Commissionerate of Collegiate Education , Government of Andhra Pradesh

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

Name of the Student	M. Pavan kumar.
Regd. No. of the Student	Y203099020
Year	2022
Program studying (BA/B.Com/B.Sc etc.,)	B.SC
Program Combination	Community Survey project
Name of the Mentor	Kishore Behra
Name of the CSP	life style disease anorisk factor
Place of CSP execution	Vinukonda

No	Date	Work done	No.of hours spent
	1-7-2022.	10.	3. hour.
	2-7-2022.	10.	4 hours.
	3-7-2022.	10.	3½ hours

MENTOR

Signature of the student

M. Pavan Kumar.

Verified

Commissionerate of Collegiate Education, Government of Andhra Pradesh

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Program Combination	Community Servey project
Name of the Mentor	kishore Behra
Name of the CSP	life style discases and rise facta
Place of CSP execution	Vinukonda

lo	Date	Work done	No.of hours spent
	1-7-22	10	2 holus
	2-7-22	10	2 hours
	3-7-22	10	2½ hours

MENTOR

Signature of The student

M. Pavan kumar.

Title : Life Style diseases and Their risks factors in vinukonda population

Aim : To Identify The reasons and risk factors for The rising incidence of Life Style diseases in vinukonda.

Methods Adapted : Community Servey and Community awareness

Time Line

First Week : Community Servey This includes Door-to door Servey along with The Collection of data in The form of Questionaire. Diffrent age groeps are selected for The Collection of data A Comparitive study of prevalence of life Style diseases in young adult, and old people is taken up for The purpose

Second Week : under This programme, an attempt to Create The awareness regarding The life Style diseases has been made by The Team members

individually diffrent Age groups are adressed separately for the purpose.

Third week : all the data collected has been complited in the form of project report This includes the Analysis of data. Based on this definite Conclusions are drawn regarding the prevalence OF The descases This includes the graphical representation of the data

Fourth week : Ir includes the presentation of our project work To the internal viva Committe at the College level Induvidually.

Tools and Techniques: used : All Through no Specific Clinical Tools are used in this project The Formate listed below are used for Collecting data and drawing Conclusions.

1. Questionnaire

2. Tabular Columns

3. Graphical reprensentations.

SGK. GOVERNMENT DEGREE COLLEGE VINUKONDA.

Prevalence of life style diseases and Their risk factors in rural Segments of vinukonda

Questionnaire

Name of The Student : M. Pavan Kumar.

Name of The Faculty mentor : Kishore Behra sir

Name of The village / interviewee :

village / area / Colony / locality

1. How old are you !

    20 — 39 years old

    40 — 59 years old

    60 — 80 years old

2. Are you male (or) female.

    A male   B female

3. How would you describe your body & physical Condition.
    Lean   Average   Overweight   Obese

How many Members of your family have a history of heart disead.

NO known family History of heart diseay

family members 60 years or older with heart diseay

family members younger Than 60 years with heart diseay

or more family members younger Than 60.4

h heart diseases.

w often do you eat - out Consume Junk food

d fast food.

Below 180 mg   B) 181→230 mg   c) 231 - 250 mg

                       F) not checked.

above 281 mg

ave you had you blood pressure Checked.

Systoric Blood pressure In m/Hg   B) below 120 untreated

20 - 140 untreated   g) 142 - 160 untreated

above - 160 untreated   F) 120 - 140 treated

.) 142 - 160 Treated   H). above 160 treated

          C) Not Checked

11. Do you sleep for about eight hours pernight

A) Yes   B) No.

12. Do you go to sleep easily and sleep Through The Night

A) Yes   B) No.

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

A) Yes   B) No.

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

A) Yes   B) No.

15 Do you stay away from Cigarratei and other. Tobaco products.

A) yes   B) No.

16. Do you avoid alchol and drugs

A) yes   B) No

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

A) yes   B) No.

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

A) Yes   B) No.

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

    A) yes   B) NO.

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

    A) yes   B) NO.

Tabular column used.

S N o.	Age Group			Whether diabetes is reported.	
	0-25 Young	25-50 Adult	50+ old	yes	NO
	29	60	23	YES	

Introduction

       life style diseases can be defined as diseases linked with one's life style These diseases are non-Communicate diseases they are caused by lack of physical activites, unhelThy eating, aleonol, Substance use disorders and Smoking robaco, which can lead To heart diseases Stroke, , obesity Type of diabete) and Long Cancer . The diseases That appeare To be increase in frequency as Cuntilled.

Discussion and Conclusion

After This Community Servey The following Conclusion are drawn

* The life style diseases are attracting due to The life style leading by The people who are leading a irresponcible life having Smoking and drinking alchols and other antisocial activites

* As we fellow The balenced diet and regular excreise we They may less attacked by Tnot disease.

* We all should be away from The cigeratte and alcohol we must not do even possestve somoke also.

* These life style diseares may Causes death also so It is round That The people with balenced diet and having regular execlsy are having less rise of life styp diseares to every should Change our life style.

