

REPORT :-

COMMUNITY

SERVICE

PROJECT

SRIMATHI GANGINENI KALYANI DEGREE COLLEGE VINUKONDA

LIFE STYLE DISEASES AND RISK FACTORS IN VINUKONDA

PRINCIPAL :- DR. K. SRINIVASARAO, PhD

MENTOR :- G. MANIKUMAR SIR (Lecturer in Botany)

S.G.K. GOVERNMENT DEGREE COLLEGE

VINUKONDA

PALNADU DISTRICT

522647

NAME OF THE STUDENT :- SHAIK. RESHMA

NAME OF THE FACULTY MENTOR :- G. MANIKUMAR SIR

NAME OF THE VILLAGER / INTERVIEWEE :- V.N.K. GUNTUR DISTRICT

VILLAGE / AREA / COLONY / LOCALITY :- VINUKONDA, REDDY NAGAR

Title :- Life style Diseases And Risk Factors. In VINUKONDA.

AIM :- TO Identify The Reasons For The rising incidence of Life style Diseases and Risk Factors in rural areas with special reference to Guntur District.

Methods Adapted :- community survey and community Awareness.

Time Line :-

First week :- community survey. 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 comparatively study of prevalence of diabetes in young adult, and old people is taken up for this purpose.

second week :- community awareness. under this program an attempt to create the awareness regarding the diabetes disease has been made by the team members individually.

Different age groups are addressed separately for this purpose.

Third Week :- All The data collected has been complied in The form of project report. This includes the analysis of data. Based on this ,definite conclusions are drawn regarding the prevalence of the disease. 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
3. Graphical representations.

Life Style Diseases and Risk Factors In Vinukonda

Questionnaire:-

Name of the student

Name of the Faculty Mentor

Name of the villager/Interviewer

Village / area / colony / locality

1. How old are you?

2. Are you Male or female?

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

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

5. How often do you eat-out, consume Junk Food and fast-Food?
6. In general, which type of Foods do you mostly like to eat
7. Do you a smoke cigarettes or have you used tobacco related products in the past?
8. Are you physically active and exercise regularly or do you have no exercise or irregularly physical activity?
9. Have you had you blood cholesterol checked recently
10. Have you had you blood pressure checked recently
11. Do you sleep for about eight hour per night
12. Do you go to sleep easily and sleep 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?
17. Do you brush and floss your teeth at least twice a day?
18. Do you see a dentist and GP regularly if you feel something is wrong?
19. Do you usually feel that you can manage all of the tasks required of you in a given day.

20. Do you have Family and Friends ready to help and support you if needed?

No	Age group 1			Whenever life style diseases report or not.
	young 15-30	Adult 30-60	old 60	

Introduction:- Lifestyl 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 an number of health issues that can lead to chronic non-communicable diseases that can have near life-threatening consequences.

Non communicable diseases (NCDs) kill around 40 million people each year, that is around 70% of all deaths

Globally, NCDs are chronic in nature and cannot be communicated from one person to another.

They are a result of a combination of factors including genetics, physiology, environment and behaviours.

The main type of NCDs are cardiovascular and chronic respiratory diseases in addition to cancer. NCDs such as cardiovascular diseases (CVD), stroke, diabetes and certain forms of cancer are heavily linked to lifestyle choices, and hence, are often known as lifestyle diseases.

cardiovascular diseases that include heart attacks and stroke account for 17.7 Million deaths every year, making it the most lethal disease globally. cancer kills around 8.8 million people each year, followed by 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 most common causes of death among all NCDs. Figure 1 depicts the top 10 causes of death globally.

CHARACTERISTICS OF NCDs :-

Complex etiology (causes) :- Non communicable diseases are driven by seemingly unrelated causes such as rapid unplanned urbanization, globalization of unhealthy lifestyles and population ageing. Apparent causes such as raised blood pressure, increased blood glucose, elevated blood lipids and obesity may be representation of deep lying lifestyle habits.

Multiple Risk factors :- There are a number of risk factors that lead to the onset and development of NCDs. The various types of risks can be divided into the three primary risk sets: modifiable behavioural risk factors, non-modifiable risk factors and metabolic risk factors, many of which are common for a number of diseases.

Long latency period:- The latency period OF NCDs long often stretching from many years to several de 2011.

causes :- The causes of NCDs can be divided into three broad categories: modifiable behaviour risk factors, non-modifiable risk factors and Metabolic risk factors.

Four Major Lifestyle Diseases:-

A. Ischaemic heart disease

B. stroke

C. peripheral arterial diseases

D. congenital heart disease

CVDs are the number 1 cause of death globally on more than 17 million death per year.

Major Modifiable Risk factors	Non Modifiable Risk Factors	Other hand Risk factors.
High blood pressure Abnormal blood lipids	Age	Excess hom blood Inflammation
tobacco use phy- sically inactivity obesity Diabetes Heavy alcohol use	Heridity or family history Gender	pro - Abnormal conglutation blood fibrin lipop

Diabetes :- It is a Metabolism disorder that affects the used food for energy and physical growth. There are diabetes : Type 1, Type 2, Gestational, and pre diabetes Glucose tolerance. Type 2 is the most common disease world and is caused by modifiable behavioural risk

