

IIP PROJECT

Topic-Health, Food and Nutrition



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Objective

To know the lifestyle in Vit.

We all know that lifestyle in college is very different from normal people. We are kind of become lazy, careless and sleep a lot or many students study a lot, or some students involve so much in co-curriculum or many students get involved in sports and health. So today we are here to review the lifestyle of students related to their health food and nutrition. We will ask them question and then we will analyze. These questions will be broken into three parts physical, mental and our food. These analyses will tell us how many students care about their health. This analysis basically asks the students how frequently they perform certain things in a week. This is a small analysis done on 60 students. The result derived will not be very accurate because the global distribution is very less. This will only give an idea of the how students between the age group 20-24 years. If we see these days we chase for money, fame and carrier building and in all this they forget is their health. See the irony of world first we chase for money and then later that money is wasted in treatment of their health. So by this article I want to convey the message that their should be a balance between our health and other activities. It is so because the habits made early in life last long. So we are going to draw conclusions on the basic of questions asked and interrelate those conclusion.

INTRODUCTION

"Healthy living" to most people means both physical and mental health are in balance or functioning well together in a person. In many instances, physical and mental health are closely linked, so that a change (good or bad) in one directly affects the other. Consequently, some of the tips will include suggestions for emotional and mental "healthy living."

Eating (diet)

All humans have to eat food for growth and maintenance of a healthy body, but we humans have different requirements as infants, children (kids), teenagers, young adults, adults, and seniors. For example, infants may require feeding every four hours until they gradually age and begin to take in more solid foods. Eventually they develop into the more normal pattern of eating three times per day as young kids. However, as most parents know, kids, teenagers, and young adults often snack between meals. Snacking is often not limited to these age groups because adults and seniors often do the same.

Physical activity and exercise

Physical activity and exercise is a major contributor to a healthy lifestyle; people are made to use their bodies, and disuse leads to unhealthy living. Unhealthy living may manifest itself in obesity, weakness, lack of endurance, and overall poor health that may foster disease development.

Mental health

Healthy living involves more than physical health, it also includes emotional or mental health. Get enough sleep daily; the CDC recommends the following by age group. Take a walk and reflect on what you see and hear at least several times per week. Try something new and often. Do some mind exercises. Try to focus on a process intensely and complete a segment of it over one to several hours, then take a break and do something relaxing.

Methodology

I took help of google form where I posted questions related to health like I asked their weight, height and their basic of eating and carrying basic physical needs to carry out the day. I took the survey of almost 126 students in which most of the students have provided correct details about themselves.

The google form was one of the successful methods in knowing the details of the students. The most important part what I did in google form was that I did not asked the identity of the individual person or name so that they do not hesitate to tell their details. After getting the data I first took the average height, weight and calculated their BMI. After getting the average BMI I checked the other factors which was responsible for the BMI.

The questions that I asked from people are interrelated to each other and to know the answer you have to analyze the answers. This methodology will give basic idea about the lifestyle.

Result and Discussion

1. Do you exercise or play any sports regularly?

1. According to the survey the students do physical workout in Vit. The students who play sports are in majority but the difference between the majority and minority is not much.

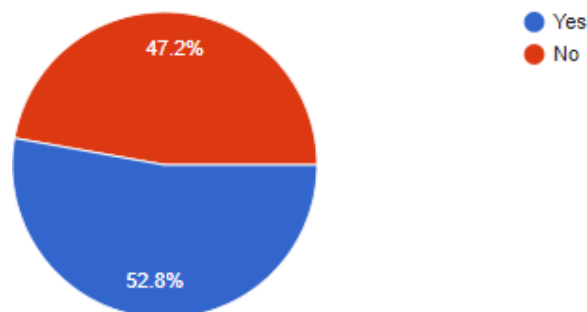
Students who do physical workout are: 52.8%

Students who do not physical workout are: 47.2%

Conclusion:

This does not mean that students are not fit. Some students go two times a week or 3 three times. We also asked the question how many days they go for physical activity.

Here is the result of the analysis in the form of pie chart:



2.What is your weight and height?

The weight of the person tell most of the lifestyle of individual person but it is not the only factor. It is just the one factor. In Vit after doing the survey of 125 students the avg weight of the person was known to came 66.32 kg. This tells that most students in vit have a good weight. It is so because in our college days mostly people have height is 150-160.

