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ATTITUDE, AWARENESS, PHYSICAL ACTIVITIES AND DIET PRACTICE ABOUT SEDENTARY LIFESTYLE AMONG MALE AND FEMALE HEALTH UNIVERSITY STUDENTS

Yuvraj Rananajay Singh[1] and Dr. Srabani Bhattacharya[2]*

[1]MBBS Student, Rajiv Gandhi Medical College and CSM Hospital, Kalwa, Thane-400605, Maharashtra, India.
[2]Professor and Head of Physiology Department, Rajiv Gandhi Medical College and CSM Hospital, Kalwa, Thane-400605, Maharashtra, India.

***Corresponding Author: Dr. Srabani Bhattacharya**

Professor and Head of Physiology Department, Rajiv Gandhi Medical College and CSM Hospital, Kalwa, Thane-400605, Maharashtra, India.

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ABSTRACT

This cross-sectional study was conducted among male and female students who had taken admission under Maharashtra University of Health and Sciences (MUHS), Nashik, Maharashtra, India. The age of the participants were 18+ years. Total number of participants 118. Among them 51.70% were maleand 48.30% were female. Their height 130-140 cm (0.8%), 141-150 cm (2.5%), 151-160 cm (15.3%), 161-170 cm (39%), 171-180 cm (33.9%), 181 cm and above (8.5%). Regarding the weight of the participants, 19.5% (30-50 kg), 56% (51-70 kg), 22% (71-90 kg) and 2.5% (above 90 kg). 81.4% were from MBBS course, 8.5% AYUSH, 2.5% BPTH/BOTH, 0.8% BDS and 1.7% from other branches. 79.7% participants were from Urban area and 20.3% from Rural area. 28.81% doing daily physical exercise, 54.24% 2-3 times/week and 16.95% never done exercise. 26.27% were pure vegetarian, vegan 0.85%, vegetarian with egg 21.19% and non vegetarian 51.69%. Healthy living is a way of living which help to enjoy more aspects of life.

KEYWORDS: Sedentary lifestyle, Awareness, Diet, Physical exercise, Health University Students.

INTRODUCTION

Sedentary behavior is an increasingly prevalent condition among college students.[1] A high prevalence of lifestyle risk factors is seen pushing us towards ill health and lower vitality.[2] Types of food intake, lack of exercise, psychological depression due to study burden, examination pressure, peer pressure, discrepancies and deviation between expectation and reality all compound into psychological stress. The life students is stressful throughout the course of studies. Despite the well known benefits of physical activity, many adults and children lead sedentary lifestyle[3] which have obvious negative health implications. The word “sedentary” is coined from the Latin word“sedere" which means“to sit" hence sedentary behavior is a term used to characterize those behavior that are associated with low energy expenditure. Lifestyle diseases are a threat to the socio-economic aspects of nations globally.[5] Physical inactivity has been related not only to obesity but also associated morbidity and non-transmittable chronic diseases.[6] Sedentary lifestyle leads to increase BMI and thus human being are subjected to obesity.[7]

MATERIALS AND METHODS

This cross-sectional study was conducted among students who had taken admission under Maharashtra University of Health and Sciences, Nashik, Maharashtra, India. This study was conducted among both male and female students who agreed to take part. The age of the students were 18+ years. The data were entered into the Microsoft Excel and was analyzed.

RESULTS AND DISCUSSION

Table 1: Demographic.

Demographics	Parameters	n	%
Sex	Male	61	51.70%
	Female	57	48.30%
Age	18	28	23.72%
	19	48	40.67%
	20	24	20.33%
	21	12	10.16%
	22	2	1.69%
	23	1	0.85%
	24	1	0.85%
	33	1	0.85%
	37	1	0.85%
Height (in cm)	130-140 cm	2	2%
	141-150 cm	6	5%
	151-160 cm	24	20%
	161-170 cm	42	36%
	171-180 cm	38	32%
	181 cm & above	6	5%
Weight (in Kg)	30-50 kg	33	28%
	51-70 kg	61	52%
	71-90 kg	21	18%
	91 kg & above	3	2%
BMI	Underweight (<18.5)	21	17.8%
	Normal weight (18.5-24.9)	79	66.9%
	Overweight (25-29.9)	14	11.9%
	Obese (30 & above)	4	3.4%
Course	MBBS	96	81.4%
	AYUSH	10	8.5%
	BPTH / BOTH	3	2.5%
	BDS	1	0.8%
	B.Pharma	2	1.7%
	Other	6	5.1%
Permanent residence	Urban area	94	79.7%
	Rural area	24	20.3%
Currently staying place	With family	92	78%
	With relatives	4	3.4%
	Hostel	17	14.4%
	Rented	5	4.2%

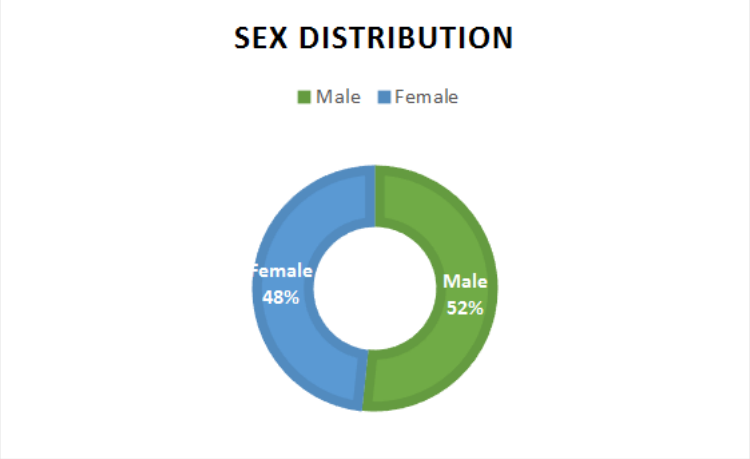

Fig 1: Sex Distribution.

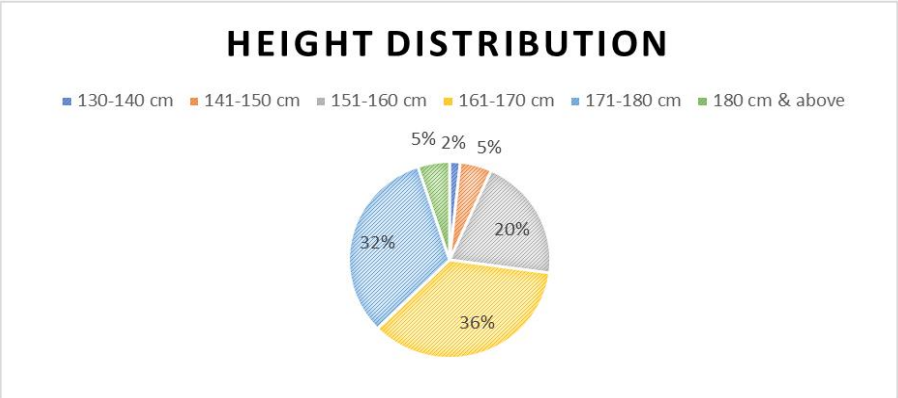

Fig 2: Height Distribution.

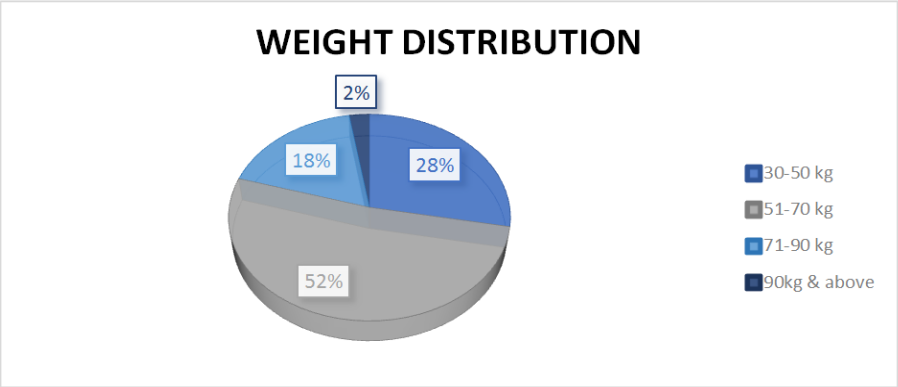

Fig 3: Weight Distribution.

