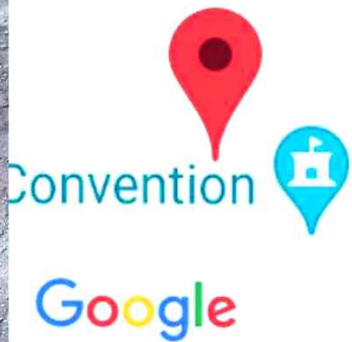




GPS Map Camera



**Vinukonda, Andhra Pradesh, India**

2PWJ+WMG, Vinukonda, Andhra Pradesh

522647, India

Lat 16.047128°

Long 79.731857°

07/06/22 03:21 PM

REPORT :

COMMUNITY

SERVICE

PROJECT

Commissionerate of Collegiate Education , Government of Andhra Pradesh

Format - III Community Service Project (CSP) - Student Daily Progress Report

|   |                                          |                                          |  |
|---|------------------------------------------|------------------------------------------|--|
| 1 | Name of the Student                      | A-Anitha                                 |  |
| 2 | Regd. No. of the Student                 | 4203099002                               |  |
| 3 | Year                                     | 2022                                     |  |
| 4 | Program studying ( BA/B.Com/B.Sc etc., ) | B.Sc.(B2C)                               |  |
| 5 | Program Combination                      | B2C                                      |  |
| 6 | Name of the Mentor                       | G. Manikumar                             |  |
| 7 | Name of the CSP                          | life stylediscary and their risk factors |  |
| 8 | Place of CSP execution                   | vinukonda.                               |  |

| S.No. | Date   | Work done | No.of hours spent |
|-------|--------|-----------|-------------------|
| 1     | 2-6-22 | 2         | 2 hours           |
| 2     | 3-6-22 | 3         | 3h                |
| 3     | 4-6-22 | 3         | 2h                |
| 4     | 5-6-22 | 2         | 2h                |
| 5     | 6-6-22 | 1         | 1h                |
| 6     | 7-6-22 | 3         | 4h                |

A-Anitha

G. Manikumar

Leet. in Artany.

Commissionerate of Collegiate Education , Government of Andhra Pradesh

Format - III Community Service Project (CSP) - Student Daily Progress Report

| 1     | Name of the Student                      | A-Anitha                                   |                   |
|-------|------------------------------------------|--------------------------------------------|-------------------|
| 2     | Regd. No. of the Student                 | Y203099002                                 |                   |
| 3     | Year                                     | 2022                                       |                   |
| 4     | Program studying ( BA/B.Com/B.Sc etc., ) | BSc. (B2C)                                 |                   |
| 5     | Program Combination                      | B2C                                        |                   |
| 6     | Name of the Mentor                       | G. Mani kumar                              |                   |
| 7     | Name of the CSP                          | life style diseases and their risk factors |                   |
| 8     | Place of CSP execution                   | vtnukonda                                  |                   |
| S.No. | Date                                     | Work done                                  | No.of hours spent |
| 7     | 8-6-22                                   | 5                                          | 5h                |
| 8     | 9-6-22                                   | 2                                          | 1½h               |
| 9     | 10-6-22                                  | 6                                          | 7h                |
| 10    | 11-6-22                                  | 3                                          | 3h                |
| 11    | 12-6-22                                  | 1                                          | 1h                |
| 12    | 15-6-22                                  | 1                                          | 1h.               |

