

1 **Assessment Diabetes Screening Camp Among Adults in Village** 2 **Bhaganki, Panchgaon, Gurugram**

3 **Abstract**

4 Health screening camps are essential in identifying and preventing chronic conditions like
5 diabetes and hypertension. On World Diabetes Day 2024, Amity College of Nursing
6 organized a Diabetes Screening Camp under the theme “Breaking Barriers, Bridging Gaps”
7 in Bhaganki village, Panchgaon, Gurugram. The camp provided free health check-ups,
8 including Body Mass Index (BMI) assessment, blood pressure measurement, blood sugar
9 testing, and educational sessions on diabetes prevention. A total of 88 adults participated
10 (36 males, 52 females), with 22 individuals reporting a family history of diabetes. Among
11 them, 18 were prediabetic, 7 had diabetes, and 10 exhibited hypertension-related concerns.
12 The initiative successfully promoted early diagnosis, preventive healthcare, and community
13 awareness regarding diabetes management.

14 **Keywords**

15 Diabetes Screening, Preventive Health, Body Mass Index, Community Healthcare, Health
16 Education

17 **1. Introduction**

18 Diabetes is a chronic, metabolic disease characterized by elevated levels of blood glucose
19 (or blood sugar), which leads over time to serious damage to the heart, blood vessels, eyes,
20 kidneys and nerves. The most common is type 2 diabetes, usually in adults, which occurs
21 when the body becomes resistant to insulin or doesn't make enough insulin. In the past 3
22 decades the prevalence of type 2 diabetes has risen dramatically in countries of all income
23 levels. Type 1 diabetes, once known as juvenile diabetes or insulin-dependent diabetes, is a
24 chronic condition in which the pancreas produces little or no insulin by itself. For people
25 living with diabetes, access to affordable treatment, including insulin, is critical to their
26 survival. There is a globally agreed target to halt the rise in diabetes and obesity by 2025.

27 About 830 million people worldwide have diabetes, the majority living in low-and middle-
28 income countries. More than half of people living with diabetes are not receiving treatment.
29 Both the number of people with diabetes and the number of people with untreated diabetes
30 have been steadily increasing over the past decades.

31 **2. Methodology**

32 **2.1 Camp Organization**

33 Diabetes mellitus is a global health challenge, impacting millions of individuals. Early
34 detection and intervention play a critical role in reducing complications and improving patient
35 outcomes.

36 World Diabetes Day, observed annually on November 14, aims to raise awareness about
37 diabetes prevention and access to essential healthcare. In response, Amity College of
38 Nursing conducted a community diabetes screening camp in Bhaganki village, providing free
39 health assessments and promoting lifestyle modifications to manage diabetes effectively.

40 The screening camp was held on November 14, 2024, from 10:00 AM – 1:00 PM, facilitated
41 by faculty and students of Amity College of Nursing. Residents of Bhaganki village were
42 invited for free screenings and awareness sessions to address diabetes and hypertension
43 risks.

44 **2.2 Health Assessments Conducted**

45 The following screenings were performed:

- 46 • Body Mass Index (BMI) Calculation to assess weight-related health risks.
- 47 • Blood Pressure Monitoring for hypertension detection.
- 48 • Random Blood Sugar (RBS) Testing to evaluate diabetes risk.
- 49 • Health Education Sessions focusing on diabetes prevention, healthy eating, exercise
- 50 routines, and medication adherence.