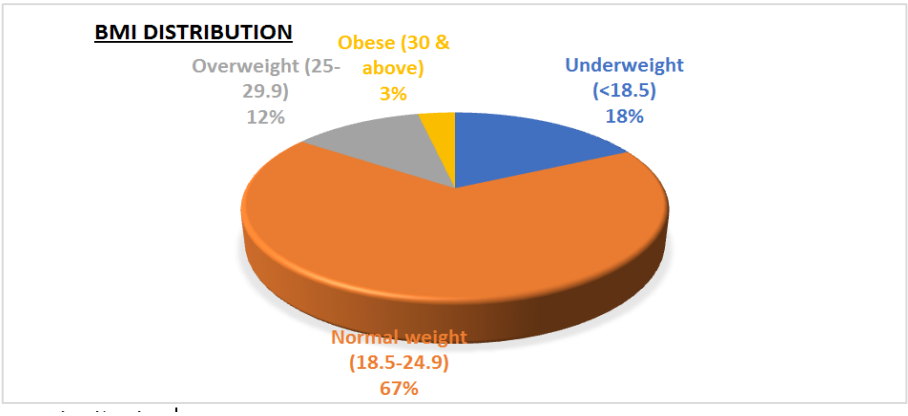

Fig 4: BMI Distribution.

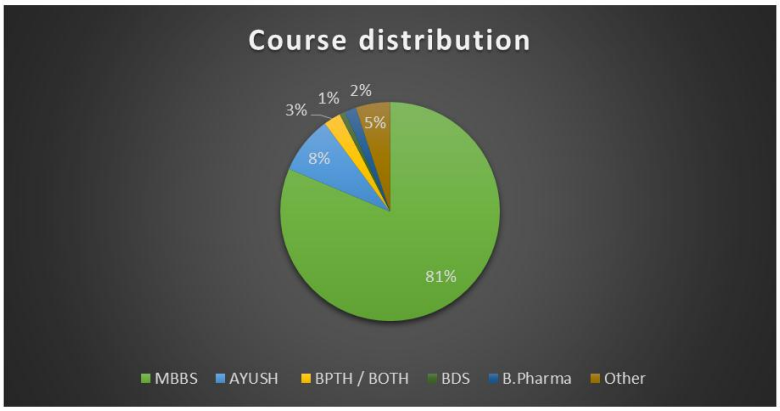

Fig 5: Course Distribution.

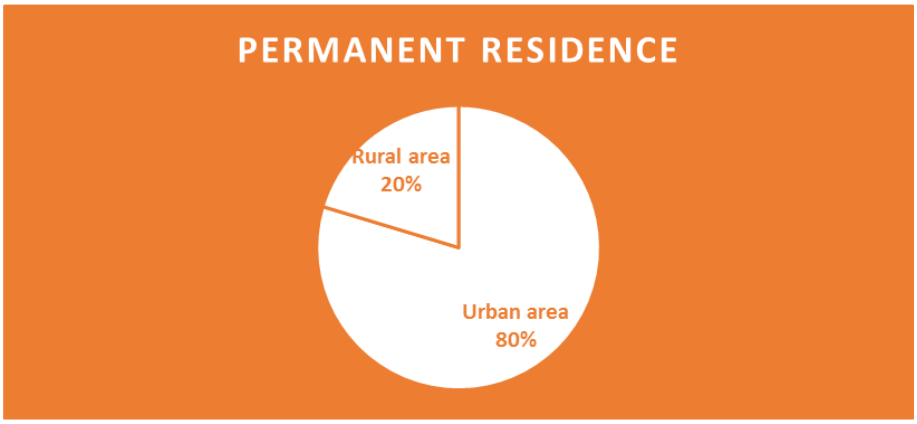

Fig 6: Permanent Residence.

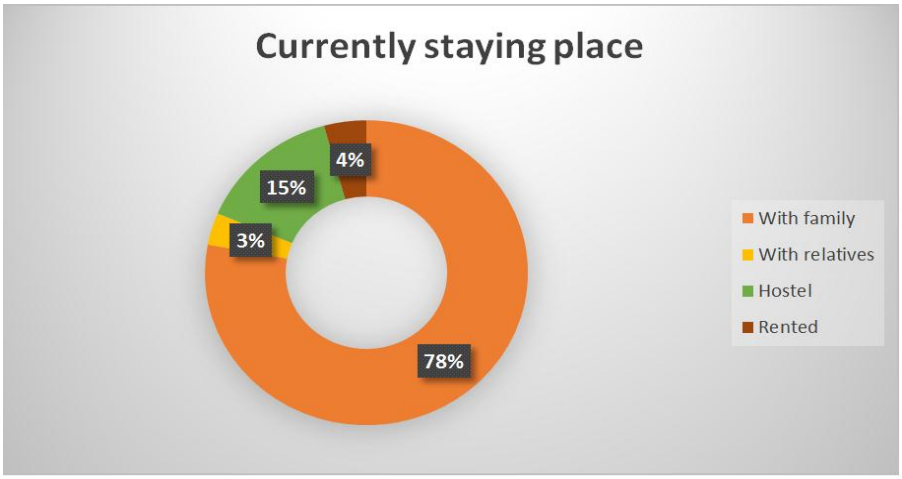

Fig 7: Currently staying place.

Table 2: Frequency of eating / ordering outside food.

Frequency of	Never			2-3 times/ week			Daily		
	Male	Female	Total	Male	Female	Total	Male	Femal	Total
Eating outside home / hostel	**22 (18.64%)**	**24 (20.34%)**	**46 (38.98%)**	**37 (31.36%)**	**30 (25.42%)**	**67 (56.78%)**	**2 (1.69%)**	**3 (2.54%)**	**5 (4.24%)**
Ordering take away food	26 (22.03%)	24 (20.34%)	50 (42.37%)	33 (27.97%)	33 (27.97%)	66 (55.93%)	2 (1.69%)	0 (0%)	2 (1.69%)

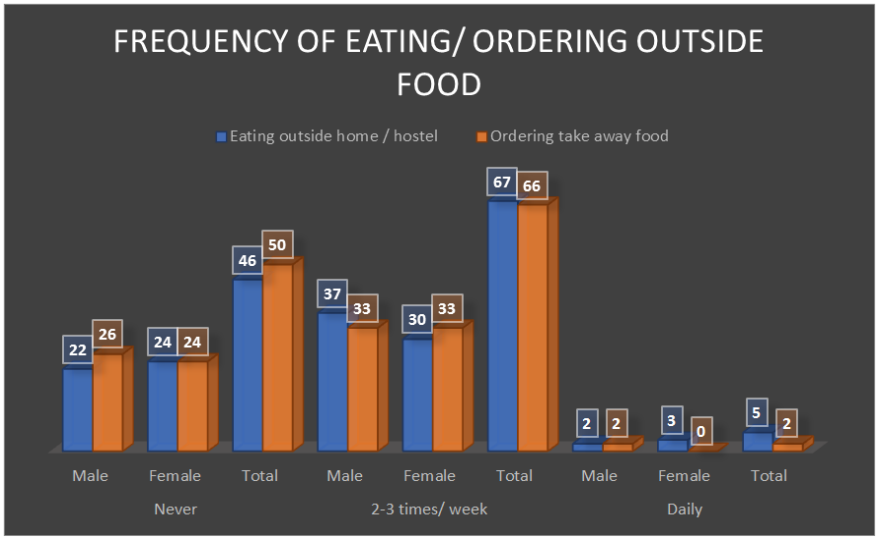

Fig 8: Frequency of eating / ordering outside food.

Table 3: Frequency of physical exercise.