Observation made during the Community Servery

* The life style diseases are very Common in people who are Sedentary without regular exercise & have The habit of The Smoking and drinking

* Many people who are Iiiiterate and have no idea about The balenced diet are getting These life Style diseases.

* Some literates with smoking and drinking habits · one also affecting

* The people who are with a worry of Tensions and pressure are getting These disease.

* So many people are don't even known about The balenced diet

* So many people are suffering from There life style diseases every year

precautions ro be raken :

+ The people must raken balenced diet

* The people must raken balence diet

become more Industrialized and people live longer include alzheimer's diseases, arthritis atherosclerosis asthma Cancer, chronic liver disease or Cirrhosis, Chronic Obstructive pumonary diseases pcoD, stroke, depression obesity and vascular dermenlia.

The risk factors That are linced with life style related diseases are smoking unhealthy diet physical inactivity and stress

Non Communicable diseases kill around 40 million people each year. That is around 90%. of all death globally NCDS are chronic in nature and cannot be. The Communicated from one person to another person They are a result of a Combination of factors including genetics, physiology environment and behaviours The main Types of NCDS such as Cardio vascular and, Chronic respiratory disease in addition to Cancer NCDS such . as

iii   increase   blood   glucose   level   is   hypes   glycemia

IV. increase   levels   of   fats   in   blood   or   hyper   lipidemia

Increasing   blood   pressure   in   leading   metabolic

risk   factors   globally   with   19%.   of   global   deaths

attributed   To   It   followed   by   obesity   and

hyper   glycemia

— Four   main   life   style   diseases.

A.   ischaemic   heart   disease.

B.   stroke

C.   peripheral   arterial   disease.

D.   Congenital   heart   diseases.
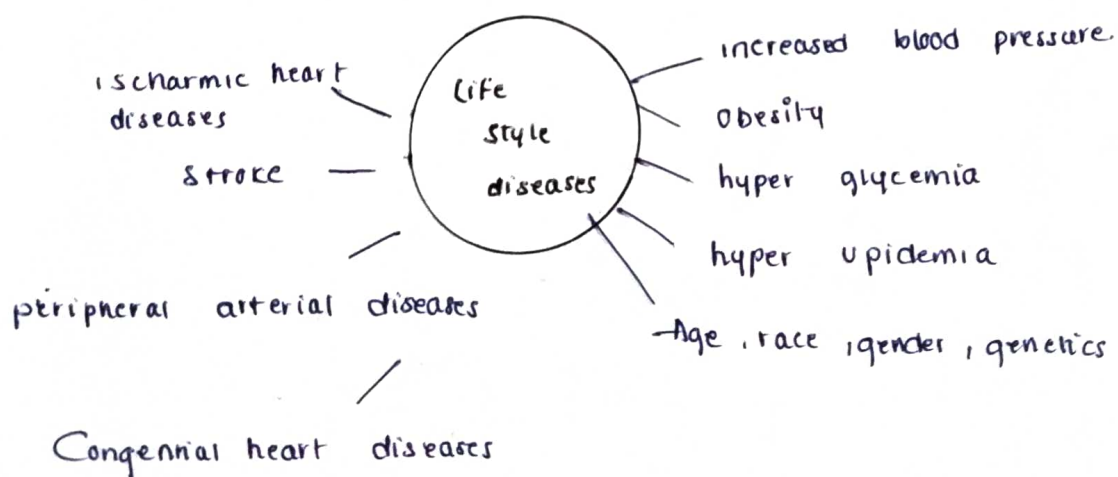
The people must do regular exercise.

They must less depend up ·Carbohydrate diken

The people should check up regularly

The people should be follow yoga and

meditation used should ·Calon

The style disease and risk factros.

person with balenced diet and good habits
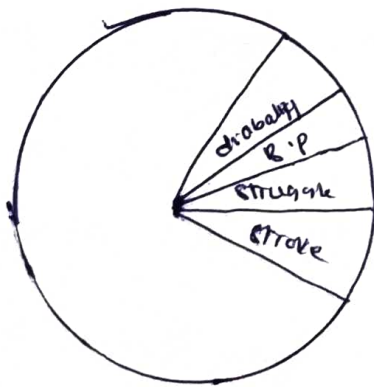
compared health · risk with a person having -bad
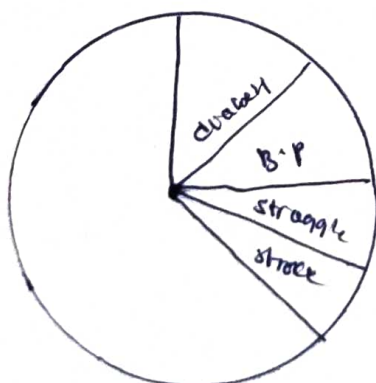
abbity

Fig A :· persons with good diet & habit

Fig B! persons with out bad habits and no balenced diet

Cardio vasalar diseases, Stroke diabetes and Certain forms of Cancer are heavily linked to life style choice and hence are often known as life style diseases

Cardio vascular diseases The main Type of NCD are Cardio vascular and Chronic resperatory diseases in addition to Cancer NCD3 Such as Cardio vascular diseases stroke, diabeties and forms of Cancer are heavily linked to life style choices and hence They often known as lifestyle diseases.

