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A Study to Assess the Nutritional Status and to Create Nutritional Awareness among the Faculty Members

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Abstract: *Creating awareness is an important aspect particularly among the faculty members, since many faculty members are engaged in their work and most of the faculty members are less conscious about their dietary habits, staying away from home for hours. Most of the faculty members are not aware of the importance of diet, sleep and exercise because of which they suffer from common health issues such as sinus, migraine, acidity, diabetes and also hypertension. The aim of the research was to assess the prevalence of associated risk factors of health and to help them to understand specific nutrition and importance of physical activity, change in their lifestyles, adequate sleep and about weight control. A well structured questionnaire was employed to interview the subject about their diet and lifestyle. The results show that most of the faculty members came to know about their health risk and will improve much better.*

I. INTRODUCTION

A. Nutritional Awareness Among the Faculty Members

For the study, researchers used data from 3,199 members who were continuously enrolled in the DHALC (Dan Abraham healthy living centre) for 3 years and their attendance was categorized: 1-60, 61-180, 181-360 and greater than 360 visits. weight loss was defined as moving to a lower BMI at the beginning of the study: Normal (BMI > 25); Overweight (BMI < 25 to 30); Obese (BMI < 30 to 35).

B. Healthy Diet

- 1) Include variety of foods from the major food groups, fruits, vegetables, whole grains, low-fat dairy products and lean protein, including beans and other legumes, nuts, seeds, and healthy fats.
- 2) Provides guidelines for how much food to choose from each group Include foods you can find in your local grocery store rather than special or government store items. Fits your taste, lifestyle and budget.

C. Exercise and disease

If you have a chronic disease such as heart disease, diabetes, asthma, or back or joint pain-exercise can have important health benefits.

Exercise controls weight.

Exercise combats health conditions and diseases. Exercise boosts energy.

Exercise promotes better sleep.

Exercise puts the spark back into your sex life. Exercise improves mood.

Exercise can be fun and social.

D. Stress Management

Relaxation techniques are an essential part of stress management. Because of busy life, relaxation might be low on the priority list. Everyone needs to relax and recharge to repair the toll stress takes on mind and body. Almost everyone can benefit from relaxation techniques, which can help slow breathing and focus attention. Common relaxation techniques include meditation, progressive muscle relaxation and yoga. More active ways of achieving relaxation including working outdoors or participating in sports.

E. Sleeping Guidelines

In the days leading up to a time change, make sleep a priority, whether that means going to bed earlier or avoiding electronics before sleep. Having a light snack before bed can help you sleep, try munching a piece of fruit, plain yoghurt or a handful of almonds. Prepare for sleep changes by taking a nap during the day. Aim to lie down at about 2 or 3pm for 10 to 30 minutes. Avoid napping longer than that, otherwise may feel groggy afterwards.

F. Water and its Role in Human Body

Water is body's principal chemical component and makes up about 60% of body weight. Every cell, tissues and organs in body needs water to work properly. For example, water:

Gets rid of wastes through urination, perspiration and bowel movements. Keeps your temperature normal.

Lubricates and cushions joints.

Protects sensitive tissues.

II. MATERIALS AND METHOD

A. Place Of Study

An awareness survey conducted on "creating nutritional awareness among faculty members" in Anwar Uloom College, Mallepally, Hyderabad on 31st January 2018.

B. sample Size

The sample size was selected to be 75 subjects which included men and women of the faculty members.

C. Tools And Techniques

The tools used to conduct the survey was interview cum questionnaire method.

