



Vinukonda



Vinukonda, Andhra Pradesh, India

3P4W+P4P, Vinukonda, Andhra Pradesh 522647, India
Lat 16.057493°



GPS Map Camera

Commissionerate of Collegiate Education , Government of Andhra Pradesh

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

1	Name of the Student	SK Gausiya	
2	Regd. No. of the Student	Y203099033	
3	Year	2022	
4	Program studying (BA/B.Com/B.Sc etc.,)	BSC (BZC)	
5	Program Combination	BZC	
6	Name of the Mentor	Kishore Babu	
7	Name of the CSP	Life style disease and their risk factor	
8	Place of CSP execution	VTNUKONDA	
No	Date	Work done	No.of hours spent
1	01/06/2022	2	2 hours
2	02/06/2022	2	2 hours
3	03/06/2022	3	3 hours
4	04/06/2022	2	2 hours
5	05/06/2022	1	1 hour
6	06/06/2022	3	3 hours

SK Gausiya


Mentor

Commissionerate of Collegiate Education , Government of Andhra Pradesh

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

Name of the Student	Sk. Gousiya		
Regd. No. of the Student	Y203099033		
Year	2022		
Program studying (BA/B.Com/B.Sc etc.,)	B.Sc (BzC)		
Program Combination	BzC		
Name of the Mentor	Kishore Behara		
Name of the CSP	Life style disease and their risk factors		
Place of CSP execution	Vinukonda .		
No	Date	Work done	No.of hours spent
1.	07/06/2022	2	2 hours
2.	08/06/2022	2	2 hours
3.	09/06/2022	2	2 hours
4.	10/06/2022	3	3 hours
5.	11/06/2022	2	2 hours
6.	12/06/2022	1	1 hour

Sk. Gousiya

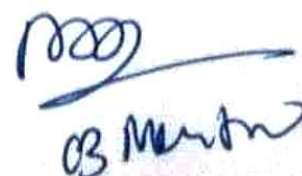
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Commissionerate of Collegiate Education , Government of Andhra Pradesh

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

1	Name of the Student	Sk. Gousiya	
2	Regd. No. of the Student	V203099033	
3	Year	2022	
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5	Program Combination	BZC	
6	Name of the Mentor	Kishore Behara	
7	Name of the CSP	Lifestyle disease and their risk fo	
8	Place of CSP execution		
No	Date	Work done	No. of hours spent
1.	13/06/2022	3	3 hours
2.	14/06/2022	2	2 hours
3.	15/06/2022	2.	2 hours.

Sk. Gousiya


Kishore Behara

REPORT

COMMUNITY SERVICE PROJECT

SRIMATHI GANGINENI KALYANI DEGREE COLLEGE

VINUKONDA

LIFE STYLE DISEASES AND THEIR RISK FACTORS
IN VINUKONDA URBAN POPULATION

PRINCIPAL :- DR. K. SRINIVASARAO, PhD

MENTOR :- Kishore Behara Sir (Lecturer in zoology)

S.G.K. GOVT. DEGREE COLLEGE

VINUKONDA

PALANADU DISTRICT

522647

Name of The Student :- SK. Gousiya.

Name of the Faculty mentor :- Kishore Behara Sir

Name of the villager / Interviewee :- V.N.K. palanadu dist.

Village / Area / Colony / Locality :- VINUKONDA Hanumananagar

Topic :- Life style diseases and their risk factors
in vinukonda urban population.

TEAM MEMBERS :-

BSC (BZC) Students .

1. SK. Gousiya .
2. J. Anju Deepthi
3. G. Heleena Rakshittha
4. M. Mema latha
5. K. Manasa
6. Y. Aswini
7. CH. Venkatesh .
8. M. Gopi
9. N. Krupa Sangeeth .

Principal :- Dr. K. Srinivasa Rao

- Faculty Mentor :- Kishore Behara sir

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

Aim:- To identify the reasons and risk factors for the rising incidence of life style diseases in vinukonda.

Methods adapted:- community survey and community awareness.

Time line:-

First week:- 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 comparative study of prevalence of Life style diseases and their risk factors 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 lifestyle 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 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.

