqwls5lpOrweezp33vy3%2b2G59q7T7WttEmzqrBRpOLfhuWz44ak2uBV8PDmPvLX5VW%2fxKR57LOwSK%2bnskqvqLFJpNztiuvX8lXk6%2bqE8tv2jAAA&hid=21)

Mobley, Connie C.; Stadler, Diane D.; Staten, Myrlene A.; El ghormli, Laure; Gillis,

Bonnie; Hartstein, Jill & Siega-Riz, Anna Maria (2012), [Effect of Nutrition Changes on Foods Selected by Students in a Middle School-Based Diabetes Prevention Intervention Program: The HEALTHY Experience.](http://web.ebscohost.com.ezproxy.ballarat.edu.au/ehost/viewarticle?data=dGJyMPPp44rp2%2fdV0%2bnjisfk5Ie46%2byB9NjfhOqk63nn5Kx95uXxjL6orVCtqK5JsJa2Uq6nuEqwls5lpOrweezp33vy3%2b2G59q7T7WttEmzqrBRpOLfhuWz44ak2uBV8PDmPvLX5VW%2fxKR57LOwSK%2bnskqvqLFJpNztiuvX8lXk6%2bqE8tv2jAAA&hid=21) *Journal of School Health,* 82 (2): 82-90.

Mobley, Connie C.; Stadler, Diane D.; Staten, Myrlene A.; El ghormli, Laure; Gillis, Bonnie; Hartstein, Jill & Siega-Riz, Anna Maria conducted a research study among 21 schools. The provision of nutrition in schools has a greater effect on the change of quality of nutrition. A bad effect on this can provide a baseline for obesity and diabetes. This research aimed to improve the quality of foods and beverages served to the students, which focused a view point to decrease the obesity and diabetes. The cohort study has used as the research method to catch the aim. The intervention was implemented in 21 middle schools from winter 2007 through spring 2009. They conducted a healthy experience program among some schools and observed some control schools. This cohort study did a very good comparison to reach the view point. The nutrition component targeted school food service environmental change. Data identifying foods and nutrients served (selected by students for consumption) were collected over a 20-day period at baseline and end of study. This analysis focused a comparative study values for intervention versus control schools. The research resulted as the intervention schools more successfully limited dessert and snack food portion size and lowered fat content of foods served. The intervention and control schools eliminated >1% fat milk and added-sugar beverages, but intervention schools were more successful. Thus the research reveals the importance of healthy experience programs in the maintenance of nutrition, which can do a greater impact in the prevention and management of obesity and diabetes. The research study can influence nurses in providing nutritional education and assessment among the children. This can make a marked decrease in the obesity and diabetes in coming days.

 Diabetes and Nutrition

Healthy nutrition provides quality of life, reduces the frequency of hospitalisation and therefore the high cost of treatment. Patients with diabetes should be constantly informed about the crucial role of nutrition in the management of disease. Lack of understanding of the beneficial effects of dietary choices and exercises in the regulation of diabetes may lead to inappropriate treatment methods (Polikandrioti, M & Dokoutsidou, H, 2009).  Dietary treatment consisting in the lowering of energetic value of the diet through the reduction of fat consumption and quantity and quality changes with respect to carbohydrates consumption decreased the children's obesity, and was more effective in the older age group (7-15 yrs). Dietary treatment normalizes the lipid profile in children. Significant body mass loss has been observed in children in whose diet the amount of proteins and their share in the total energy value only slightly differs from the level before the dietary treatment. The amount of proteins in the children's diet was within the range of physiological recommendation (Mobley, Connie C.; Stadler, Diane D.; Staten, Myrlene A.; El ghormli, Laure; Gillis,Bonnie; Hartstein, Jill & Siega-Riz, Anna Maria, 2012), On the other hand, a modern dietary pattern associated with the intake of processed foods high in refined grains, including rice, potato chips, and pancakes was positively associated with the presence of metabolic syndrome. Reduced intake of more modern processed foods, especially those with high content of refined grains, and adherence to a neo-traditional eating pattern characterized by high intake of plant-based fiber, seafood, and coconut products may help to prevent the continued growth in the prevalence of metabolic syndrome (Shah, P; Misra, A; Gupta, N; Hazra, DK; Gupta, R; Seth, P; Agarwal, A; Gupta, AK; Jai,n A & Kulshreshta, A, 2010).

In conclusion, these three studies were mainly focusing on the relation between nutrition and diabetes mellitus. These studies conducted in different areas and different age groups. All of these studies were in different methods, but the results were almost same. It is crystal clear from these studies that the rising of diabetes in the society is due to lack of knowledge and behaviour in maintaining a good nutritional status. These studies can provide a greater effect in the nursing field. Nurses are mingling with the patient as well as relatives and creating a good personal relationship. So that they can educate patients and their families about diabetes and the self-management skills required. They can provide advice on exercise, diet and medication and monitoring insulin levels. The nurses can often work in outpatient clinics and often travel to hold clinics in regional areas.

References

Mobley, Connie C.; Stadler, Diane D.; Staten, Myrlene A.; El ghormli, Laure; Gillis,

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