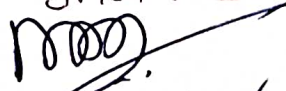


Commissionerate of Collegiate Education , Government of Andhra Pradesh

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

1	Name of the Student	Y. Aswani	
2	Regd. No. of the Student	Y2020990410	
3	Year		
4	Program studying (BA/B.Com/B.Sc etc.,)	BSC (B-2.C)	
5	Program Combination		
6	Name of the Mentor	Kishor Behara	
7	Name of the CSP	Lifestyle diseases and their risk factors.	
8	Place of CSP execution	A. Kothapalem	
S.No	Date	Work done	No. of hours spent
40	8/6/2022	5	2 hours
41	8/6/2022	5	3 hours
42	8/6/2022	5	2 1/2 hours
43	8/6/2022	5	2 hours
44	9/6/2022	3	2 1/2 hours
45	9/6/2022	3	3 hours
46	9/6/2022	3	2 hours
47	10/6/2022	4	2 1/2 hours
48	10/6/2022	4	3 hours
49	10/6/2022	4	2 1/2 hours
50	10/6/2022	4	3 hours.

Signature of mentor

Mentor

Signature of student
Y. Aswani

Commissionerate of Collegiate Education , Government of Andhra Pradesh

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

1	Name of the Student	Y. Aswani	
2	Regd. No. of the Student	Y2030 990 40	
3	Year		
4	Program studying (BA/B.Com/B.Sc etc.,)	BSc [R.2.C]	
5	Program Combination		
6	Name of the Mentor	Kishore Behara	
7	Name of the CSP	lifestyle diseases and their risk factors	
8	Place of CSP execution	A-kottapalem.	
S.No	Date	Work done	No. of hours spent
27	6/6/2022	6	2 hours
28	6/6/2022	6	3 hours
29	6/6/2022	6	2 1/2 hours
30	6/6/2022	6	3 hours
31	6/6/2022	6	2 1/2 hours
32	7/6/2022	7	3 hours
33	7/6/2022	7	2 1/2 hours
34	7/6/2022	7	2 hours
35	7/6/2022	7	1 1/2 hours
36	7/6/2022	7	2 hours
37	7/6/2022	7	2 1/2 hours
38	7/6/2022	7	3 hours
39	8/6/2022	5	2 1/2 hours

ATTITI CHANNUNNENT KALYANI
DEGREE COLLEGE VINUKONDA

PROJECT TITLE

TYLE DISEASES AND RISK FACTORS IN
A. KOTHAPALEM

PRINCIPAL :- DR. K. SRINIVASA RAO (PHD)

MENTOR :- B. R. K. Kishore SIR (M.Sc)

S. G. K. GOVERNMENT DEGREE COLLEGE
VINUKONDA

PALNADU DISTRICT

522647

OF THE STUDENT :- Y. ASWINI

OF THE VILLAGER / INTERVIEWEE :- A. KOTHAPALEM

AREA / COLONY / LOCALITY :- A. KOTHAPALEM

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

Aim:- To identify the reasons for the rising incidence of diabetes mellitus in rural areas with special reference to Palnadu dist.

Methods:- 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 groups are selected for the collection of data. A comparative study of prevalence of diabetes 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 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 compiled 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. This includes the graphical representation of the data.

fourth week:-

It includes the presentation of our project work to 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.

S.G.K. Government degree college vnk.

Life style diseases and Risk factors In vinukonda.

Questionnaire :-

Name of the student :-

Name of the faculty mentor :-

Name of the villager/Interviewee

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 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. How often 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 eat at least five fruits and vegetables each day.

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

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

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

6. Do you avoid alcohol and drugs?

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

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

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

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

Tabular Column used.

No.	Age groups			whether diabetes is reported	
	Young	Adult	old	Yes	NO

Introduction

Diabetes mellitus is a disorder caused by the deficiency of insulin. Insulin is the hormone secreted by pancreas. Pancreas is a heterocrine gland. It is a mixed gland containing both exocrine and endocrine parts. The endocrine part of pancreas was identified by Paul Langerhans. This endocrine part contains α and β cells. α cells secrete glucagon and β cells secrete insulin. Insulin and glucagon are the antagonistic hormones, and they play a crucial role in the maintenance of glucose levels within the body. Glucose is the secret of our energy and it is the only molecule that can cross the blood-brain barrier. Brain can utilize only glucose as the source of energy. If glucose is not available

the brain, the person enters into coma. Hence it is mandatory for the human body to maintain the prescribed level of glucose in the blood during fasting and also after a feast. Excess and this is accumulation of glucose level shows blood results in a condition called diabetes mellitus.

Introduction.

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 types of NCDs are cardiovascular and chronic respiratory diseases in addition to cancer. NCDs such as cardiovascular diseases, stroke, diabetes and certain forms of cancer are heavily linked to 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 and diabetes that has an annual morbidity rate of 1.6 million. These four groups of disease are the most common.

characteristics of NCDs

complex etiology (causes) - Non communicable driven by seemingly unrelated causes such as rapid urbanization, globalization of unhealthy lifestyles are ageing, Apparent causes such as raised blood pressure blood glucose elevated blood lipids and obes representations of deep lying lifestyle habits.

multiple risk factors:-

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

Long Latency period:-

The latency period of NCDs long often stretching from many years to several decades.

