

REPORT ON HEALTH EDUCATION - WORLD DIABETES DAY

Venue: Adayur Village

Date: Nov 22, 2025

Organised By

- **Dr. A.M Arunvineeth** , Senior Resident
- **Mr. Mahalingam**, Health Inspector
- **Mr. Vinoth**, Medical Social Worker

Introduction

Under the instructions and guidance of the Head of the Department, a health education programme was conducted at Adayur village on the theme of **World Diabetes Day**. The objective of this programme was to enhance community awareness regarding diabetes, its complications, preventive measures, and the importance of healthy lifestyle practices.

Participant profile

A total of **30 participants** from Adayur village attended the program and actively engaged throughout the session.



Diabetes and Its Complications

Participants were educated on the definition of diabetes, its types, and high-risk factors. The discussion focused on:

- Causes and symptoms of diabetes
- Importance of early diagnosis
- Short-term and long-term complications such as neuropathy, nephropathy, retinopathy, cardiovascular diseases, diabetic foot, and stroke
- Consequences of uncontrolled blood sugar levels

Emphasis was placed on the need for regular screening, adherence to prescribed medications, and timely medical follow-up.

Diabetic Diet and Lifestyle Modifications

Dietary management and lifestyle modification play a central role in the prevention and control of diabetes. During the session, the participants were clearly informed that a diabetic diet, nutritious, and portion-controlled diet to be taken. They were advised to include whole grains, pulses, vegetables, green leafy vegetables, fibre-rich foods, and low glycaemic index fruits in their daily meals. The importance of limiting sugar, sweets, white rice, refined flour products, oily and fried foods, bakery items, and high-calorie snacks was highlighted to prevent sudden elevation of blood glucose levels. Along with the type of food consumed, the timing of meals was also emphasised, reinforcing that regular and consistent eating habits will help to maintain stable blood sugar levels throughout the day. Participants were also encouraged to stay hydrated and adopt healthy cooking practices such as steaming, boiling, and grilling instead of deep frying.

Further, the session included information on essential lifestyle modifications necessary for long-term diabetes control. Participants were counselled to avoid tobacco and alcohol, as both habits contribute to vascular damage and poor glycaemic control. They were reminded of the importance of routine monitoring of blood sugar and blood pressure, adherence to medical follow-up, and the need to take prescribed medications or insulin regularly without interruption. These habits collectively help in preventing complications and ensuring better management of diabetes.

Interactive Query Session

After the educational session, an open discussion was conducted. Participants clarified doubts regarding sugar control, diet planning, medication use, and lifestyle practices. The session was interactive and well-received by the community.

Blood Pressure Monitoring

To promote early detection of hypertension among elderly individuals, BP monitoring was carried out for the attending senior citizens. Those with elevated readings were advised regarding further medical follow-up and lifestyle modifications.

Conclusion

The programme successfully created awareness among the villagers about diabetes, its prevention, and management. The participants showed keen interest and expressed gratitude for the informative session. The Department of Community Medicine will continue to organise similar activities to promote community health and wellbeing.