A-Anitha

G. Mani kumar

Leet in Botany

Commissionerate of Collegiate Education , Government of Andhra Pradesh

Format - III Community Service Project (CSP) - Student Daily Progress Report

|       |                                          |                                 |                   |
|-------|------------------------------------------|---------------------------------|-------------------|
| 1     | Name of the Student                      | A-Anitha                        |                   |
| 2     | Regd. No. of the Student                 | Y203099002                      |                   |
| 3     | Year                                     | 2022                            |                   |
| 4     | Program studying ( BA/B.Com/B.Sc etc., ) | BSC. (B2C)                      |                   |
| 5     | Program Combination                      | B2C                             |                   |
| 6     | Name of the Mentor                       | G Mani kumar                    |                   |
| 7     | Name of the CSP                          | Hte styledisrady and their risk |                   |
| 8     | Place of CSP execution                   | vinukonda                       |                   |
| S.No. | Date                                     | Work done                       | No.of hours spent |
| 13    | 16-6-22                                  | 2                               | 2h                |
| 14    | 17-6-22                                  | 1                               | 1h                |
| 15    | 18-6-22                                  | 1                               | 1h                |
| 16    |                                          |                                 |                   |
| 17    |                                          |                                 |                   |
| 18    |                                          |                                 |                   |

A-Anitha

G. Mani Gire  
Lee in Bokam

3

# LIFE STYLE DISEASES AND THEIR RISK FACTORS IN RURAL, URBAN POPULATION

## Team members

BSc (BSC) students

1. I Silatha
2. P. Madhavi
3. G. Shiksha
4. B. Anur
5. A. Anitha
6. T. Sini
7. A. Bless
8. P. Bhargavi
9. V. Komali
10. Sk. Reshma
11. K. Yashraj
12. B. Richa Kamala

Principal : D. K. Srinivas Rao

Faculty member : G. Hanu Kumar

## Internal Viva Committee

1. M. Hanu Babu
2. BRK. Kishore
3. KVS Koteswara Rao

2

Title :- Life style diseases and their risk factors in Vinukonda Population.

Aim :- To identify the reasons and risk factors for the rising incidence of life style diseases in Vinukonda.

Methods Adopted :- Community survey and Community awareness.

Time lines

First week :- This includes the door-to door survey along with the collection of data in the form of Questionnaire.

Different age Groups are selected for the collection of data. A comparative study of prevalence of life style diseases and their risk factors in young adult, and old people is taken up for this purpose.

Second week :- Community awareness under this Programme, an attempt to create the awareness regarding the life style diseases has been made.

the team members individually. different age groups are addressed separately for this purpose.

3rd week:- All the data collected has been

Compiled in the form of Project report.

this includes the analysis of data.

Based on this definite Conclusions are drawn regarding the prevalence of the diseases This includes the graphical representation of the data.

Fourth week:- It includes the Presentation of our Project work to the Internal viva Committee at the college level individually

Tools and Techniques :- used :- Although no specific Clinical tools are used in this Project the formats listed below are used for collecting data and drawing Conclusions.

1. Questionnaire
2. Tabular Columns

4

S.G.K GOVERNMENT DEGREE COLLEGE, VINUKONDA,  
PALANADU DISTRICT  
COMMUNITY SERVICE PROJECT.

Name of the mentor :- G. Mani kumar

Name of the CSP :- Life style Diseases and their  
Risk-factors in Vinukonda urban  
Population.

Survey Questionnaire :-

How old are you ?

- a. 20-39 years old
- b. 40-59 years old
- c. 60.-80 years old

Are you male(♂) female

- a) female
- b) male

How would you describe your body and physical  
Condition.?

- a) Lean
- b) Average
- c) Over weight
- d) Obese.

5  
How many members of your family have a history of heart disease?

No known family history of heart disease.

1 family member 60 years or older with heart disease.

2 family members 60 years (or) older with heart diseases

1 family member younger than 60 years with heart disease.

2 family members younger than 60 years with heart diseases.

3 (or) more family members younger than 60 years with heart disease.

How often do you eat-out, Consume Junk-food and fast-food?

a) Everyday (all meals)

b) Everyday (1 meal)

c) Alternate days

d) Twice a week

e) Once a week

f) once a month

In general, which type of food do you mostly like to eat?

a) Bland and boiled

b) salty

c) oily and fatty

d) sweet

2) Do you a) smoke cigarettes or have you used tobacco related products in the past?

a) non-smoker & non-tobacco user

b) Ex-tobacco smoker (6 months or more tobacco free)

c) Smoke 1-10 Cigarettes a day

d) Smoke 20-29 Cigarettes a day and/or chew tobacco infrequently

e) Smoke 30-39 Cigarettes a day and/or chew tobacco frequently

f) Smoke 40 or more Cigarettes a day and/or chew tobacco frequently.