Non Modified risk factor.

a) Age
b) Race
c) Gender
D) Genetic

Metabolic risk factors

i. increased blood pressure.

ii. Obesity

Acknowledgment.

Kishore   behra   sir   Zoology   lecturer , SGK degree College VNK

Mani Kumar   sir   Botany   lecturer ,   SGK degree ,college VNK.

M. Pavan Kumar.

All   my   ·class mates

Reference :

1. life   style   disease   paper back   G. Gohani Ajay
                                          D. Kshir   sagar.

2. Eat   To   Beat   diseases — Dr William H.

3. why   we   get   sic — Benjomin Bikmon · phd.

S.G.K GOVERNMENT DEGREE COLLEGE, VINUKONDA, PALNADU District

Survey Questionnaire

Department of ZOOLOGY

TITLE OF THE PROJECT: LIFE STYLE DISEASES AND RISK FACTORS IN VINUKONDA

PROJECT EXECUTION AREA: VINUKONDA MUNICIPALITY

Name of the Respondent: SK. Imam Basha   Name of the Mentor: KiShor Behra

Locality: Ambedkar Colony   Name of the Student: M. Pavan kumar.

Door No: Programme:

1.How old are you?

- ✓ 20 - 39 years old
- o 40 - 59 years old
- o 60 - 80 years old

2.Are you male or female?

- o Female
- ✓ Male

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

- o Lean
- ✓ Average
- o Overweight
- o Obese

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

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

5. How often do you eat-out, consume junk food and fast-food?

- o Everyday (all meals)
- ☑ Everyday (1 meal)
- o Alternate days
- o Twice a week
- o Once a week
- o Once a month

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

- o Bland and boiled
- o Salty
- o Oily and fatty
- ☑ Sweet

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

- ☑ Non-smoker & non-tobacco user
- o Ex-tobacco smoker (6 months or more tobacco-free)
- o Smoke 1-10 cigarettes a day
- o Smoke 11-19 cigarettes a day and/or chew tobacco infrequently
- o Smoke 20-29 cigarettes a day and/or chew tobacco infrequently
- o Smoke 30-39 cigarettes a day and/or chew tobacco frequently
- o Smoke 40 or more cigarettes a day and/or chew tobacco frequently

8. Are you physically active and exercise regularly or do you have no exercise or irregular physical activity?

- o Sedentary without regular exercise
- ✓ Sedentary with regular exercise
- o Active without regular exercise
- o Active with regular exercise

9. Have you had you blood cholesterol checked recently?

- ✓ below 180 mg
- o 181mg - 230mg
- o 231 - 280mg
- o above 281mg
- o not checked

10. Have you had you blood pressure checked recently?

- o Systolic Blood Pressure in mm/Hg
- ✓ below 120 untreated
- o 120-140 untreated
- o 142-160 untreated
- o above 160 untreated
- o 120-140 treated
- o 142-160 treated
- o above 160 treated
- o not checked

11. Do you sleep for about eight hours per night?
- o Yes
- ✓ No

12. Do you go to sleep easily and sleep through the night?
- ✓ Yes
- o No

13. Do you eat at least five fruits and vegetables each day?
   - ☑ Yes
   - o No

14. Do you limit the amount of sugar and salt in your diet?
   - ☑ Yes
   - o No

15. Do you stay away from cigarettes and other tobacco products?
   - o Yes
   - ☑ No

16. Do you avoid alcohol and drugs?
   - ☑ Yes
   - o No

17. Do you brush and floss your teeth at least twice a day?
   - ☑ Yes
   - o No

18. Do you see a dentist and GP regularly if you feel something is wrong?
   - ☑ Yes
   - o No

19. Do you usually feel that you can manage all of the tasks required of you in a given day?
   - o Yes
   - ☑ No

20. Do you have family and friends ready to help and support you if needed?
   - ☑ Yes
   - o No

SK. Imam Basha
Signature of the participant

om
Signature of mentor

M. Pavan Kumar.
signature of the student

S.G.K GOVERNMENT DEGREE COLLEGE, VINUKONDA, PALNADU District

Survey Questionnaire

Department of ZOOLOGY

TITLE OF THE PROJECT: LIFE STYLE DISEASES AND RISK FACTORS IN VINUKONDA

PROJECT EXECUTION AREA: VINUKONDA MUNICIPALITY

Name of the Respondent: N. Gopi Chand

Locality: Ambedkar Colony

Door No:

Name of the Mentor: Kishore Behra

Name of the Student: M. Pavan Kumar.

Programme:

1.How old are you?

- ✓ 20 - 39 years old
- o 40 - 59 years old
- o 60 - 80 years old

2.Are you male or female?

- o Female
- ✓ Male

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- o   Smoke 20-29 cigarettes a day and/or chew tobacco infrequently
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   - ○ Yes
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   - ☑ No

20. Do you have family and friends ready to help and support you if needed?
   - ☑ Yes
   - ○ No

N. Gopi Chandu
Signature of the participant

m

Signature of mentor

M. Pavan Kumar.
Signature of the student