



COMMUNITY SERVICE PROJECT

Basic Details of the Team and Project

Project Title: Incidence of Diabetes and other chronic diseases

Location: Jonnada, Vizianagaram

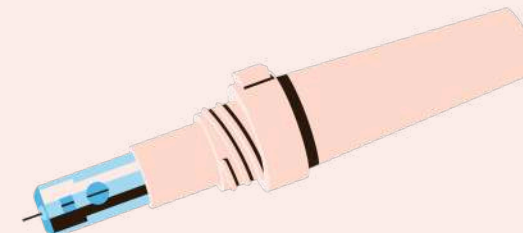
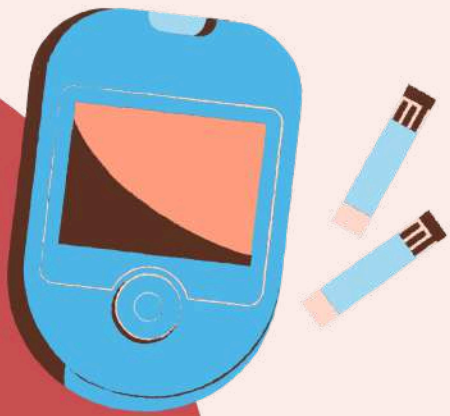
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SURVEY: Initial Research

Week 1 – Consultation with Medical Professionals

Objective: To gain *foundational knowledge* of *diabetes* and *chronic diseases*.

Details: As *non-medical students*, we *consulted* with a *doctor* to understand the *basics before engaging* with the *community survey*.



Understanding Diabetes

Diabetes is a chronic condition where the *body either does not produce enough insulin (Type 1) or cannot effectively use the insulin it produces (Type 2)*. This leads to elevated blood sugar levels.

Stages of Diabetes:

Pre-Diabetes: Higher than normal blood sugar levels, but not high enough to be classified as diabetes.

Diabetes (Type 1 & Type 2): Consistently high blood sugar that needs regular monitoring and management.

Gestational Diabetes: Occurs during pregnancy and may resolve after delivery.

Fasting Blood Sugar Range

Age Group	Male (mg/dL)	Female (mg/dL)
Below 40 years	Normal: <100 Diabetes: ≥126	Normal: <100 Diabetes: ≥126
40-60 years	Normal: <110 Diabetes: ≥131	Normal: <110 Diabetes: ≥121
Above 60 years	Normal: <120 Diabetes: ≥141	Normal: <120 Diabetes: ≥131

Understanding Chronic Diseases

Chronic diseases are *long-term medical conditions that are generally progressive*.
Examples include heart disease, diabetes, and arthritis.