Frequency of physical exercise	Female	Male	Total
Never	12 (10.17%)	8 (6.78%)	20 (16.95%)
2-3 times/week	30 (25.42%)	34 (28.81%)	64 (54.24%)
Daily	15 (12.71%)	19 (16.10%)	34 (28.81%)

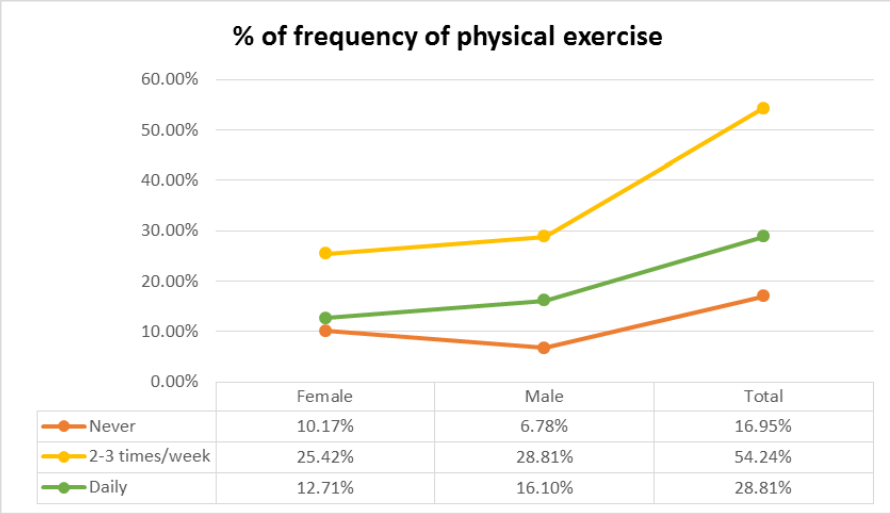

Fig. 9: % of Frequency of physical exercise.

Table 4: Duration of exercise.

Duration of exercise	Female	Male	Total
2-3 hours/week	25 (21.19%)	22 (18.64%)	47 (39.83%)
4-4+ hours/week	11 (9.32%)	21 (17.80%)	32 (27.12%)
Not applicable	21 (17.80%)	18 (15.25%)	39 (33.05%)

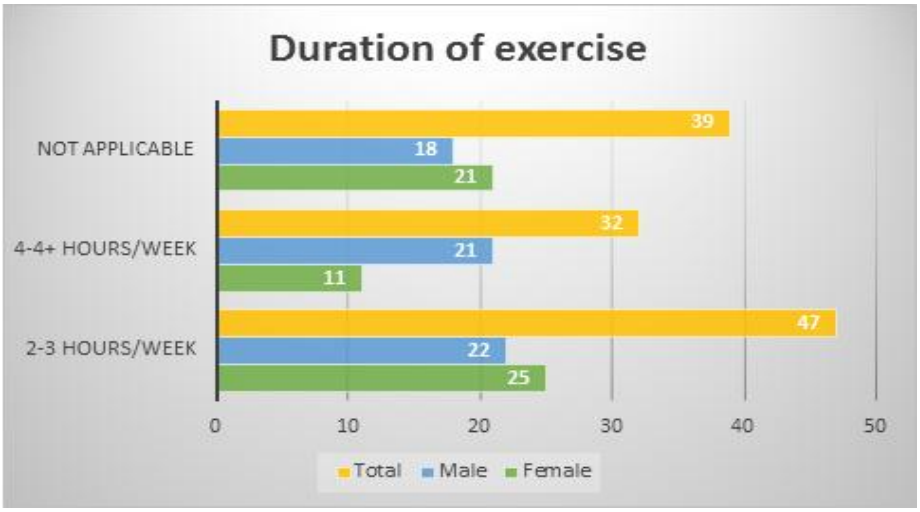

Fig 10: Duration of exercise.

Table 5: Intensity of exercise.

Intensity of exercise	Female	Male	Total
Mild	24 (20.34%)	18 (15.25%)	42 (35.59%)
Moderate	20 (16.95%)	28 (23.73%)	48 (40.68%)
Rigorous	1 (0.85%)	9 (7.63%)	10 (8.47%)
Not applicable	12 (10.17%)	6 (5.08%)	18 (15.25%)

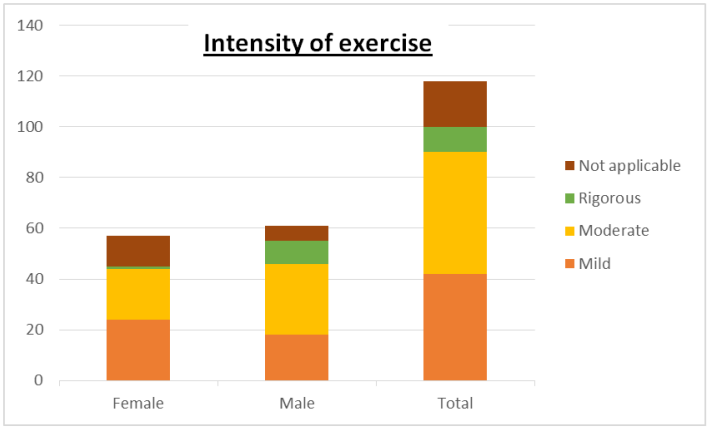

Fig. 11: Intensity of exercise.

Table 6: Place of exercise.

Place of exercise	Female	Male	Total
Gym	2 (1.69%)	5 (4.24%)	7 (5.93%)
Home	39 (33.05%)	31 (26.27%)	70 (59.32%)
Outdoors with sunlight	7 (5.93%)	19 (16.10%)	26 (22.03%)
Not applicable	9 (7.63%)	6 (5.08%)	15 (12.71%)

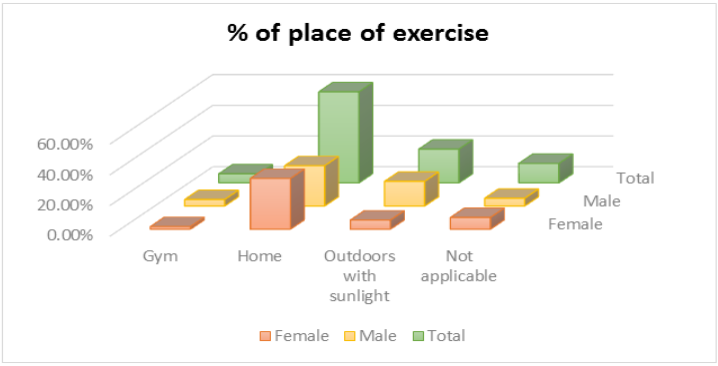

Fig 12:% of place of exercise.

Table 7: Approximate duration of exposure to sunlight.

Approximate duration of exposure to sunlight	Female	Male	Total
<1 hour/week	26 (22.03%)	17 (14.41%)	43 (36.44%)
2-3 hour/week	15 (12.71%)	23 (19.49%)	38 (32.20%)
4/4+ hour/week	13 (11.02%)	19 (16.10%)	32 (27.12%)
Never	3 (2.54%)	2 (1.69%)	5 (4.24%)

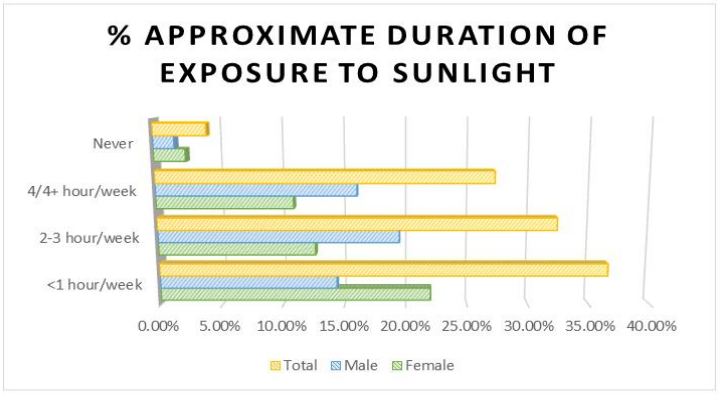

Fig 13: % Approximate duration of exposure to sunlight.

Table 8: Alcohol consumption.

