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### Transcultural study of dietary habits and physical activities among patients with diabetes and control subjects in Myanmar and Thailand

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Diabetes prevalence has been rising more rapidly in low and middle income countries. In Myanmar WHO STEP survey, a high intake of FV (fruit and vegetable) was associated with lower odds of hypertriglyceridemia among men and women. It was also associated with cholesterol levels, negatively among women and positively among men. Myanmar's traditional food tends to have a lot of fats and carbohydrates. Recently, dietary habits of Myanmar residents have been westernizing. More than 200,000 deaths annually among the Thai population are owing to chronic non-communicable diseases and about 30,000 deaths are owing to diabetes, a leading cause of death in Thailand. With rapidly emerging T2DM, prevalence among adults has risen from 2.3% in 1991 to 8.0% in 2015. Over 4 million Thai adults live with diabetes, making it the top cause of disability-adjusted life years lost for Thai women and the seventh cause for men. In total 600 T2DM patients will be recruited (both side) to have face to face questioners interview dietary habits, physical activity, salt and sugar measurement from the food. This study will investigate the occurrence of DM in citizens of the Yangon Region, Myanmar and Chiang-mai, Thailand. The comparison of pre-test results of the actual dietary habits and activity habits of adult of Myanmar and Thailand showed the factor that the prevalence of T2DM in urban Myanmar is extremely high.

#### Biography

Ahmad Ishtiaq has completed his MD at the age of 24 years from International School of Medicine, Bishkek. His specialty is gastroenterology and worked as research fellow at graduate School of Medicine, Juntendo University, Tokyo, Japan. Currently, He is the PhD candidate, at Juntendo University dept. of Public health. He is working on Pfizer Type 2 Diabetes project in Thailand and Myanmar. He has published a systematic review on Childhood obesity and nutrition transition in Asian countries.

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