III. RESULTS AND DISCUSSION

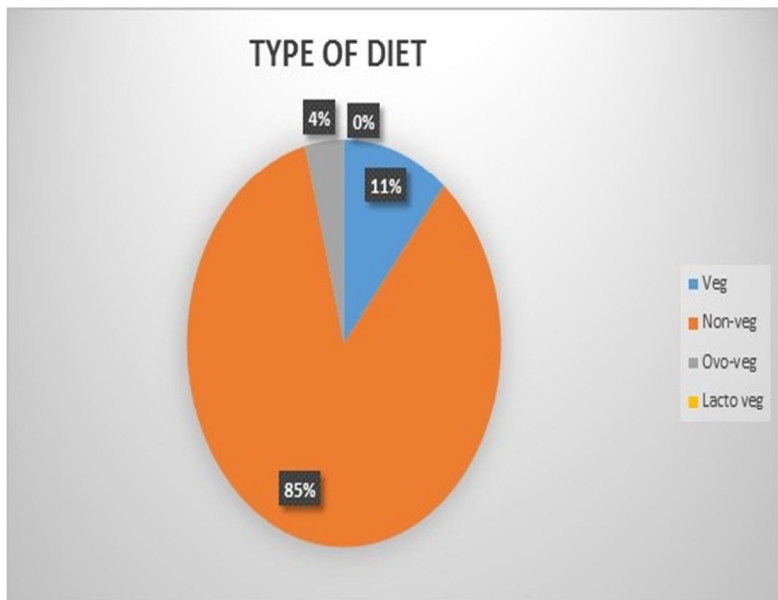


Fig. 1 Out of 75 faculty members, 64 of them were non-veg, 8 were veg and 3 of them were ovo-veg.

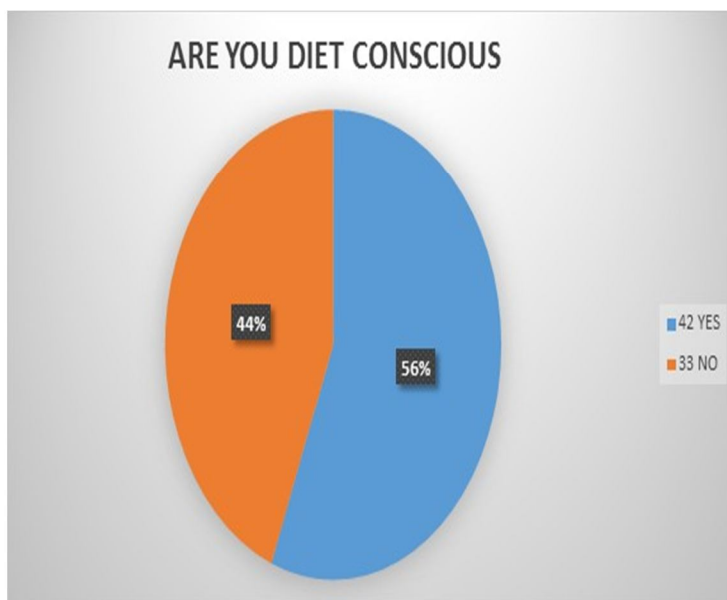


Fig. 2 About 42 members were diet conscious and 33 were careless regarding diet.

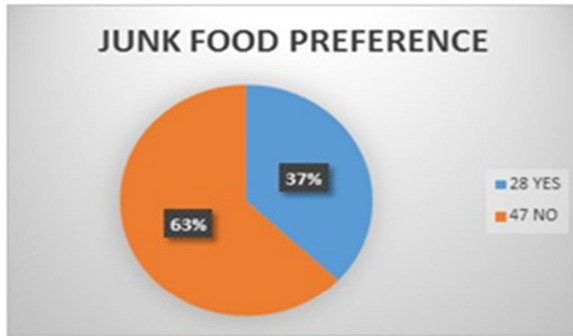


Fig. 3

In a survey of 75 faculty members 28 preferred junk food while the rest 47 said no junkfoods.