Do you consume alcohol?	Female	Male	Total
2-3 times/week	0 (0%)	1 (0.85%)	1 (0.85%)
Never	54 (45.76%)	54 (45.76%)	108 (91.53%)
Occasionally	3 (2.54%)	6 (5.08%)	9 (7.63%)

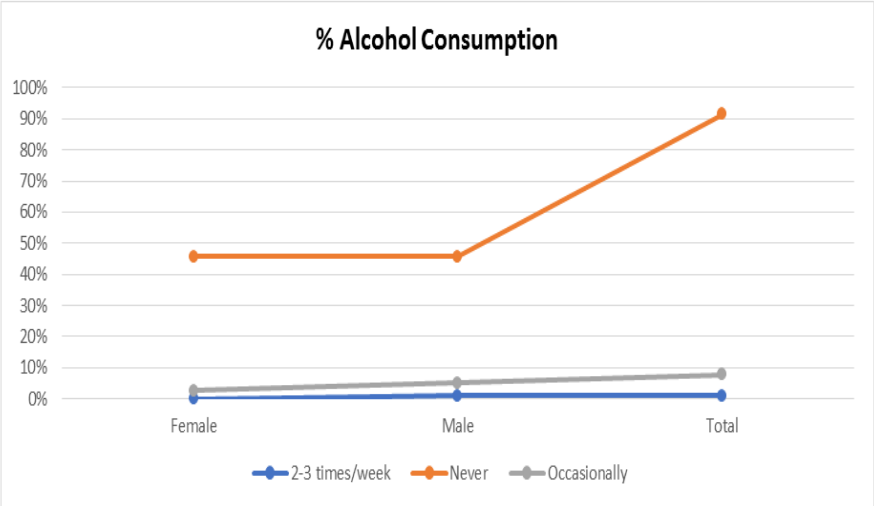

Fig 14: % Alcohol consumption.

Table 9: Tobacco consumption.

Do you consume tobacco in any form?	Female	Male	Total
<2-3 times/day	0 (0%)	2 (1.69%)	2 (1.69%)
Never	57 (48.31%)	59 (50%)	116 (98.31%)

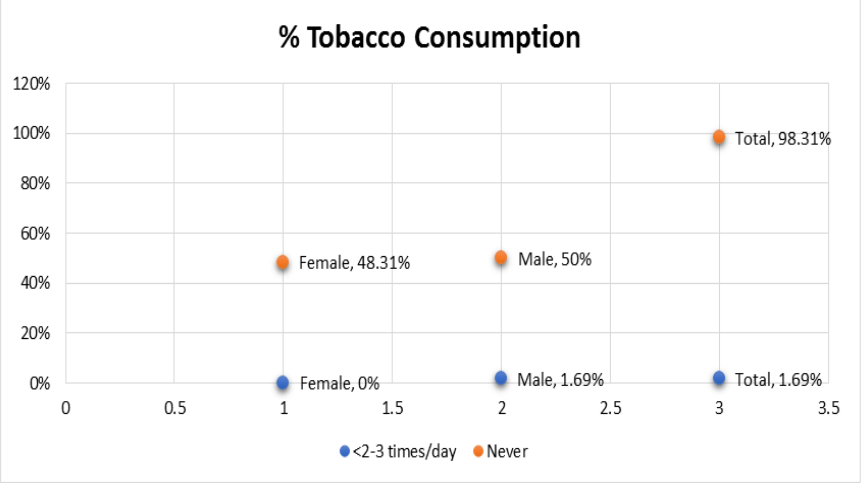

Fig 15: % Tobacco consumption.

Table 10: Consume any other substance for relaxation.

Do you consume any substance for relaxation / recreation?	Female	Male	Total
No	53 (44.92%)	56 (47.46%)	109 (92.37%)
Yes	4 (3.39%)	5 (4.24%)	9 (7.63%)

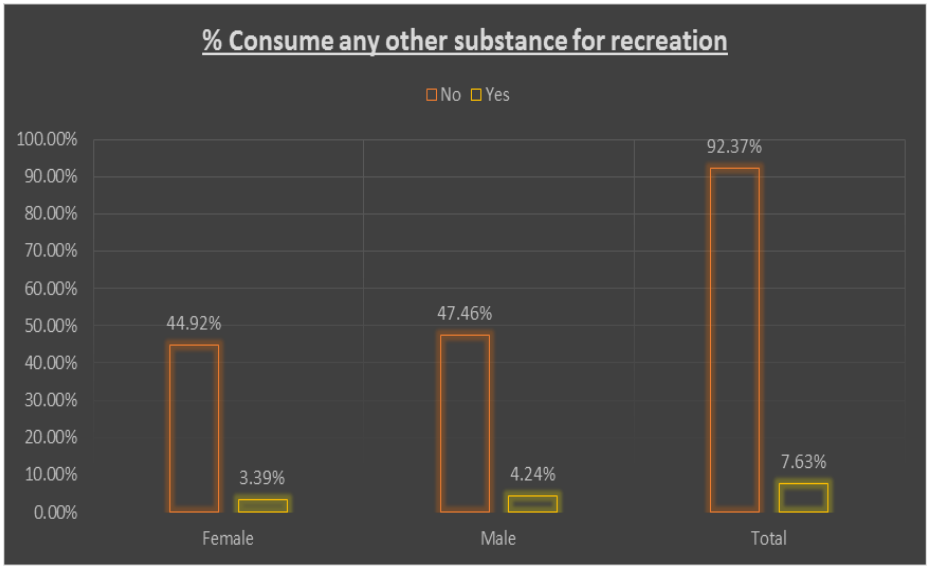

Fig 16: % Consume any other substance for relaxation.

Table 11: Type of diet consumed.

Type of diet consumed	Female	Male	Total
Vegetarian	14 (11.86%)	17 (14.41%)	31 (26.27%)
Vegan (no milk/ milk products)	1 (0.85%)	0 (0%)	1 (0.85%)
Vegetarian with eggs	15 (12.71%)	10 (8.47%)	25 (21.19%)
Non-vegetarian	27 (22.88%)	34 (28.81%)	61 (51.69%)

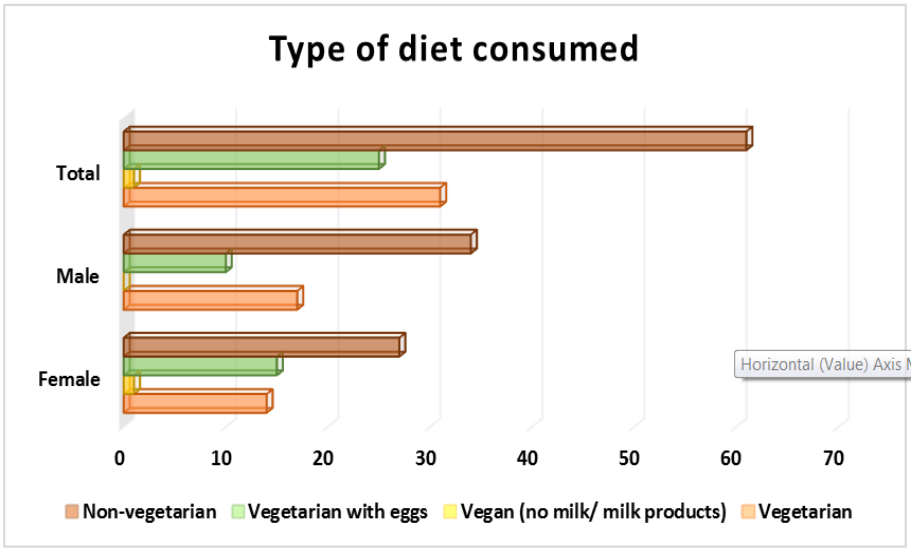

Fig 17: Type of diet consumed.

Table 12: Pattern of non-veg food consumption.