Causes:-

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

four major life style diseases.

A. Ischaemic heart disease

B. stroke

C. peripheral disease

D. congenital heart disease.

CVDs are the number 1 cause of death globally and more than 17 million deaths per year. The number is rising by 2030 to more than 23 million year.

major modifiable Risk factors	Non-modifiable Risk-factor	other risk.
High blood pressure Abnormal blood lipids Tobacco use physical inactivity. Obesity unhealthy diet (salt) heavy alcohol use	Age Heredity or family history Gender Ethnicity or race	Excess hormones blood-influence progesterone Abnormal coagulation, blood pressure.

Diabetes:

Diabetes 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 (Glycated Toxemia). Type 2 is the most common diabetes world and is caused by modifiable behavioural risk factor.

major modifiable Risk factors

- un healthy diets
- Physical inactivity
- obesity or overweight
- high Blood pressure
- High cholesterol
- Heavy alcohol use
- psychological stress
- High consumption of sugar.
- Low consumption of fiber

Non modifiable Risk factors

- Advanced age
- family history
- genetics
- Race
- Distribution of fat in the body.

Cancer

Cancer affects different parts of the body and is by a rapid creation of abnormal cells in that part and other parts of the body as well. More than 7 million of cancer each year and 30% of those diseases are life style choices.

Type of cancer	modifiable Risk factors	Other Risk.
cervical	smoking poverty	Immune di
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 activity	Race Genetics BRCA1 and BRCA2 genes Age.
Prostate.	obesity Bad food habits low intake of fiber	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 are a potent cause of death globally with 90% of death taking place in low-income countries. Chronic obstructive pulmonary disease and asthma are the two main types of CRDs.

modifiable risk factors

cigarette smoke
dust and chemicals
environmental
tobacco smoke
tobacco smoke
Air pollution Infection

non-modifiable risk factors

Genetics
Age

Symptoms

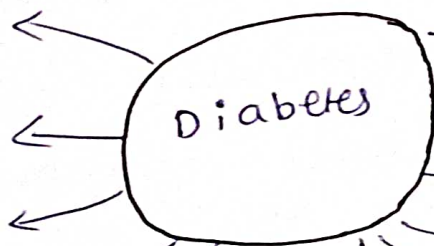
Excessive
infection

Thirst

fatigue

Hunger

vision changes



Diabetes

Complications

Coronary heart disease

nephropathy

neuropathy

Stroke

Retinopathy

Rotor vascular

precaution to be taken.

once the person is found to be potential diabetic precaution should be taken

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

Disussion & conclusion:

After this community survey the following conclusions are drawn.

- diabetes mellitus, althrough disorder, its predisposition is caused by several factors, stress is the main culprit in creating diabetic conditions in a person.
- 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 lifestyle
- possibility of becoming diabetic increases with the use of electronic gadgets like television, Hence moderate body movements are recommended while watching television serials.

Less carbon hydrate diet is the best remedy to diabetes.

Eating in instalments is a healthy habit. Eating between meals should also be avoided. Junk food should be discontinued. Vegan life style may reduce the chances of becoming diabetic.

→ prevalence of type I diabetes is not registered in the rural segments which are selected for community survey. It is only a coincidence.

It is found out that, diabetes is a disease that can be managed efficiently without affecting the quality of life. It makes our life sweeter and also easier if we have minimum awareness regarding this disorder.

**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: Y. Aswani Group: Hall BSc [B2-5
Ticket No: Y203099040 Phone No: 7013332257
- ❖ Surveying Area Details: Village/Ward Name: A. Kothapalem
Date: 7/6/2022 Time: 9:40am
- ❖ Person Contacted for Survey: Name: E. Seetharavamma House No: 4-144
Caste: Gen ☒ BC ☐ SC ☐ ST ☐ OC
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
1.	E. Seetharavamma	female	75		farmer ☐

Health Details:

(i) Diseases in family: No

(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
33	E. seetharavamma	female	75	

Verified

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-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 of you in a given day?

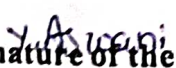
- ☐ Yes
☒ No

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

**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: Y. Aswani Group: Hall BSC(B-2-C)
Ticket No: Y203099040 Phone No: 7013332357
- ❖ Surveying Area Details: Village/Ward Name: A. Kothapalem
Date: 7/6/2022 Time: 11:30am
- ❖ Person Contacted for Survey: Name: Pitta. Adilakshmi House No: 4-167
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
2	Ramaiah	male	40	-	farmer ☐

Health Details:

(i) Diseases in family: No

(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
34	P. Suresh	female	38	☐

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-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 of you in a given day?

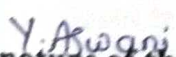
- ☐ Yes
☒ No

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

- ☒ Yes
☐ No


Signature of the participant


Signature of the mentor


Signature of the student