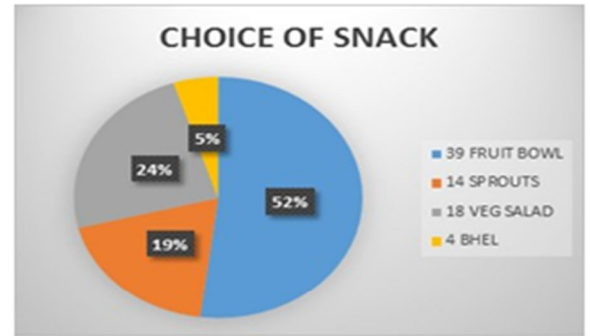


Fig. 4

39 members preferred fruit bowl, 14 -sprouts, 18 veg-salad and 4 go for bhel.

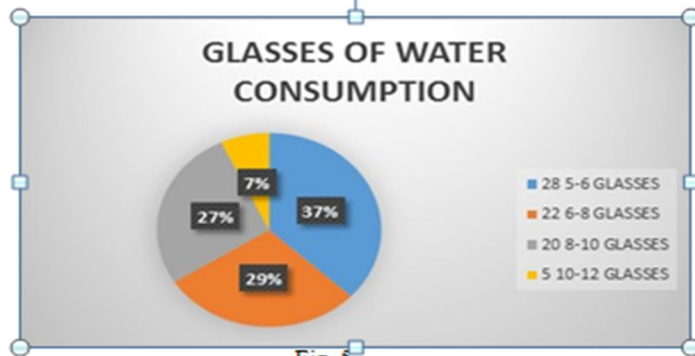


Fig. 5

On a daily basis 28 of them consume 5-6 glasses, 22 consume 6-8 glasses, 20 consume 8-10 glasses while 5 of them consume 10-12 glasses of water.

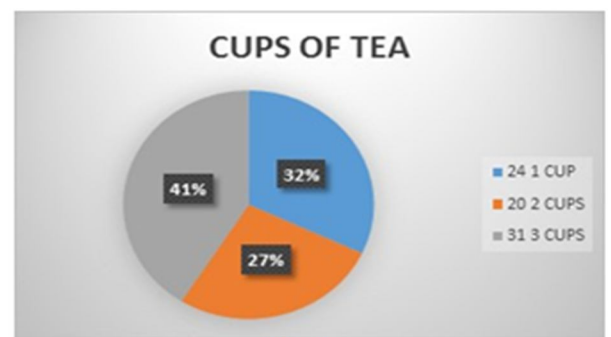


Fig. 6

As tea helps in reducing stress, 31 faculty members take about 3 cups of tea and 20 take 2 cups while 24 prefer 1.

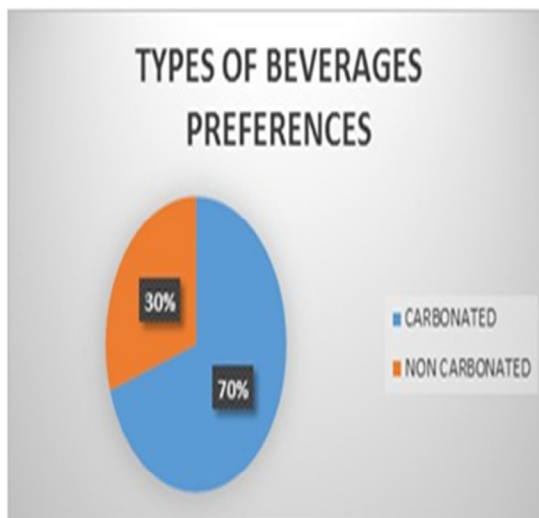


Fig. 7

In a survey of 75 faculty members, 65 of them take non-carbonated beverages as choice and 10 prefer carbonated ones.

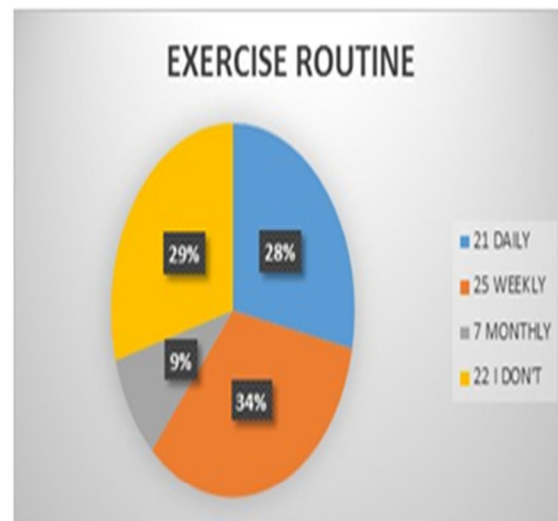


Fig. 8

21 of them exercise daily, 25 weekly and 7 monthly and 22 of them don't exercise.