If 'non-vegetarian', pattern of consumption of non-veg food	Female	Male	Total
Almost daily	3 (2.54%)	3 (2.54%)	6 (5.08%)
On specific days in a week	23 (19.49%)	33 (27.97%)	56 (47.46%)
Only outside home	3 (2.54%)	3 (2.54%)	6 (5.08%)
Not applicable	28 (23.73%)	22 (18.64%)	50 (42.37%)

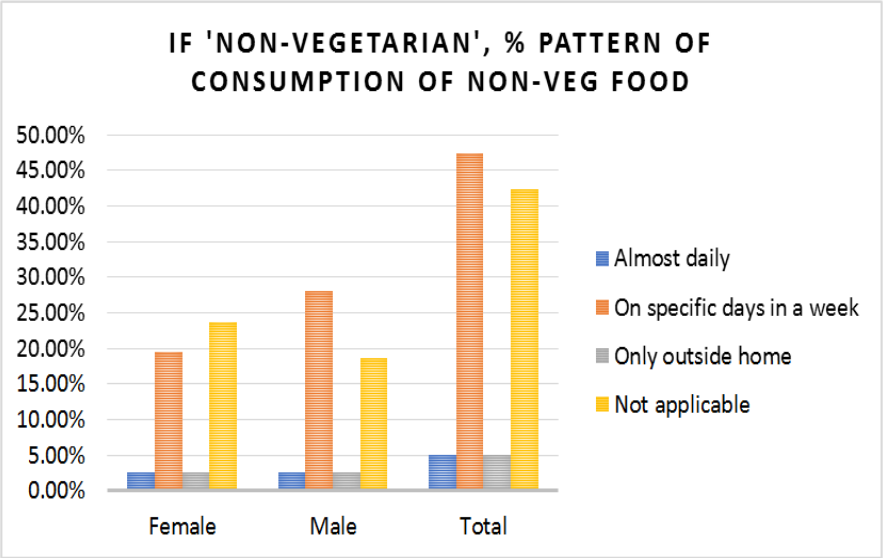

Fig 18: % Pattern of non-veg food consumption.

Table 13: Type of non-veg food consumed.

If 'non-vegetarian', type of non-veg food consumed	Female	Male	Total
All non-veg food	21 (17.80%)	22 (18.64%)	43 (36.44%)
Only chicken	6 (5.08%)	16 (13.56%)	22 (18.64%)
Only fish/ sea foods	2 (1.69%)	0 (0%)	2 (1.69%)
Not applicable	28 (23.73%)	23 (19.49%)	51 (43.22%)

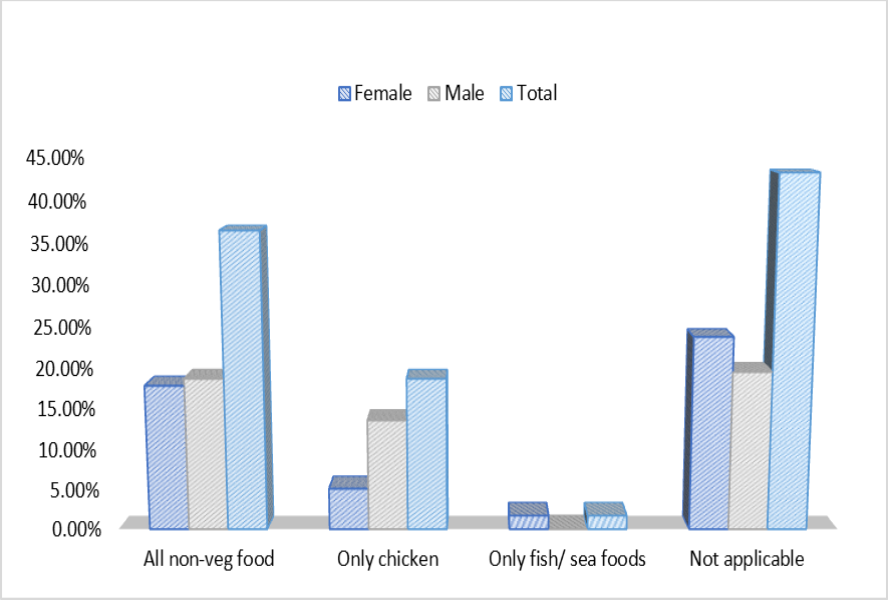

Fig 19: Type of non-veg food consumed.

Table 14: Quantity consumed during one non-veg meal.

If 'non-vegetarian', approx. quantity consumed during one meal	Female	Male	Total
About one bowl with gravy	21 (17.80%)	21 (17.80%)	42 (35.59%)
About one bowl without gravy	0 (0%)	2 (1.69%)	2 (1.69%)
Few pieces	6 (5.08%)	8 (6.78%)	14 (11.86%)
Plateful of pieces (about 8 inch size plate)	1 (0.85%)	7 (5.93%)	8 (6.78%)
Not applicable	29 (24.58%)	23 (19.49%)	52 (44.07%)

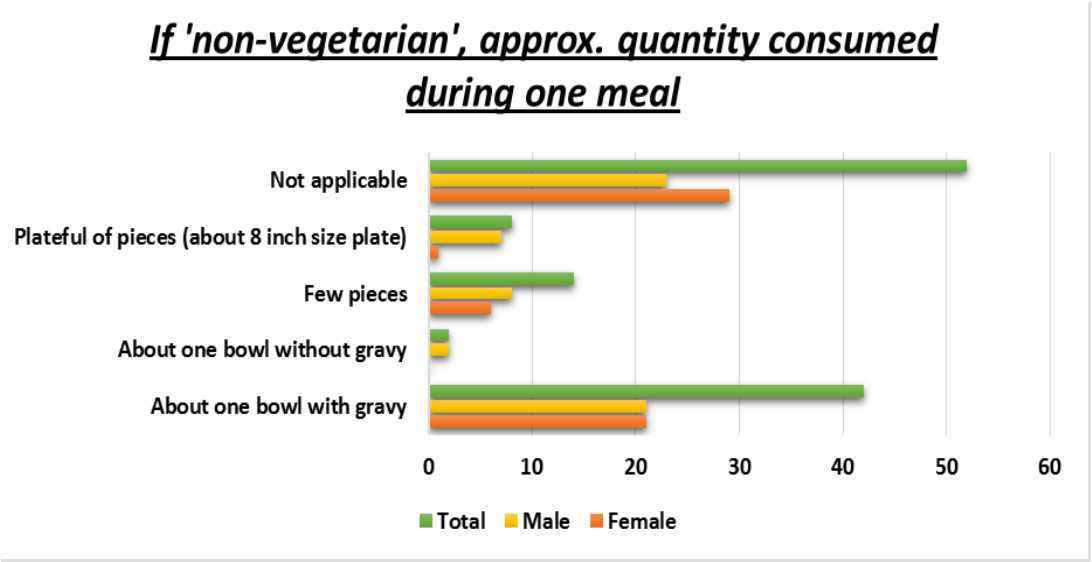

Fig. 20: Quantity consumed during one non-veg meal.

Table 15: Pattern of consumption of eggs.

If consuming eggs, pattern of consumption of eggs	Female	Male	Total
Almost daily	5 (4.24%)	11 (9.32%)	16 (13.56%)
On specific days in a week	32 (27.12%)	31 (26.27%)	63 (53.39%)
Only outside home	3 (2.54%)	1 (0.85%)	4 (3.39%)
Not applicable	17 (14.41%)	18 (15.25%)	35 (29.66%)

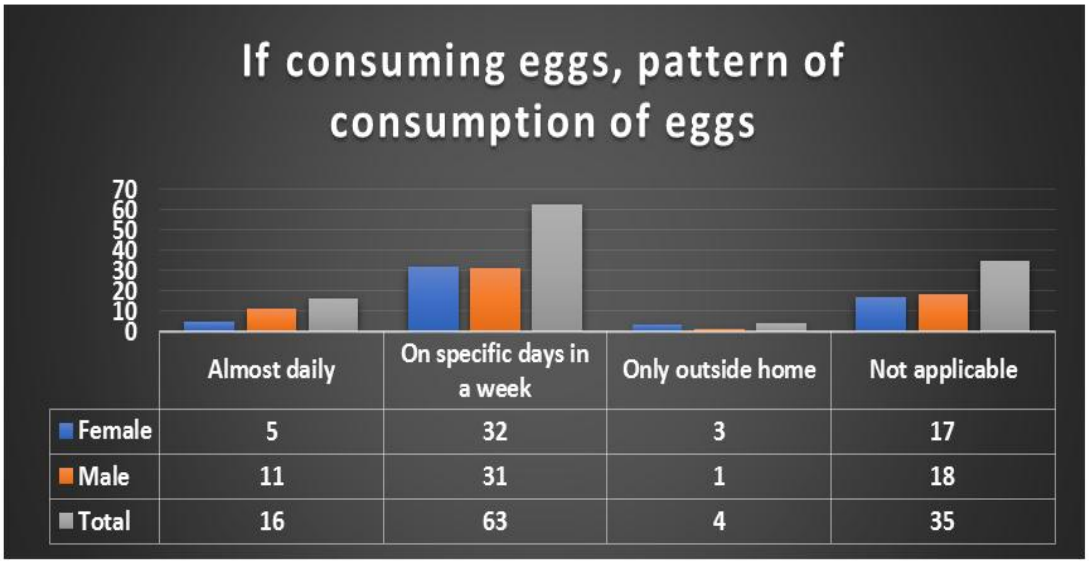

Fig 21: Pattern of consumption of eggs.

