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LIFE STYLE PATTERN, NUTRIENT INTAKE, KNOWLEDGE AND HEALTH AWARENESS AND ITS ASSOCIATION TO DYSLIPIDEMIA

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The lifestyle changes like dietary habits, physical activity and knowledge of nutrients may good strategy for management of dyslipidemia. The study aims that lifestyle pattern, nutrients intake, knowledge and health awareness and its association to dyslipidemia. The study was conducted in public sector company hospitals in Bangalore city. The total samples of N=400 (n=306 male and n=94 female) hyperlipidemic subjects were selected between the age group of 30-60 years. The tools were developed to collect data on life style status, nutrient intake data using 24 hours 3 days dietary recall method and frequency of food intake, nutritional knowledge and health awareness of the selected samples using validated questionnaire. The results showed that majority of the respondents (85%) were indulging in daily physical activity walking for duration of less than 30 minutes. However, the difference in physical activity among the gender were found statistically significant ($p<0.05$). Most of the hyperlipidemic patients from both male and female were pre-obese and overweight and they consume rice, sugar every day, we observed that energy and carbohydrate intake was predominant and less intake of fibre in their diet. Most of the male counterparts (50%) had a habit of smoking 2-3 cigarettes per day. The higher percentage of the respondents (52.5%) had habits of drinking 90 to 180 ml of alcohol (Whisky) on special occasions. The female's respondents had higher nutrition knowledge and health awareness than their male's counterparts in all aspects of food, diet and nutrients. The difference in the health awareness and Nutritional knowledge between male and female found to be statistically significant ($p<0.05$). Overall nutritional knowledge and health awareness was found 47%. The findings from this study diet, physical inactivity and less nutritional knowledge may have the risk factor for dyslipidemia.

Biography

Shivakumara C S has completed his PhD work and is waiting for PhD degree from the Department of Food, Nutrition and Research Centre, Smt V H D Central Institute of Home Science, Bangalore University, Karnataka, India. He worked as an Assistant Professor and Visiting Faculty in the various institutions. He has published two papers in reputed journals and presented paper in both national and international conference and he got best presentation award. He cleared Indian national exams for Assistant Professor UGC-NET and State exam K-SET. He delivered Guest Lecture in the various Indian defense company and MNC companies in the topic of "Right Nutrition on Maintaining Good Health".

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