3) Are you physically active and exercise regularly (or) do you have no exercise or irregular Physical Activity?

- a) ~~Sedentary~~ without regular Exercise
- b) ~~Sedentary~~ with regular Exercise
- c) ~~Active~~ without regular Exercise
- d) ~~Active~~ with regular Exercise.

Have you had blood cholesterol checked recently?

- a) below 180 mg
- b) 181 mg - 230 mg
- c) 231 mg - 280 mg
- d) above 281 mg
- e) not Checked

Have you had your blood pressure checked recently?

- a) Systolic Blood pressure? in mm/Hg
- b) below 120 untreated
- c) 120-140 untreated
- d) 142-160 untreated
- e) above 160 untreated
- f) 120-140 treated

g) 142-160-treated

h) above 160-treated

i) not checked

j) Do you sleep for about eight hours per night?

a) Yes

b) NO

k. Do you go to sleep easily and sleep through the night

a) Yes

b) NO

l) Do you eat at least five fruits and vegetables each day?

a) Yes

b) NO

m) Do you limit the Amount of Sugar and Salt in your diet?

a) Yes

b) NO.

Do you stay away from cigarettes and other tobacco products?

a) yes

b) NO.

Do you Avoid Alcohol and drugs?

a) yes

b) NO

Do you brush and floss your teeth at least twice a day?

a) yes

b) NO

Do you see a dentist and GP regularly if you feel something is wrong?

a) yes

b) NO

Do you usually feel that you can manage all of the tasks required of you in a given day?

a) yes

b) NO

Do you have family and friends ready to help and support you if needed?

a) yes

b) NO.

Tabular Columns used :-

| Name of the family member | Gender | Age | Education | Profession |
|---------------------------|--------|-----|-----------|------------|
|                           |        |     |           |            |

With details Column

| S. | Name of the person | Gender | Age | Nature of Disability |
|----|--------------------|--------|-----|----------------------|
|    |                    |        |     |                      |

Introduction :-

Lifestyle diseases are ailments that are primarily based on the day-to-day habits of people. Habits that detract people from activity and push them towards a sedentary routine can cause a number of health issues that can lead to chronic non-communicable diseases that can have near life-threatening consequences.

Non-Communicable diseases kill around 40 million people each year that is around 70% of all deaths which occur globally. NCD Chronic and non-communicable from one

the main type NCD. are Cardiovascular and chronic respiratory diseases in addition to Cancer. NCDs such as Cardiovascular diseases (CVD), stroke, diabetes and certain forms of cancers are heavily linked to life style choices and hence they are known as life style diseases.