Table 16: Approx. number of eggs consumed per week.

If consuming eggs, approximate number of eggs consumed per week	Female	Male	Total
<3	32 (27.12%)	12 (10.17%)	44 (37.29%)
4 to 6	5 (4.24%)	24 (20.34%)	29 (24.58%)
6+	3 (2.54%)	6 (5.08%)	9 (7.63%)
Not applicable	17 (14.41%)	19 (16.10%)	36 (30.51%)

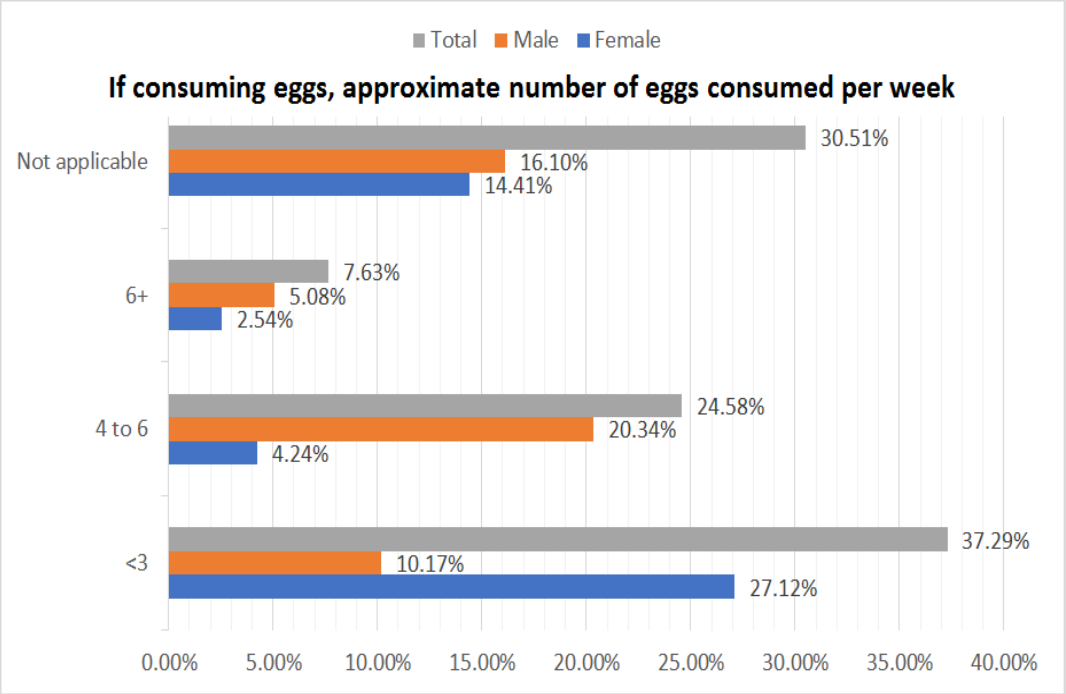

Fig 22: Approx. number of eggs consumed per week

Table 17: During past 1 week, how often consumed the following food.

Food items		Female	Male	Total
Dark green leafy vegetables (e.g.: spinach, cabbage, lettuce)	Never	9 (7.63%)	5 (4.24%)	14 (11.86%)
	Alternate day	29 (24.58%)	41 (34.75%)	70 (59.32%)
	Once daily	14 (11.86%)	12 (10.17%)	26 (22.03%)
	Atleast twice a day	5 (4.24%)	3 (2.54%)	8 (6.78%)
	Total	57 (48.31%)	61 (51.69%)	118 (100%)
Carrots (raw / cooked)	Never	30 (25.42%)	24 (20.34%)	54 (45.76%)
	Alternate day	17 (14.41%)	21 (17.80%)	38 (32.20%)
	Once daily	7 (5.93%)	13 (11.02%)	20 (16.95%)
	Atleast twice a day	3 (2.54%)	3 (2.54%)	6 (5.08%)
	Total	57 (48.31%)	61 (51.69%)	118 (100%)
Tomato (raw / cooked)	Never	8 (6.78%)	7 (5.93%)	15 (12.71%)
	Alternate day	15 (12.71%)	11 (9.32%)	26 (22.03%)
	Once daily	21 (17.80%)	31 (26.27%)	52 (44.07%)
	Atleast twice a day	13 (11.02%)	12 (10.17%)	25 (21.19%)
	Total	57 (48.31%)	61 (51.69%)	118 (100%)
Green peas / Green beans	Never	20 (16.95%)	13 (11.02%)	33 (27.97%)
	Alternate day	22 (18.64%)	27 (22.88%)	49 (41.53%)
	Once daily	6 (5.08%)	15 (12.71%)	21 (17.80%)
	Atleast twice a day	9 (7.63%)	6 (5.08%)	15 (12.71%)
	Total	57 (48.31%)	61 (51.69%)	118 (100%)
Citrus fruits (Orange, Sweet lime – mosambi) as fruit or fruit juice	Never	17 (14.41%)	15 (12.71%)	32 (27.12%)
	Alternate day	28 (23.73%)	24 (20.34%)	52 (44.07%)
	Once daily	11 (9.32%)	16 (13.56%)	27 (22.88%)
	Atleast twice a day	1 (0.85%)	6 (5.08%)	7 (5.93%)
	Total	57 (48.31%)	61 (51.69%)	118 (100%)
Milk & other milk products EXCEPT paneer	Never	6 (5.08%)	5 (4.24%)	11 (9.32%)
	Alternate day	17 (14.41%)	11 (9.32%)	28 (23.73%)
	Once daily	22 (18.64%)	29 (24.58%)	51 (43.22%)
	Atleast twice a day	12 (10.17%)	16 (13.56%)	28 (23.73%)
	Total	57 (48.31%)	61 (51.69%)	118 (100%)
Yellow pumpkin	Never	46 (38.98%)	37 (31.36%)	83 (70.34%)
	Alternate day	9 (7.63%)	18 (15.25%)	27 (22.88%)