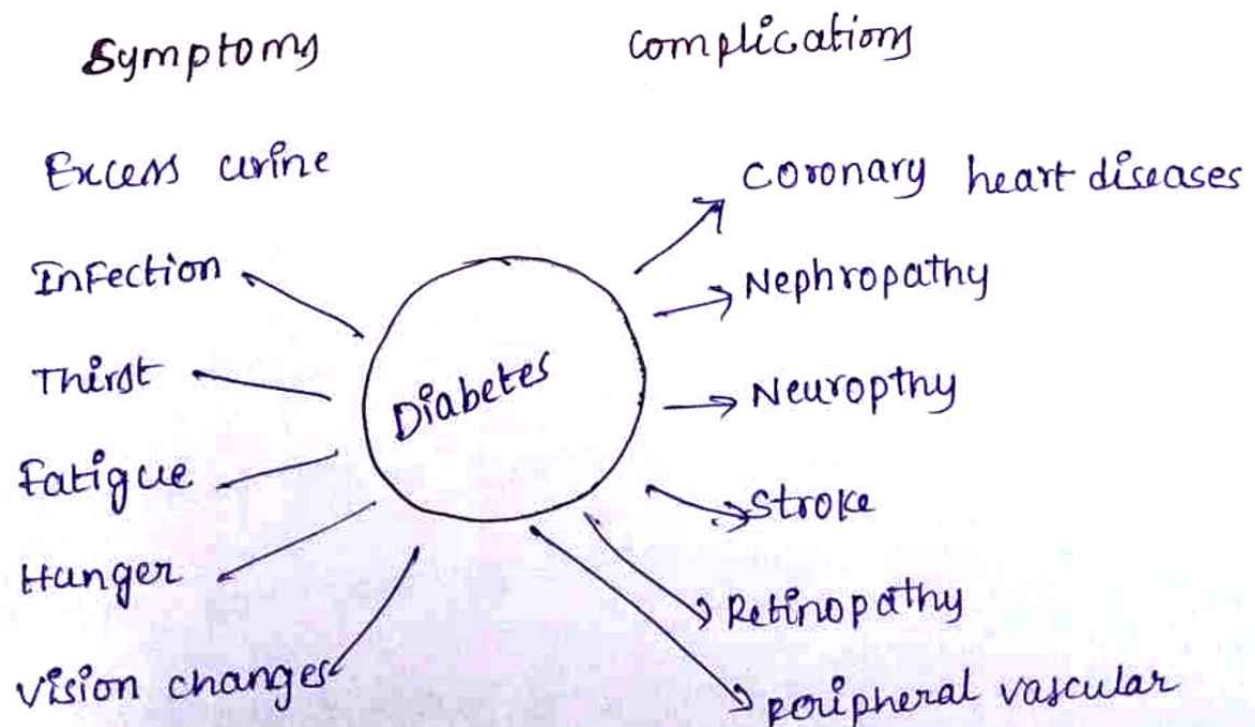
Major Modifiable Risk factors.	Non Modifiable Risk factors.
unhealthy diets physical inactivity obesity or overweight high blood pressure high cholesterol heavy alcohol use psychological stress High consumption of sugar low consumption of fiber	Advanced Age family history/ genetics Race Distribution of fat in the body

Cancer :- cancer affects different parts of the body and is by rapid creation of abnormal cells in the part and other parts of the body as well. More than 1 million of cancer each year and 30% of those diseases are lifestyle choices.

type of cancer	Modifiable Risk Factors	Other Risk factors.
cervical	smoking poverty	Immune diseases
lung cancer	smoking second hand smoke Radiation therapy Being exposed to asbestos radon, chromium, nickel arsenic, soot, or tar living in air polluted place	
Breast cancer	Hormone therapies weight and physical	Race Genetics BRCA1 and BRCA2 genes Age
prostate cancer	obesity Bad food habits low intake of fibers	Age Race
colorectal cancer	unhealthy diet insufficient physical activity	Age Race family history Diabetes.

Chronic Respiratory diseases:- some of the most under diagnosed conditions, chronic Respiratory diseases (CRD) are a potent cause of death globally with 90% of the deaths taking place in low income countries chronic obstructive pulmonary diseases (COPD) and asthma are the two main types of CRDs

Modifiable Risk Factors	Non-Modifiable Risk factors.
cigarette smoke Dust and chemicals environmental	Genetics Age
Tobacco smoke Air pollution Infections	Genetics Age.



Precautions to be taken.

Since the person is found to be a potential diabetic, precautions should be taken.

- Regular diet should be followed
- Less dependent on carbohydrate diet
- Regular check ups
- Glucose levels in the blood and urine levels are to be tested regularly.

Discussion & conclusion:-

Diabetes Mellitus, although a hormonal disorder, its predisposition is caused by several factors. Stress is the main culprit in creating diabetic conditions in a person.

Hence destressing oneself is the preventive measure.

* As the rural segments are taken for survey it is observed that prevalence of diabetes is more now in rural segments because of the shift in life style this diabetes mellitus may also be treated as lifestyle disorder. Healthy life style can make us anti-diabetic. Regular physical exercise is an antidote to diabetes.

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

Name of the Student	SK. Reshma	
Regd. No. of the Student	V202099034	
Year	2020 - 2022	
Program studying (BA/B.Com/B.Sc etc.,)	II BSc (BZC)	
Program Combination		
Name of the Mentor	G. Manikumar sir	
Name of the CSP	life style diseases and risk factors	
Place of CSP execution	vinukonda Guntur district	
Date	Work done	No. of hours spent
1-06-2022	7	3
2-06-2022	7	3
3-06-2022	7	4
4-06-2022	7	3
5-06-2022	7	4
6-06-2022	7	4

Signature of the student

SK. Reshma

Signature of the mentor

lec in zoology
Mentor