Non modified risk factors

- a. age
- b. Race
- c. Gender
- d. Genetics

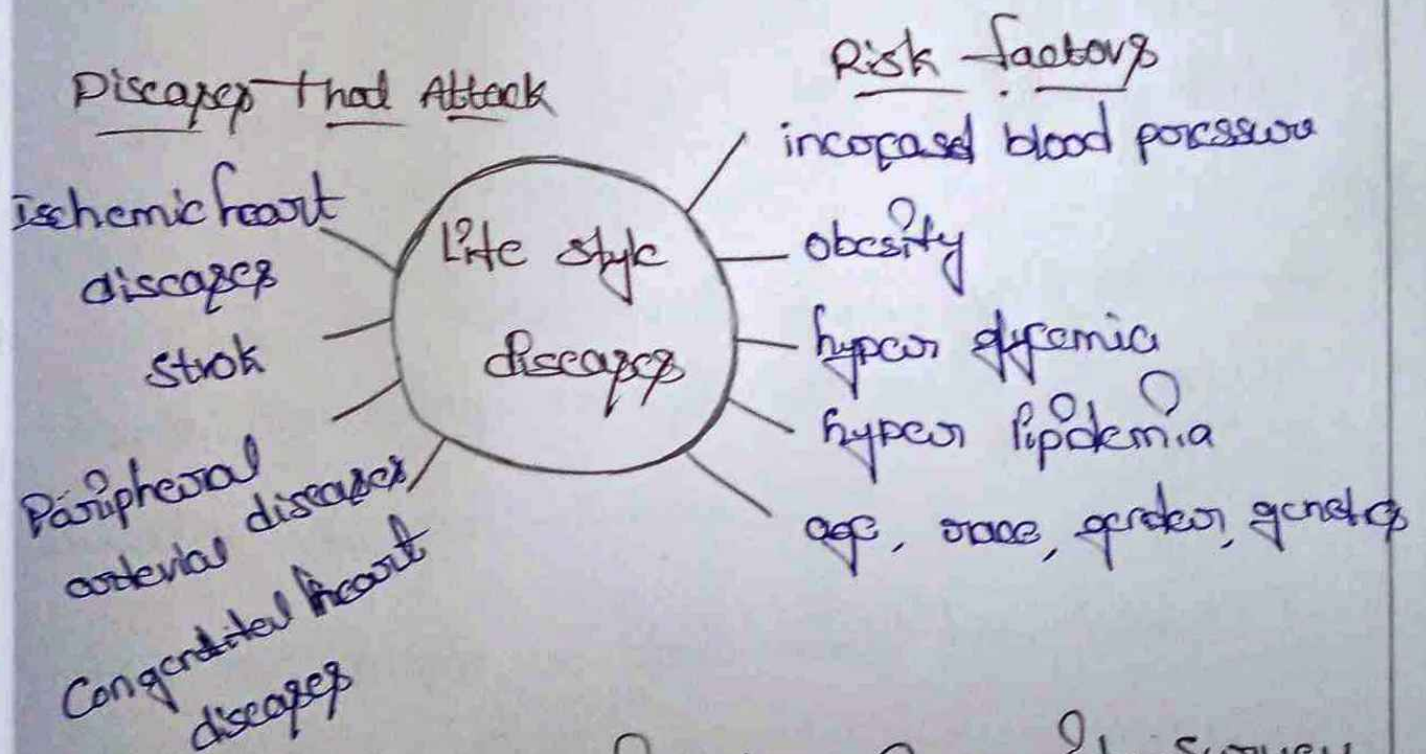
Metabolic risk factors :-

- increased blood pressure
- obesity
- increased blood glucose levels or hyperglycaemia
- increased levels of fat in blood or hyperlipidaemia.
- increasing blood pressure in-texting metabolic risk factors globally with 19% of global deaths attributed to it. followed by obesity and

## Four major life style Diseases

- A. Ischaemic heart diseases
- B. Stroke
- C. peripheral arterial disease
- D. Congenital heart disease.

## Disease that attack



## Observation made during the Community survey

- \* The life style diseases are very common in the people who are sedentary without regular exercise and have the habit of smoking and drinking.

\* many people who are illiterate and have no idea about the balanced diet are getting these life style diseases.

\* Some literates with smoking and drinking habits are also affecting.

\* The people who are with a wavey of tensions and pressures are getting these diseases.

\* The people who didn't get balanced diet also got into these risk.

\* I came to notice that Every year atleast two people are dying because of these life style diseases in our survey area.

\* So many people are don't even know about the balanced diet.

\* So many people are suffering from these life style diseases Every year.

Precautions to be taken:-

\* The people must take balanced diet

The people must to regular Exercise  
 They must less depend upon Carbohydrate diets.

The People should checkup regularly  
 people should be follow yoga and meditation.  
 and should be calm.