	Once daily	2 (1.69%)	5 (4.24%)	7 (5.93%)
	Atleast twice a day	0 (0%)	1 (0.85%)	1 (0.85%)
	Total	57 (48.31%)	61 (51.69%)	118 (100%)
Sweet potato	Never	39 (33.05%)	44 (37.29%)	83 (70.34%)
	Alternate day	12 (10.17%)	11 (9.32%)	23 (19.49%)
	Once daily	2 (1.69%)	5 (4.24%)	7 (5.93%)
	Atleast twice a day	4 (3.39%)	1 (0.85%)	5 (4.24%)
	Total	57 (48.31%)	61 (51.69%)	118 (100%)
Potato as a vegetable (EXCLUDING potato chips / French fries)	Never	3 (2.54%)	4 (3.39%)	7 (5.93%)
	Alternate day	30 (25.42%)	24 (20.34%)	54 (45.76%)
	Once daily	17 (14.41%)	28 (23.73%)	45 (38.14%)
	Atleast twice a day	7 (5.93%)	5 (4.24%)	12 (10.17%)
	Total	57 (48.31%)	61 (51.69%)	118 (100%)
Sprouted pulses (e.g.: moong) (raw / cooked)	Never	15 (12.71%)	4 (3.39%)	19 (16.10%)
	Alternate day	27 (22.88%)	30 (25.42%)	57 (48.31%)
	Once daily	12 (10.17%)	21 (17.80%)	33 (27.97%)
	Atleast twice a day	3 (2.54%)	6 (5.08%)	9 (7.63%)
	Total	57 (48.31%)	61 (51.69%)	118 (100%)
Various types of dal	Never	2 (1.69%)	3 (2.54%)	5 (4.24%)
	Alternate day	21 (17.80%)	12 (10.17%)	33 (27.97%)
	Once daily	28 (23.73%)	33 (27.97%)	61 (51.69%)
	Atleast twice a day	6 (5.08%)	13 (11.02%)	19 (16.10%)
	Total	57 (48.31%)	61 (51.69%)	118 (100%)
Peanuts (ground nuts) and other nuts (cashew, apricot, walnut), etc	Never	12 (10.17%)	5 (4.24%)	17 (14.41%)
	Alternate day	21 (17.80%)	21 (17.80%)	42 (35.59%)
	Once daily	21 (17.80%)	27 (22.88%)	48 (40.68%)
	Atleast twice a day	3 (2.54%)	8 (6.78%)	11 (9.32%)
	Total	57 (48.31%)	61 (51.69%)	118 (100%)
Chapati made from whole wheat (atta) [OR] Brown bread	Never	1 (0.85%)	2 (1.69%)	3 (2.54%)
	Alternate day	7 (5.93%)	6 (5.08%)	13 (11.02%)
	Once daily	22 (18.64%)	28 (23.73%)	50 (42.37%)
	Atleast twice a day	27 (22.88%)	25 (21.19%)	52 (44.07%)
	Total	57 (48.31%)	61 (51.69%)	118 (100%)
Bananas	Never	17 (14.41%)	13 (11.02%)	30 (25.42%)
	Alternate day	24 (20.34%)	29 (24.58%)	53 (44.29%)
	Once daily	10 (8.47%)	15 (12.71%)	25 (21.19%)
	Atleast twice a day	6 (5.08%)	4 (3.39%)	10 (8.47%)
	Total	57 (48.31%)	61 (51.69%)	118 (100%)
Mangoes	Never	20 (16.95%)	18 (15.25%)	38 (32.20%)
	Alternate day	21 (17.80%)	20 (16.95%)	41 (34.75%)
	Once daily	13 (11.02%)	16 (13.56%)	29 (24.58%)
	Atleast twice a day	3 (2.54%)	7 (5.93%)	10 (8.47%)
	Total	57 (48.31%)	61 (51.69%)	118 (100%)
Apples [OR] Pears	Never	24 (20.34%)	21 (17.80%)	45 (38.14%)
	Alternate day	25 (21.19%)	22 (18.64%)	47 (39.83%)
	Once daily	3 (2.54%)	12 (10.17%)	15 (12.71%)
	Atleast twice a day	5 (4.24%)	6 (5.08%)	11 (9.32%)
	Total	57 (48.31%)	61 (51.69%)	118 (100%)
Butter [OR] Ghee	Never	11 (9.32%)	3 (2.54%)	14 (11.86%)
	Alternate day	20 (16.95%)	18 (15.25%)	38 (32.20%)
	Once daily	17 (14.41%)	30 (25.42%)	47 (39.93%)
	Atleast twice a day	9 (7.63%)	10 (8.47%)	19 (16.10%)
	Total	57 (48.31%)	61 (51.69%)	118 (100%)

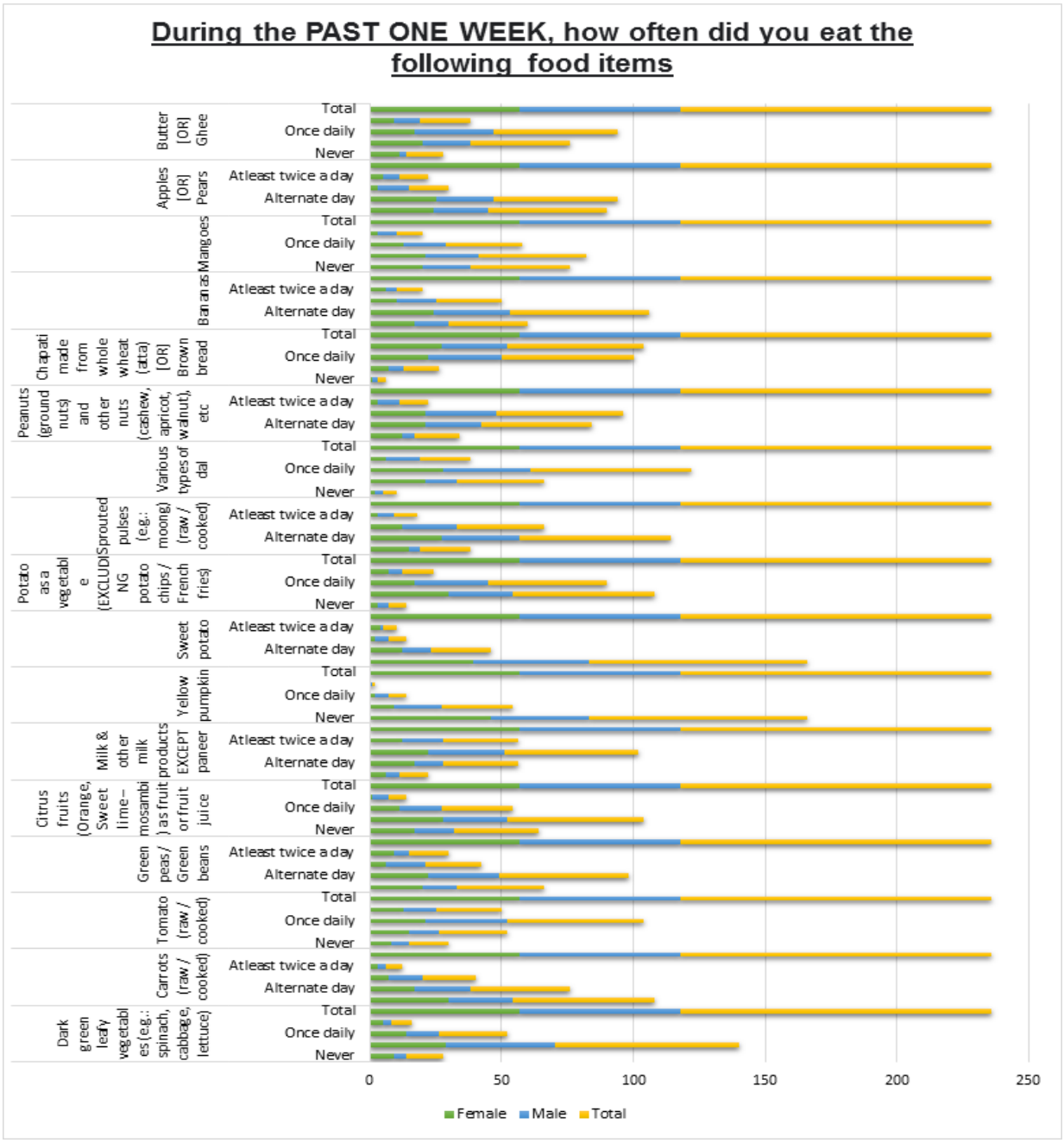

Fig. 23: During past 1 week, how often consumed the following food.

Table 18: how often consumed non-veg food.