Height is the also one of the most important factor in determining the BMI of the individual person. So the avg height that Vitians is basically 166.86 cm. This height is good height with good weight.

Conclusion:

SO by knowing the height and weight of the individual person we calculated the BMI of the individual person and then taken the avg to get the idea of the height. The avg BMI came to 23.8.

Underweight: Below 18.5 kg/m^2

Normal: $18.5\text{-}25 \text{ kg/m}^2$

Overweight: $25 \text{ to } 30 \text{ kg/m}^2$

Obese: above 30 kg/m^2

So our students BMI comes in category of normal. This shows people are having good weight and height ratio.

I have screen short of the survey.

This is weight:

50
65
62
55
85
70
79
75
45
60
72
64

This is height:

5.8
5'8"
6'2
6ft
5'3
180
5'6
6 ft
5'8
5'7"
5'5
6'1

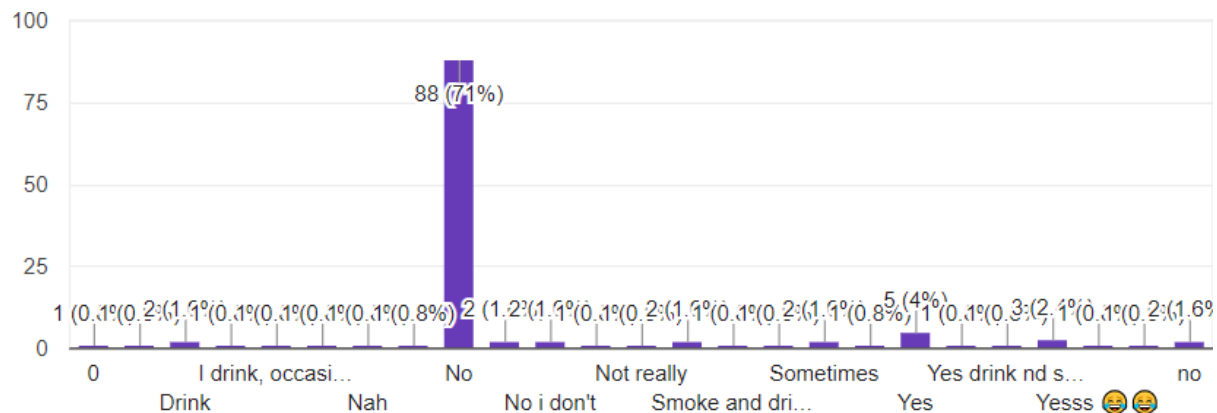
3. Do you drink, smoke or do any kinds of drugs?

This is one of the most important factors to know whether the person is living a healthy lifestyle. It is because is the factor which effects our health. Smoking drinking are those factors who are like cancer. They slowly kill us, and we will not know. Any amount and type of smoking is bad for your health. Besides being a notorious risk factor for lung cancer, coronary artery disease, heart attack and stroke, smoking can damage almost any organ in our body, leading to leukemia and cancers of the kidney, pancreas, bladder, throat, mouth and uterus. It can damage the airways and air sacs of our lungs to cause chronic bronchitis and breathing difficulties. It can also raise our blood pressure and cholesterol levels, reduce bone density in women and increase the risk of infertility, preterm delivery, stillbirth and sudden infant death syndrome. Heavy drinking can lead to many serious health conditions. Binge drinking can cause immediate problems such as acute intoxication, nausea and vomiting, blurred vision, impaired judgment and alcohol poisoning.

In the long term, heavy alcohol consumption can cause high blood pressure, gastric problems, liver cirrhosis, liver cancer, pancreatitis, memory impairment, alcohol dependence and various psychological conditions. Excessive alcohol drinking can also result in accidental injuries and even death. Pregnant women who drink heavily can harm their babies.

Conclusion:

In the survey we have reviewed 125 people and only 14 people were found drinking or smoking. This shows that students care about their health. It not only saves their health but also their money. Let's see the data I represented it into bar graph.



4. How frequently do you eat junk food in a week?

Junk foods are high-energy-dense foods because they contain a lot of calories, mostly from fat and sugar, but offer few nutritional benefits. Junk food isn't great for your heart. Many types of junk food come packed with saturated fat. This type of fat increases the "bad" cholesterol in your bloodstream, which puts your heart health at risk. In addition, the sodium found in salty junk foods raises your blood pressure, which can put you on track for cardiovascular problems later in life.