Life style diseases and Risk factors

Person with balanced diet and good habits  
 Compared health risks with a person having  
 bad habits.

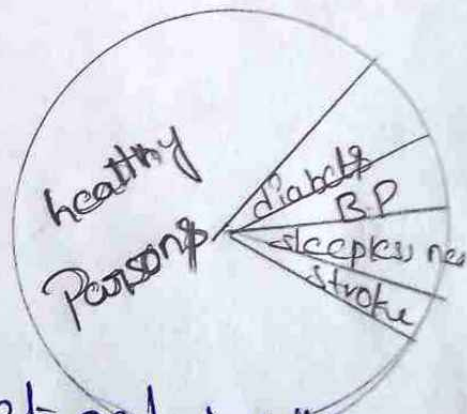


Fig 1: Persons with good diet and habits.

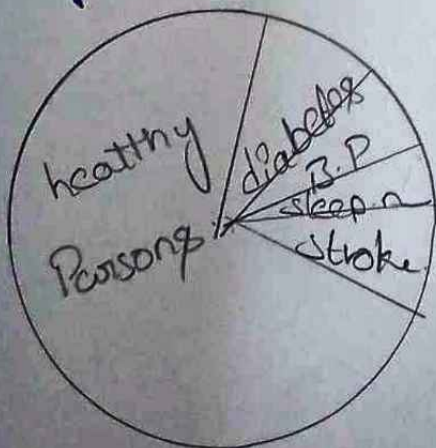


Fig 2: B. Persons with bad habits and no balanced diet.

## Discussion and Conclusion:-

After this Community Survey the following Conclusions are drawn.

The life style diseases are attacking due to the life style leading by the people who are leading a irresponsible life having Smoking and drinking Alcohols and other Antisocial activities.

As the follow the balanced diet and regular Exercises we may less Attacked by those diseases.

We all should be away from the cigarette and Alcohol. We must not do even passive smoking also.

These life styles diseases may Causes death also.

So, it is found that the people with balanced diet and having regular Exercise are having less risk of life style diseases. So Every should Change our life styles.

# Acknowledgement :-

Manikumar sir [Botany lecturer, SSK. Gout degree college. U.N.K.]

Kishore sir [Zoology lecturer, SSK. Gout degree college U.N.K.]

Amitha and all my classmates

## reference :-

1. life style Diseases Paperback - Surendra G. Guttani, Ajay D. Kshirsagar.
2. EAT TO BEAT Diseases - Dr. William Li
3. why we get sick - Benjamin Bikar PhD.

| S.NO | Age Groups |             |         | whether diabetes is reported |    |
|------|------------|-------------|---------|------------------------------|----|
|      | 0-25 young | 25-50 Adult | 50+ old | yes                          | NO |
|      | 44         | 40          | 10      | yes                          |    |

**S.G.K. GOVERNMENT DEGREE COLLEGE, VINUKONDA,  
PALANADU DISTRICT  
COMMUNITY SERVICE PROJECT**

NAME OF THE MENTOR :

NAME OF THE CSP : LIFE STYLE DISEASES AND THEIR RISK FACTORS  
IN VINUKONDA URBAN POPULATION

Primary Information

❖ Student Details:

Name:

A Anitha

Group: Hall

2nd BSC (B2C)

Ticket No:

Y203099002

Phone No:

7569914830

❖ Surveying Area Details:

Village/Ward Name:

Vinukonda

Date: 2-6-22

Time:

❖ Person Contacted for Survey:

Name:

Sk. Megabamma

House No:

431/47

Caste: Gen

☒ BC

☐ SC

☐ ST

☐

Income: <1 lakh

☒ 1-4 lakhs

☐ 4-8 lakhs

☐ 8 lakhs

☐

Type of House Building: Hut / Semi Pucca/ Pucca/ Apartment/ Bungalow ☐

Nature of House building: Own/ Rented ☒

Family Details:

| S.No | Name of the Family member | Gender | Age | Education  | Profession                      |
|------|---------------------------|--------|-----|------------|---------------------------------|
|      | Sk. Kudhish               | m      | 66  | uneducated | worker <input type="checkbox"/> |
|      | Sk. Megabamma             | f      | 65  | "          | House wife                      |