Non-veg food item		Never	Alternate day	Atleast twice a day	Once daily	Not applicable (Vegetarian)
Red meat	Female	24 (20.34%)	8 (6.78%)	1 (0.85%)	0 (0%)	24 (20.34%)
	Male	29 (24.58%)	13 (11.02%)	1 (0.85%)	0 (0%)	18 (15.25%)
	Total	53 (44.92%)	21 (17.80%)	2 (1.69%)	0 (0%)	42 (35.59%)
Organ meat (liver)	Female	29 (24.58%)	2 (1.69%)	1 (0.85%)	1 (0.85%)	24 (20.34%)
	Male	31 (26.27%)	12 (10.17%)	0 (0%)	1 (0.85%)	17 (14.41%)
	Total	60 (50.85%)	14 (11.86%)	1 (0.85%)	2 (1.69%)	41 (34.75%)
Chicken	Female	13 (11.02%)	20 (16.95%)	1 (0.85%)	2 (1.69%)	21 (17.80%)
	Male	14 (11.86%)	30 (25.42%)	2 (1.69%)	1 (0.85%)	14 (11.86%)
	Total	27 (22.88%)	50 (42.37%)	3 (2.54%)	3 (2.54%)	35 (29.66%)
Fish/other sea food	Female	20 (17.80%)	14 (11.86%)	1 (0.85%)	1 (0.85%)	21 (17.80%)
	Male	25 (13.56%)	17 (14.41%)	1 (0.85%)	2 (1.69%)	16 (13.56%)
	Total	45 (31.36%)	31 (26.27%)	2 (1.69%)	3 (2.54%)	37 (31.36%)

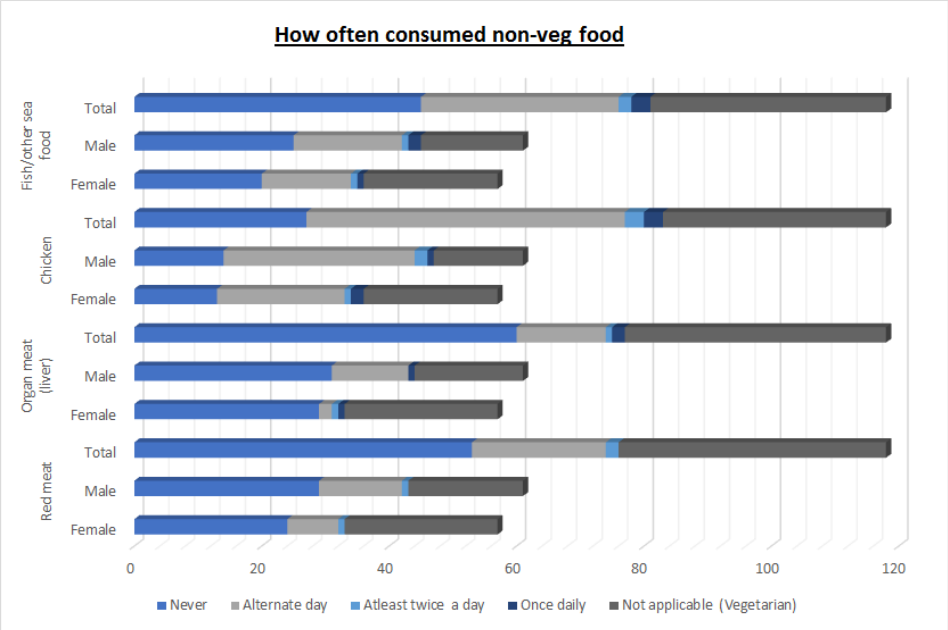

Fig. 24: how often consume non-veg food.

Table 19: Supplements consumption.

Taking supplements as per doctor advice	Yourself	Brother	Sister	Mother	Father
Multivitamin supplement	42 (35%)	13 (10.9%)	9 (7.5%)	31 (25.8%)	25 (20.8%)
Vitamin A supplement	18 (34%)	7 (13.2%)	5 (9.4%)	12 (22.6%)	11 (20.8%)
Vitamin C supplement	35 (36.5%)	10 (10.4%)	10 (10.4%)	23 (23.9%)	18 (18.8%)
Iron supplement	20 (32.8%)	4 (6.6%)	4 (6.6%)	20 (32.8%)	13 (21.3%)
Iron & folic acid supplement	17 (27.4%)	4 (6.5%)	5 (8.1%)	23 (37.1%)	13 (20.9%)
Calcium supplement	15 (19.5%)	6 (7.8%)	6 (7.8%)	31 (40.2%)	19 (24.7%)
Zinc supplement	19 (31.2%)	6 (9.8%)	6 (9.8%)	17 (27.9%)	13 (21.3%)
Magnesium supplement	9 (23.1%)	5 (12.8%)	3 (7.7%)	12 (30.8%)	10 (25.6%)
Self-medication with vitamin & mineral supplement	15 (24.6%)	8 (13.1%)	6 (9.8%)	17 (27.9%)	15 (24.6%)
Commercially available "Health foods"	22 (27.8%)	15 (18.9%)	7 (8.9%)	16 (20.3%)	19 (24.1%)

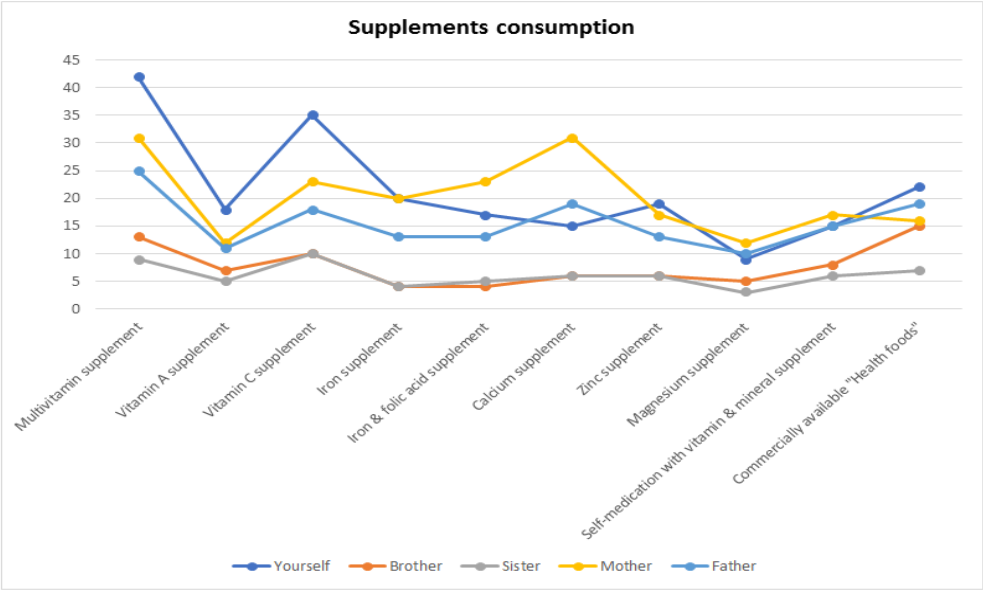

Fig. 25: Supplements consumption.

There were total 118 respondents of either gender from different faculties of Health University. 51.7% were male and 48.30% were female. About BMI 17.8% were underweight, 66.9% normal BMI and 11.9% were overweight. MBBS students were 81.4%, AYUSH 8.5%, BPTH/BOTH 2.5%, BDS 0.8%, B. Pharma 1.7%. Septi VK and others[8] reported that overweight in teenagers could be causedby decreased physical activity and the increased sedentary lifestyle. Among the students 79.7% were from Urban area and 20.3% from Rural area. Their frequency of physical exercise daily 28.81%, 2-3 times/week 54.24% and never done physical exercise 39.83%. Sandra M and others[9] revealed that medical students had a good understanding of the links between physical activity and health. As per the report of Z Naim et al[10], prevalence of physical inactivity among medical students was higher compared to non-medical students. Panel F N and others[11] work revealed that physical activity has to spread among students. Among the participants alcohol consumption 2-3 times/week 0.85%, occasionally 7.63% and never consumed alcohol 91.53%. Ryan Ng and others[12] reported that most by the end of their life. Among the respondents 5.08% take non-vegetarian food daily, on specific days in a week 47.46%, outside home 5.08%. Regarding consumption of egg 13.56% daily, on specific days in a week 3.39%. As per the study of B Deepika and others[13] patients withhigh BMI have unhealthy eating. Another study of J V Gil and others[14] revealed that poorer eating habits as well as less physical activity are associated with the risk of obesity. Regarding taking supplements as per doctor advice many of them taken vitamin supplements, iron supplements, calcium, zinc, magnesium supplement. As per the work of F F Zhemg et al[15] supplements may be more effective in reducing the risk of non-communicable disease in specific ethnic groups or people with low micronutrient intake from foods.

CONCLUSION

At the beginning of the students of the health sciences, they lead a healthy lifestyle, which declines over time. Students can increase awareness of their own personal nutrition behavior. Good lifestyle and good habits always keep a person physically and mentally fit.

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