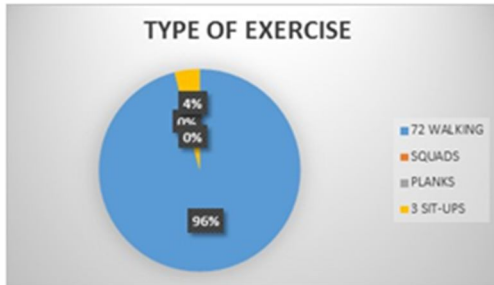


Fig. 9
Out of 75, 72 of them prefer walking and 3 of them do sit ups as exercise.



Fig. 10
73 of them say their exercise routine is helpful for them and 2 say no.



Fig. 11
Regular exercise routine is helpful for about 7 members, 33 of them feel fit, 10 get relieved and 25 of them stay healthy.



Fig. 12
Due to busy schedule of our faculty members 32 of them get the sleep of 6 hrs. and 25 sleep for 7 hours, 14 for 8 hrs. while very less of them get the sleep of 9 hours.



Fig. 13
41 of our faculty members prefer their sleep time at 11-12 21 at 10-4am, and 9 of them sleep late night.

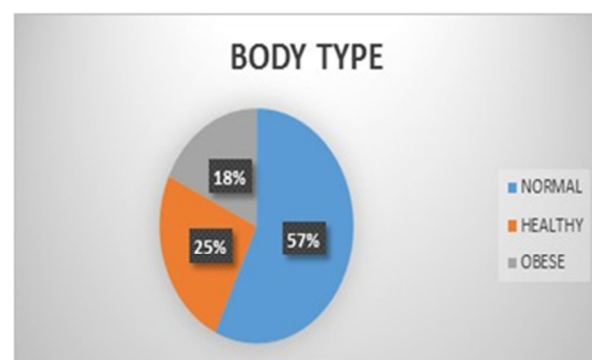


Fig. 14
Out of 75 of our faculty members, 57% are normal, 25% are healthy and 18% are obese.

IV. CONCLUSION

An awareness survey was conducted in Anwar Uloom College on 31st January 2018 on creating nutritional awareness among faculty members. The objective of the survey was to examine the knowledge, beliefs and attitudes about weight control and eating disorders of the faculty members as they spend most of the time at college paying less attention to their health. The association between the actual body and body image was also examined. Survey research was undertaken using an interview cum questionnaire method on a total of 75 subjects, from which we assess that most of them are less health conscious. From the survey conducted, it helped them to understand about the specific nutrition, importance of physical activity, change in their lifestyle, adequate sleep and about weight control. We also made them aware of steps to be taken for stress management and to consume liberal amount of fluids and also the importance and role of water in the body, prior to the survey, the faculty members



were asked to include more fruits and vegetables in the diet which provides fibre and also vitamins and minerals. We have found that 85% of our faculty members are non-veg. About 56% of them were diet conscious whereas, the rest 44% were less conscious regarding diet. The commonest health issue we found among faculty members were sinus, migraine, acidity and diabetes and also BP and it was found that most of the faculty members skip breakfast in their meals. About 16% of the faculty members were found to be anaemic and most of them were aware of their height and weight. Hence, the faculty members were benefitted from our awareness survey on "creating nutritional awareness among faculty members" accepted to incorporate the dietary guidelines and maintain a healthy lifestyle.

REFERENCES

Link to internet source:

<http://www.mayoclinic.com>



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