Health Details:

(i) Diseases in family:

Paralysis

(ii) Source of treatment: Govt. Hospital/ Private Hospital/ Traditional Medicine ☒

(iii) Any PH Persons in family: Yes/ No ☒

| S.no. | Name of the person | Gender | Age | Nature of Disability     |
|-------|--------------------|--------|-----|--------------------------|
|       |                    |        |     | <input type="checkbox"/> |

## COMMUNITY SERVICE PROJECT

### Survey Questionnaire:

1. How old are you?

- ☐ 20 - 39 years old
- ☐ 40 - 59 years old
- ☒ 60 - 80 years old

2. Are you male or female?

- ☒ Female
- ☐ Male

3. How would you describe your body and physical condition?

- ☒ Lean
- ☐ Average
- ☐ Overweight
- ☐ Obese

4. How many members of your family have a history of heart disease?

- ☒ No known family history of heart disease
- ☐ 1 family member 60 years or older with heart disease
- ☐ 2 family members 60 years or older with heart disease
- ☐ 1 family member younger than 60 years with heart disease
- ☐ 2 family members younger than 60 years with heart disease
- ☐ 3 or more family members younger than 60 years with heart disease

5. How often do you eat...

- ☐ Everyday (all meals)
- ☒ Everyday (1 meal)
- ☐ Alternate days
- ☐ Twice a week
- ☐ Once a week
- ☐ Once a month

6. In general, which type of foods do you mostly like to eat?

- ☒ Bland and boiled
- ☐ Salty
- ☐ Oily and fatty
- ☐ Sweet

7. Do you smoke cigarettes or have you used tobacco related products in the past?

- ☒ Non-smoker & non-tobacco user
- ☐ Ex-tobacco smoker (6 months or more tobacco-free)
- ☐ Smoke 1-10 cigarettes a day
- ☐ Smoke 11-19 cigarettes a day and/or chew tobacco infrequently
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- ☐ Smoke 40 or more cigarettes a day and/or chew tobacco frequently

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- ☐ Sedentary without regular exercise
- ☐ Sedentary with regular exercise
- ☒ Active without regular exercise
- ☐ Active with regular exercise

9. Have you had your blood cholesterol checked recently?

- ☐ below 180 mg

- ☐ 181mg - 230mg
- ☐ 231 - 280mg
- ☐ above 281mg
- ☒ not checked

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- ☐ below 120 untreated
- ☒ 120-140 untreated
- ☐ 142-160 untreated
- ☐ above 160 untreated
- ☐ 120-140 treated
- ☐ 142-160 treated
- ☐ above 160 treated
- ☐ not checked

11. Do you sleep for about eight hours per night?

- ☒ Yes
- ☐ No

12. Do you go to sleep easily and sleep through the night?

- ☒ Yes
- ☐ No

13. Do you eat at least five fruits and vegetables each day?

- ☐ Yes
- ☒ No

14. Do you limit the amount of sugar and salt in your diet?

- ☒ Yes
- ☐ No

15. Do you stay away from cigarettes and other tobacco products?

- ☒ Yes
- ☐ No

16. Do you avoid alcohol and drugs?

- ☒ Yes  
☐ No

17. Do you brush and floss your teeth at least twice a day?

- ☐ Yes  
☒ No

18. Do you see a dentist and GP regularly if you feel something is wrong?

- ☐ Yes  
☒ No

19. Do you usually feel that you can manage all of the tasks required of you in a given day?

- ☐ Yes  
☒ No

20. Do you have family and friends ready to help and support you if needed?

- ☐ Yes  
☒ No

  
Signature the participant

Signature of the mentor

  
Signature of the student