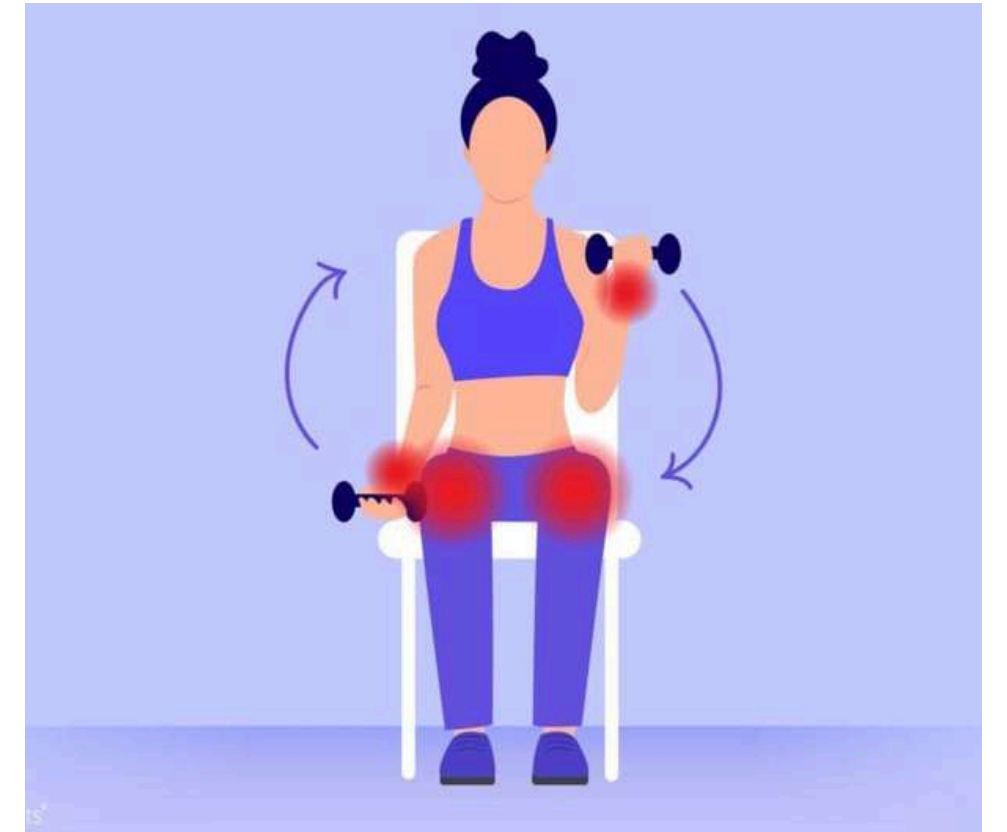
Heart disease



Diabetes



Arthritis



SURVEY: Visit to Jonnada Village

Week 2



Location: Jonnada is a rural village, 13 km from Vizianagaram, covering 87.41 hectares.

Demographics: The population is 3,360 with 903 households. Women make up 51.5% of the population, and the overall literacy rate is 49.8% (*female literacy is 21.9%*).

Health Infrastructure: The village has limited healthcare with 1 Primary Health Sub-Centre and 1 RMP doctor.

SURVEY: Health Examination in Jonnada



Week 3 – Blood Sampling and Preliminary Health Check

Action: *Blood samples were taken* under the supervision of medical professionals to check for diabetes prevalence among villagers.

SURVEY: Health Examination in Jonnada



Week 3 – Blood Sampling and Preliminary Health Check

Methodology: *Conducted surveys* and *health assessments* to categorize villagers based on their diabetes stages.

SURVEY: Discovery of Chronic Diseases



Week 4 – Arthritis in Jonnada

Our survey found a significant *presence of arthritis* among the villagers, another prevalent chronic disease in addition to diabetes.

SURVEY: Analyzing the Results



Week 5 – Lab Results for Diabetes

Results: Significant cases of diabetes were found in men and women over *40 years of age*.

SURVEY: Major Causes of Diabetes

Week 5 – Identifying Diabetes Risk Factors

Poor Diet:

Women: Leftover food consumption, leading to high-calorie intake.

Youth: Excessive junk food, sugary drinks, smoking, and drugs leading to pre-diabetes.

Villagers: Consuming cheap salt, cheap food (unauthorized), alcohol consumption.

Lack of Awareness:

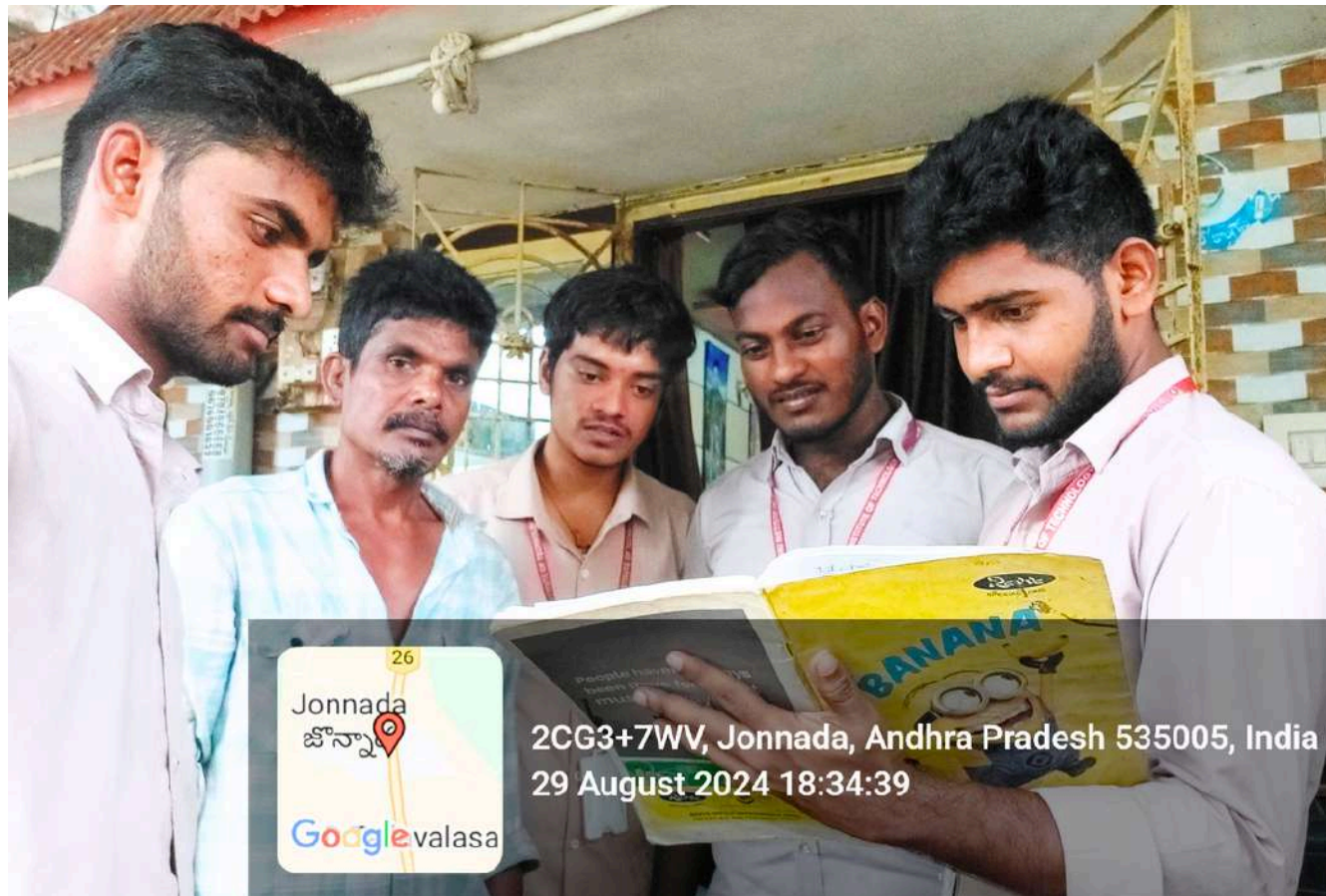
Less awareness of smoking, poor hydration, and *arthritis management*.

Stress & Smoking:

Common among villagers, contributing to higher risk.

SURVEY: Verifying Causes with Villagers

Week 6 – Verifying Survey Findings with Villagers



Action: Conducted follow-up surveys *to validate the identified risk factors* by *discussing habits* and *lifestyle* choices with villagers.

Outcome: Most *villagers confirmed* the identified risk factors.

SURVEY: Expert Consultation

Week 7 – Medical Feedback and Insights



Objective: Presented our findings to a local doctor for *insights on improving health outcomes* in the village.

Suggestions: The doctor emphasized *dietary control, regular exercise, and awareness programs*.

Development of Diabeaters App

Week 7 – Creation of "Diabeaters" App



Features:

- Monitors **user's food** and **exercise intake**.
- Provides **real-time feedback** on health status (*safe, danger, or normal*).
- Tracks user habits and provides **personalized health suggestions**.

SURVEY: Awareness Campaign

Week 8 – Community Awareness Program



[\[Link\]](#)

Activity: Launched the "**Diabeaters**" app and conducted an awareness campaign via *local WhatsApp groups* and *social media*.

Goal: To educate villagers about diabetes prevention and health management.

Scan this QR Code to use our application online.

FINAL SURVEY:

Week 8 – Collecting User Feedback



Activity: Collected *feedback* from villagers about the "**Diabeaters**" app and any issues or improvement suggestions.

Outcome: *Positive response* with suggestions for more user-friendly features.

**THANK
YOU VERY
MUCH!**

