

# A Study on Analysis of Nutrition Awareness with Relation to Life Style Among Late Teenage Living Together under Well Settled Roofs, Shillong, Meghalaya, India

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**Abstract**— The present study was based on the survey questionnaires which collected their idea, opinion and also their practice of their food habits and life style. Study also revealed their awareness about life style caused problems. According to present investigative questions 70% respondent agreed daily consumption of junk, 20% respondents replied physical inactivity was cause of Obesity in the country. Current study also showed that 40% took extra salt along with food which exceeds the recommended level and put them in risk of developing hypertension in future. 75% of male takes extra salt daily while eating beyond added in food and while only 25% of female who takes extra and hence put them in lesser risk of developing hypertension in future. Present also showed that only 10% of respondents were aware of checking food labeling /nutritive value chart at food packets.

**Key words:** Nutrition Awareness, Life Style

## I. INTRODUCTION

Teenage is period where most of transition occurs starting from physiological state to mental state. Hence, this period is also known as transition periods. In this period, lots of hormonal changes occurs which reflects through their attitude, body structure, intelligence, thinking etc. Nutrition has a great impact on teenage health. Nutrition helps to meet their day to day requirement of various nutrients in order to regulate their body physiology. To be active and healthy, nutrition is very important and so as the awareness among them. Awareness about nutrition and life style problem can solve many problem coming ahead in their life. This awareness may also cut off many obstacle facing toward a healthy life style. During adolescence due to lack of physical activity, high fatty food consumption etc. cause them to put on weight and gets obese. In article published (Bibiloni et.al,2013)also highlighted that Overweight and obesity prevalence was high among adolescence.

This whole study will highlight

- 1) Whether teenage have idea what nutrition is
- 2) Are aware about life style caused problem like obesity, stomach upset during travelling, obesity, hypertension
- 3) Are they themselves falling into risk for development of those problems?

### A. Study Method

Random selection method

#### 1) Study Site and Period

Hostels in Lower Nogram hill and study period was two days

#### 2) Sample Size

Target- 20, sample actual got -10

### B. Inclusion Criteria

- Students who resided in that hostel in the no grim hills, shilling
- Who are willing to participate in the study?

- Both genders
- Late teenage students
- Age between-17-23years

### C. Exclusion Criteria

- Students not resided in study place
- Students who are not willing to participate
- Age below 17 years and above 23 years.

#### 1) Study Tools

Semi structure questionnaire was provided to participants where open and closed ended questions were included

#### 2) Result

##### a) Gender

Among participants 60% were male and 40% were female.

##### b) Different community they belong:

Among participant, Boro(10%),Kashi(10%), Khasi(30%), Naga(30%),Gar(20%)

#### 3) Question and Findings

- Do you think Nutrition is important to your health? Why?

100% of respondents agreed that Nutrition is very important and 80% told nutrition is very important so as to fight disease and while 40% told as helps in growth and development.

- Do you prefer foods that are high in protein or supplements for protein requirement in body? why?

100% of them agreed that for high protein they would prefer natural protein sources over protein supplement and also added that supplements could be hazardous too and can't be trusted.

- What would you like to have while travelling ? why?

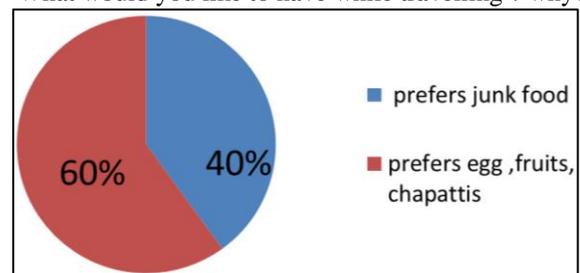


Fig. 1:

#### 1) Prefers Junk Food

- Convenient to carry (40%)

#### 2) Prefers egg and chapatti

- Keeps stomach full and fruit juice keeps them fresh (60%).

- a) What do you prefer carbonated drinks, fruit juice or alcoholic drinks during summer ? why?

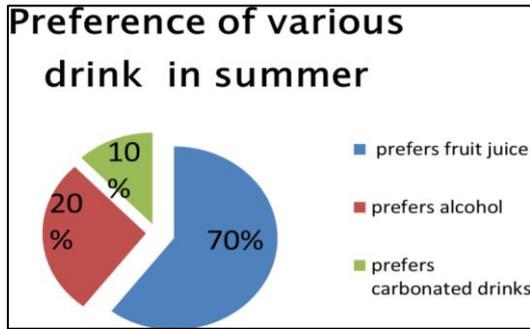


Fig. 2:

- 1) Prefers fruit juice
  - Refreshing in summers.
- 2) Prefers carbonated drinks
  - Habituated.
- 3) Prefers alcohols
  - Chill beer keeps them cool.
- b) Do you find it necessary to check nutritive value chart before buying a food product? If yes, why? If no, why?

Only 20% of them agreed to check nutritive value rest denied to check as their responses were

- a) Do not feel necessary to check (90%).
- b) If they check then they might have to avoid the fat rich foods (10%)
- c) Now a day's obesity is common problem among people. What is your view about it?

