

Formate - III Community Service Project (CSP) student daily project
Report.

1. Name of The student M.V. Gopi
2. Regd NO. of The student
3. year — 2022
4. program Studying (BA/B.com/Bsc) — Bsc [B.Z.C.]
5. programe Combination — B.Z.C
6. Name of The Mentor — K.ghoys Behara.
7. Name of The CSP — Life style diseases and their risk factors.
8. place CSP execution — Vinukonda.

SNO.	DATE	Work done.	
1.	01/06/2022.	2	3 hours
2.	02/06/2022.	3	3 hours
3.	03/06/2022	4.	4 hours
4.	04/06/2022.	3	3 hours
5.	05/06/2022	2	2 hours.
6.	06/06/2022.	1.	1 hour.

Signature of the student

M.V. Gopi.

Verified
last

Signature of the Mentor

Title :- Life style diseases and their risk factors in vinukonda population.

AIM :- To identify the reasons and risk factors using incidence of life style diseases in vinukonda.

Methods ; adopted :- Community survey and community awareness.

TIME LINE :-

first week :- This includes the door-to-door survey along with the collection of data in the form of questions. different age groups are selected for collections 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 re-grading the life style disease has been made by the team members different age groups are addressed separately.

SGK Govt. Degree college, vinukonda.

PALANADU DISTRICT

Community service project

Name of the mentor:-

Name of the CSP:- Life style disease and their
risk factors in vinukonda urban
populations.

Community service project.

Survey Questions:-

- How old are you!
- 20 - 39
- 40 - 59
- 60 - 80
- Are you male or female!
- female
- male
- How would you describe your body and
physical conditions?
- lean
- Average
- over weight
- obese

7. Do you smoke cigarettes or have you tobacco related products in the past?
8. Are you physically active and exercise regularly, or do you have no exercise or irregular physical activity?
9. Have you had your blood cholesterol checked recently?
10. Have you had your blood pressure checked recently?
11. Do you sleep for about eight hours per night?
12. Do you go to sleep easily and through the night?
13. Do you eat at least five fruits and vegetables each day?
14. Do you limit the amount of sugar and salt in your diet?
15. Do you stay away from cigarettes and other tobacco products?

16. Do you avoid alcohol and drugs?

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

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

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

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

Signature the participant


Signature of the
mentor.

M. V. Gop.
Signature of the student.

characteristics of NCD:-

complex etiology:- Non communicable driven by
semiology unrelated causes such as rapubon?
zation. of an healthy life styles are again
appartment cause such as reversed blood pressure
blood glucose elevated Blood lopids and obes
representations of deep lying life style habits.

Multiple risk factors:-

There are a number of risk lead

Tabular columns used.

S.NO	Age groups			whether diabetes is reported.	
	0-25 Young	26-50 Adult	51-60+ old	Yes	NO
	67.	98	3	yes	

Introductions:-

Non communicable disease (NCDs) kill around 40 millions peoples each year that is around 70% of the deaths, global (NCDs) are chronic in nature and control be communicated from the one person to another.

They are result of a combination of factors including. genetics, physically environment and behaviours the main types of (NCDs)

are cardiovascular and chronic respiratory disease in addition to cancer NCDs such as cardiovascular diseases (CVD) stroke diabetes and certain forms of cancer are heavily linked to life style choices and hence are often known as life style disease.

cardiovascular diseases that include heart diseases attacks and strokes account for 17.7 millions deaths every year.

making it the most lethal disease globally cancer kills around 8.8 millions peoples each year followed by the respiratory diseases that claim around 3.9 million lives annually and diabetes that has an annual morbidity rate of 1.6 million.

These four groups of diseases are the mostly common causes of death among all NCDs figure. I depicts the top 10 causes of death globally.

NCDs are caused to a massive extent by the four behavioural risk factors tobacco use.

characteristics of NCDs :-

Complex etiology (causes) :- Non communicable given by seemingly unrelated causes such as rapid urbanization, globalization of unhealthy life styles are ageing, apartment causes such as raised blood pressure blood glucose elevated blood lipid and obesity representations of of life style habits.

Multiple risk factors:-

There are a number of risk lead to the an set and development of NCDs the risks can be divided into three primary risks set behavioural risk factors non modifiable risk factors many of which are common are for a number.

Introduction:-

The non-communicable of scase (NCDs) kill around the million people each year that are chronic around 70% of all deaths globally NCDs are chronic in nature and cannot be communicable from one person to another they are result of a combination of factors including genetics physiology environment and behaviours the main types respiratory disease in addition to cancer NCDs.

Such as C.V.D stroke diabetes are often known as life style of disease.

How many members of your family have a history of heart diseases?

No known family history of heart disease

1 family member 60 years or older with heart

2 family member 60 years or older with heart disease

1 family member younger than 60 years with heart disease

2 family member younger than 60 years

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

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

* Every day (all meals)

* Every day (one meal)

* Alternate days

* Twice a week

* Once a week

* One a month.

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

* Bland and boiled

* Salty

* Oily and fatty

* Sweet.

Third week:- All the data collected has been complete in the form of project report this includes the analysis of data. Based on this, definite conclusion are drawn regarding the prevalence of the disease. The 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 technologies used:-

Although no specific clinical tools are used in this project the parameter listed below are used the collecting data are drawing conclusions.

1. Questions
2. Tabular columns.
3. Graphical representations.

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: Koolyoon

Name of the Mentor: Kishore Beha

Locality: Ambdka Colony

Name of the Student: M.V. Gopi

Door No:

Programme:

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-out, consume junk food and fast-food?

- ☒ 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
- ☐ Smoke 20-29 cigarettes a day and/or chew tobacco infrequently
- ☐ Smoke 30-39 cigarettes a day and/or chew tobacco frequently
- ☐ 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?

- ☒ 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

10. Have you had your blood pressure checked recently?

- ☐ Systolic Blood Pressure in mm/Hg
- ☒ 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?

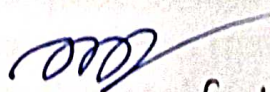
- ☐ Yes
- ☒ No

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 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 of the participate
A. noorash


signature of the
Kishore Behl

signature of the student
M.V.GOP?