Filling your diet with junk food may lead to weight gain. It takes an extra 3,500 calories in your diet to gain 1 pound of body weight. For example, consuming 500 calories from junk food each day can lead to 1 pound of weight gain in just a week. If you find yourself at the

vending machine in the afternoon, pack healthy snacks the night before and bring them to work. Snack on whole fruit, wheat crackers and baby carrots with fat-free dressing instead. These snacks provide fewer calories than junk food, so you are less likely to gain weight.

Conclusion:

According to the survey we have found that out of 125 students. Every student on average 3 days eat junk food per week. According to this we can say that the safer side should be 2 or 1 day per week. But what really matters is how much calorie how much calorie and how much calorie you burn. If

Calorie In – Calorie Out=0 You will remain same.

Calorie In – Calorie Out>0 You will gain weight.

Calorie In -Calorie Out<0 You will lose weight.

Like for example if you are eating junk food and you are not gaining weight that does not mean that it will not harm you. Your internal organ will be affected a lot.

Like fat will be stored in your arteries, there will a lot of pressure will come on your liver. The more diet related to plant-based protein the healthier life you will have.

Once
4
No
2
3
1
Once in a week
Thrice
Twice
2-3
Often
2days

5.How many days do you skip breakfast in a week?

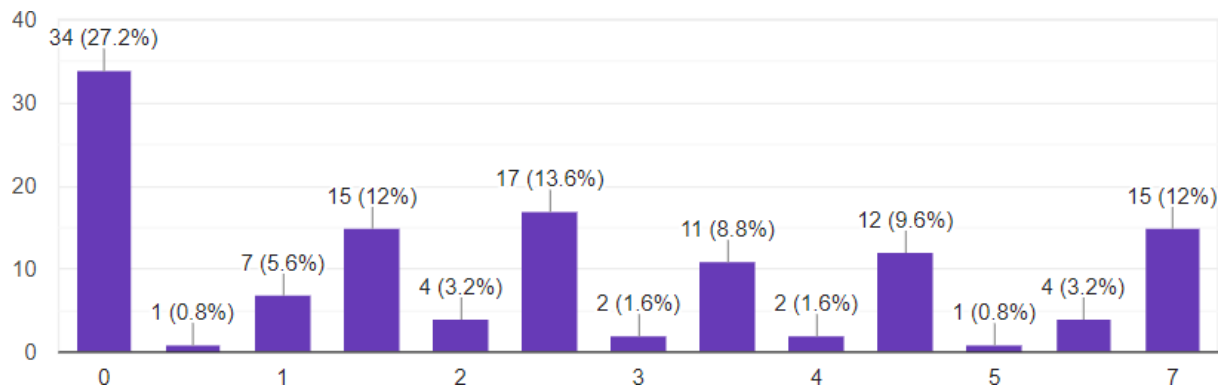
We all know that breakfast is one of the most important meal of the day. While breakfast is commonly referred to as "the most important meal of the day", some epidemiological research indicates that having breakfast rich in available carbohydrates increases the risk of metabolic syndrome. Present professional opinion is largely in favor of eating breakfast, but some contest the positive implications of its "most important" status.

Conclusion:

No of students Missing Breakfast:

0 Day:37 Students

1 Day:7 Students
2 Day:16 Students
3 Day:19 Students
4 Day:12 Students
5 Day:10 Students
6 Day:15 Students
7 Day: 9 Students



Conclusion

According to the following survey we can conclude that students living in Vit is somewhat living a healthy lifestyle. The main reason behind this is we per day walk 4 to 5 km per day which effects our daily routine and can burn most of the calorie we eat. If we observe the students of first year and later year the main difference is that they lose weight. The students who have excess weight definitely loses weight. Walking is one the best exercise we can do. It can be done by making small changes in our daily routine taking stairs instead of lift prefer walking instead of taking cab. By making small changes in our life we can build a healthy lifestyle. Here are some tips to build a healthy lifestyle.

1. THINK POSITIVE AND FOCUS ON GRATITUDE
2. EAT YOUR VEGETABLES
3. SET A "5-MEAL IDEAL"
4. EXERCISE DAILY
5. GET A GOOD NIGHT'S SLEEP