

A Study Conducted to Know about Diet and Physical Activity Intervention Strategies for College Students

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Abstract: background: study is done on dental students of Khammam, this study is not done before on Dental students of Mamata college Khammam.

Introduction: Now a days college students are more conscious about their health and this study is to know about different strategies and dietary plans.

Objective: To understand perceived barriers of a diverse sample of college students and their suggestions for intervention aimed at healthy eating, cooking, and physical activity.

Methodology: A cross-sectional study was used to collect data from dental students in Khammam.

Result: According to our survey many people think that they are not physically fit and many people enjoy participating in physical activity

Conclusion: After the study we have concluded that majority of students enjoy participating in diet and physical activity

Keywords: Diet, physical activity, fruits, pulses, meat.

1. Introduction

The diet and physical activity behaviours of college aged adults are marked by low physical activity rates, high television\computers viewing and poor dietary habits mainly college students do not meet recommendations for food and nutrients such as whole grains, fruits, vegetables and calcium and consume excessive amounts of sugars, sweetened beverages and food high in fat and salts. Various chronic diseases including hypertension and type 2 diabetes have been linked to obesity and in 2012 40% of college aged adults were identified for overweight or obese. This will help the students to understand their perspective on what strategies are necessary for the development of successful diet and physical activity behavior change interventions by asking them to help build an ideal curriculum that include both face to face and online components.

2. Methodology

A cross-sectional study method using questionnaire was used

to collect data from dental students in Khammam. Permission was taken from head of the department, department of public health dentistry. Questionnaire was explained and informed consent was taken prior to the study group.

Inclusive criteria:

All the 4th year students and interns who are present during the day of the survey were included in the study. The duration of study was from 10/4/19 to 12/4/19.

Exclusive criteria:

Students who are absent during the day of the survey and not willing to participate were excluded.

Study procedure:

The study was conducted among 200 dental students. Questionnaire was distributed to 4th BDS students and interns during their working hours 9:00am to 4:00pm.

3. Survey result

This study was conducted among 200 students of which majority (85.5%) were females. Majority (58%) were interns, 4th years are about (42%).

Table 1
Gender

	frequency	percentage
Male	29	14.5
Female	171	85.5

Table 2
Year

	frequency	percentage
4 th years	84	42
interns	116	58

Table 3

	frequency	percentage
yes	96	48
no	104	52

In the above table 52% of students think that they are not

physically fit and 48% of students believe that they are physically fit.

Table 4

	frequency	percent
Not really	48	24
often	116	58
Very often	28	14
never	8	4

In the above table 58% of students often enjoy participating in physical activity, 24% of students not really enjoy participating in physical activity. 14% of students very often enjoy participating in physical activity and 4% of students never enjoy participating in physical activity.

Table 5

	frequency	percent
meat	76	38
fruits	100	50
pulses	24	12

In the above table 50% of students like to eat fruits, 38% of students like to eat meat and 12% of students like to eat pulses.

Table 6

	frequency	percent
yes	80	40
no	120	60

In the above table 40% of students are dieted before and 60% of students are never dieted.

Table 7

	frequency	percent
yes	192	96
no	8	4

In the above table 96% of students think by following diet and physical activity they can be healthy and 4% of students

think by following diet and physical activity they can be healthy.

4. Discussion

Obesity prevention and behavior change programs typically overlook college students as an at risk population and students in this study indicated an overall interest in having diet and physical activity focused programming on campus.

Data was collected for 200 students of age group 20-24 years. The survey revealed that 52% of students believe that they are not physically fit and 48% of students believe they are physically fit and majority of students enjoy participating in physical activity and 96% of students think by following diet and physical activity they can be healthy.

5. Conclusion

After the survey to conclude the purpose of this research was to assess the eating and physical activity habits of college students to determine if they are meeting the dietary guidelines and to identify if the weight status correlate with these habits. Many of students believe they are not physically fit and they enjoy participating in physical activity like dancing and majority students like to consume fruits daily and they are interested in leaving about nutrition and developing healthy habits.

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