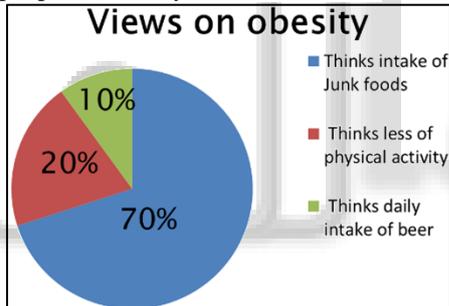


Fig. 3:

Awareness about Nutrition	Awareness about obesity	Awareness about stomach upset during travelling	Awareness about hypertension	Awareness about dehydration in summer	Awareness about constipation
100%	90% accurate 10% not accurate (caused due to beer daily intake)	40% as they prefer chapatti, boiled egg, fruits and 60% preferred junks(pakora, chow, chips etc)	60% as they don't take extra salt	70% as they fruits juices, fruits	10% as they consume fruit daily basis

Table 1: Awareness About Life Style Caused Problem Like Obesity, Stomach Upset During Travelling, Hypertension

Towards hypertension	Problem to be faced like dehydration ,liver problem
40% takes extra salt	30%

Table 2: Falling into Risk of Development of Life Style Cause Disease

## II. DISCUSSION

Late Teenagers /adolescence is a period of final growth and development hence awareness about nutrition is very important. Awareness can improve the present health status of late teenagers.

- d) Do you have a habit of taking extra salt beside that added while cooking? If yes, why? If no, why?

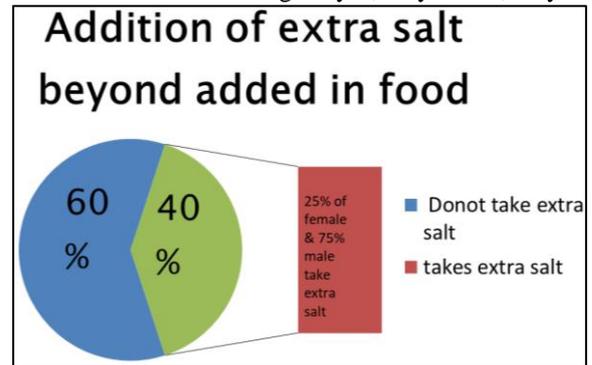


Fig. 4:

- e) Do you consume fruits every day? If yes, why? If no, why?

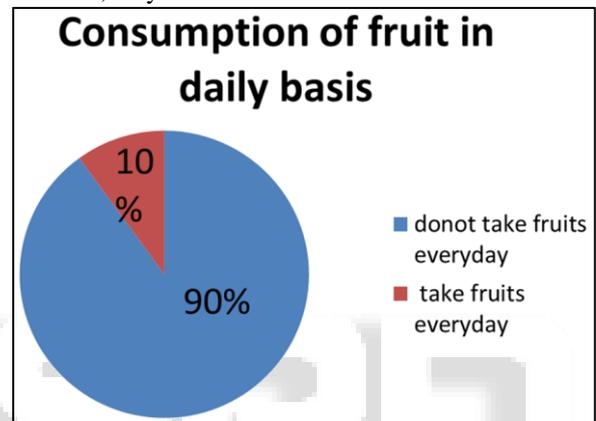


Fig. 5:

- 4) Donot consume fruit
  - It is more costly (80%).
  - Shortage of time (20%).

gas, diarrhea which may be due to bacterial contamination, high fat, sugar and even caffeine content.

Present study showed that 90% of respondents don't check the food label or nutritive value chart while buying food which was also similar to study done in Jordan showed 99% of respondent didn't check food label for its salt content (Alawwa, et.al 2018)

Similarly current study also showed that 40% took extra salt along with food which exceeds the recommended level. An article published in Times of India (2014) revealed that average intake of salt in subjects were 7.5g/day which is above the recommended level. Hence 40% of subjects of present study were moving towards Hypertension which is the main point to be noted.

Other health aliment cause due to life style is Obesity which due to sedentary life style, According to present investigative questions 70% respondent agreed daily consumption of junk, 20% respondents replied physical inactivity was cause of Obesity in the country and similar result from study done at Dehradun revealed that 15.6% school children were overweight and 5.4% were obese in the study which was due to physical inactivity (Bhargava et.al,2016)

While coming to travelling, it's good for mind refreshment but stomach problem can make travelling experience the worst. Long journey like train, bus journey cause jerking of body and hence poor quality sleep and cause acidity and dyspepsia and then if anybody consumes high fatty, spicy food, salty food, contaminated food /water, one can ended up with diarrhea. In Journal an article published mentioned that gastric distension is increased by lipids specially Long chain fatty acid and increases symptoms like bloating, fullness, nausea and even suppression of hunger (Khodarahmi and Azadbakht, 2006)

Daily consumption of fruit aids fibre to diet and fibre helps to stay away from many health aliments but in present study showed only 10% take fruit daily while 90% do not take in daily basis. Study done by Farvid(2016) showed higher fruit intake during adolescence and early adulthood lower the risk of breast cancer as it rich in alpha carotene and fibre. Hence, 90% of respondent of present study may be at risk of developing many health aliment like this.

Summer Season is season where causes maximum dehydration of human body which also accompanied by loss of electrolytes. Carbonated drinks are rich in phosphoric acids and empty calories also increases the risk of loss bone density, present study showed that 10% preferred carbonated drinks in summer which put them at risk of development of Low bone density. According a research published showed the long term use of softdrinks (caffeinated and non-caffeinated drinks) cause low bone mineral density(Libuda et.al,2008).Also present study showed 20% preferred alcohols in summer, which puts them in risk of dehydration as it acts like diuretics and also cause degradation of vitamin B complexes as showed in research done by Gibson et.al(2008) which revealed that there was low vitamin B complex concentration and high homocystein level in plasma of person consumed alcohols.

### III. CONCLUSION

Nutrition is very importance to be concern about during adolescence and early adults and by knowing the importance of nutrition many health aliment can be prevented. Present study showed 100% of respondents were aware about what is nutrition all about and most of them are likely to be aware of life style caused health aliment s too but most of them are unable to fit their knowledge into practice either due to cost of fruits, ignorance.

### IV. LIMITATION

Larger group study might be needed for more detailed and accurate interpretation as this study was very short period and conducted in very small groups.

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