51 **3. Results and Findings**

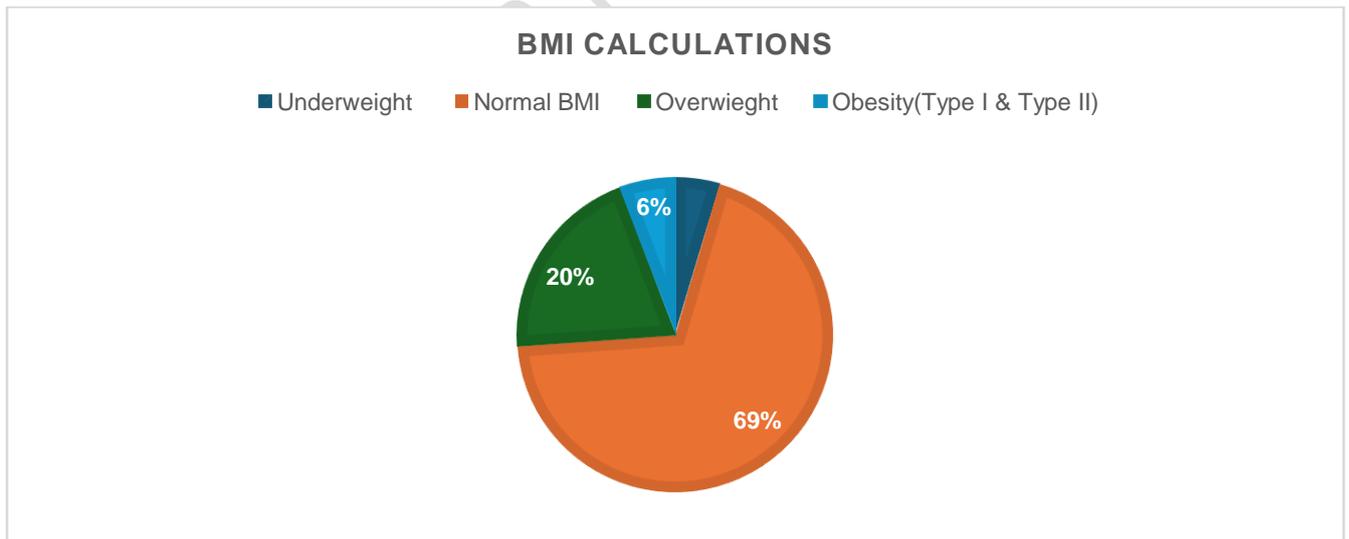
52 **3.1 Participant Demographics**

53 The screening camp had 88 participants, including 36 males and 52 females. Out of these,
54 22 individuals had a family history of diabetes, increasing their risk of developing the
55 condition.

56 **3.2 BMI Assessment**

57 BMI calculations categorized participants as follows:

- 58 • **04 individuals** were underweight.
- 59 • **61 individuals** had a normal BMI.
- 60 • **18 individuals** were overweight.
- 61 • **05 individuals** had obesity (Type I & II).



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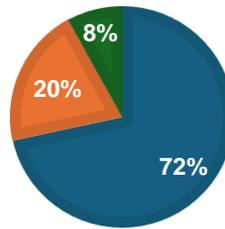
63 **3.3 Diabetes Screening (Random Blood Sugar Levels)**

64 The blood sugar tests revealed:

- 65 • **63 participants** had normal blood sugar levels (70–140 mg/dL).
- 66 • **18 participants** were identified as **prediabetic** (140–200 mg/dL).
- 67 • **07 participants** were diagnosed with **diabetes** (>200 mg/dL).

DIABETES SCREENING (RANDOM BLOOD SUGAR LEVELS)

- Normal blood sugar levels (70–140 mg/dL)
- Prediabetic (140–200 mg/dL).
- Diagnosed with diabetes (>200 mg/dL).



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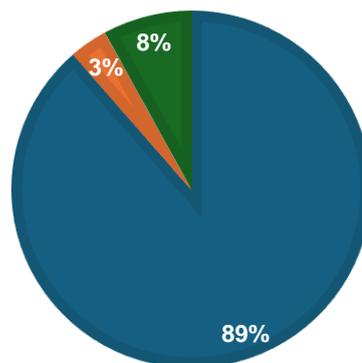
69 3.4 Hypertension Screening

70 Blood pressure readings categorized individuals into:

- 71 • **78 participants** with normal blood pressure levels.
- 72 • **03 individuals** diagnosed with **Type I Hypertension**.
- 73 • **07 individuals** diagnosed with **Type II Hypertension**.

HYPERTENSION SCREENING

- Normal blood pressure levels
- Diagnosed with Type I Hypertension
- Diagnosed with Type II Hypertension.



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75 4. Discussion

76 The screening results emphasized the urgent need for preventive healthcare interventions in
77 the community. Among the 88 participants, 18 were prediabetic and 7 had diabetes,
78 highlighting the necessity for lifestyle modifications and medical supervision. BMI
79 assessments also identified 23 individuals with overweight or obesity, reinforcing the
80 importance of dietary regulation and physical activity programs. Additionally, the 10
81 hypertension cases suggest that heart health awareness and monitoring should be
82 integrated into future healthcare initiatives.

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85 5. Conclusion

86 The Diabetes Screening Camp 2024 effectively contributed to early diagnosis, preventive
87 education, and awareness programs for adults in Bhaganki village. By providing free
88 screenings and structured health sessions, the initiative empowered individuals with
89 knowledge and strategies to manage diabetes and hypertension. Future programs should
90 prioritize follow-up screenings, personalized healthcare plans, and sustainable community
91 health initiatives to enhance overall well-being.

92 **6. Recommendations**

- 93 1. **Regular follow-up screening camps** to monitor prediabetic and hypertensive
94 individuals.
- 95 2. **Community-based nutrition workshops** promoting healthy dietary habits.
- 96 3. **Physical activity awareness programs** targeting overweight and hypertensive
97 participants.
- 98 4. **Integration of telehealth services** for continuous diabetes management.
- 99 5. **Collaboration with local healthcare providers** to ensure treatment accessibility.

100 **7. References**

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