SGK 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.

community service project:-

Survey questionnaire:-

- How old are you?
 - o 20-39 years old
 - o 40-59 years old
 - o 60-80 years old
- 1) Are you male or female?
 - o Female
 - o Male
- 2) How would you describe your body and physical condition?
 - o Lean
 - o Average
 - o Overweight
 - o obese
- 3) How many members of your family have a history of heart disease?
 - o No known family history of heart disease.
 - o 1 family member 60 years or older with heart disease.
 - o 2 family member 60 years or older with heart disease.
 - o 1 family member younger than 60 years with heart disease.
 - o 2 family member younger than 60 years with heart disease.
 - o 3 or more family members younger than 60 years with heart disease.
- 4) How often do you eat-out, consume junk food and fast-food?
 - o Every day (all meals)
 - o Every day (1 meals)
 - o Alternate days
 - o Twice a week
 - o Once a week
 - o Once a month

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 and non-tobacco user.
- ☐ ex-tobacco smoker.
- ☐ 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.
- ☐ 181 mg - 230 mg
- ☐ 231 - 280 mg
- ☐ above 281 mg
- ☐ not checked.

10) Have you had your blood pressure checked recently?

- ☐ systolic blood pressure in mm/Hg.
- ☐ below 120 untreated.
- ☐ 120-140 untreated.
- ☐ 141-160 untreated.

- Do you sleep for about eight hours per night?
- ☐ YES ☐ NO
- Do you go to sleep easily and sleep through the night?
- ☐ YES ☐ NO
3. Do you eat at least five fruits and vegetables each day?
- ☐ YES ☐ NO
4. Do you limit the amount of sugar and salt in your diet?
- ☐ YES ☐ NO
5. Do you stay away from cigarettes and other tobacco products?
- ☐ YES ☐ NO
6. Do you avoid alcohol and drugs?
- ☐ YES ☐ NO
7. Do you brush and floss your teeth at least twice a day?
- ☐ YES ☐ NO
8. Do you see a dentist and GP regularly if you feel something is wrong?
- ☐ YES ☐ NO
9. 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 student

Signature of the
mentor

Tabular columns used:-

S. No	Age groups			Whether Life style diseases reported	
	young	Adult	old	yes	NO
1					

Introduction:- Life style diseases are ailments whose occurrence is primarily linked with the day to day life habits of an individual. If these daily habits of an individual are improper, they might lead one to follow a sedentary lifestyle on a day to-day basis. Such a life style can further leads to several chronic non-communicable diseases, which can have near life - threatening consequences.

Now that you are clear about the definition of life style disease, scroll through to know various types of life style diseases.

What are the different types of lifestyle diseases?

The different types of life style diseases are given below that will give you a detailed insight into the various ailments.

• Heart disease:-

Heart diseases are an example of life style diseases and refers to conditions involving the heart, its valves, muscles, vessels, or internal electric pathways responsible for muscular contraction. Some of the commonly occurring conditions of heart disease include the following.

- * Heart failure
- * Arrhythmias
- * cardiomyopathy
- * coronary artery disease
- * Heart valve disease.

Risk factors:-

While the exact cause of heart disease or cardiovascular disease is not clear, there are several risk factors for developing these life style diseases.

- * Age of an individual
- * Smoking
- * poor diet
- * High blood pressure
- * Diabetes
- * High blood cholesterol levels
- * Stress
- * poor dental health.

Diagnosis:- The different tests meant for diagnosis of such a lifestyle disease are as follows.

- * coronary angiography.
- * CT Scans.
- * MRI Scans.
- * Blood tests, X-rays
- * Electro cardiogram (ECG)

2) obesity:-

Individuals become obese because of unhygienic and unhealthy eating habits, reduced physical activity, stressful lifestyle, and other factors.

Risk factors:-

Besides unhealthy eating and lifestyle habits there are several risk factors for obesity. These include the following.

- * Age.

- * Family history and genetics
- * Race and ethnicity
- * Unhealthy environments like getting exposed to chemicals known as "obesogens".

Diagnosis:-

Individuals can diagnose this lifestyle disease

- * conducting a general physical exam like checking vital signs like temperature, heart rate, and blood pressure, measuring height.
- * Reviewing health history like weight history, eating patterns, physical activity.
- * checking body mass index (BMI)
- * checking for the other health issues like diabetes, high cholesterol.

3. Diabetes:-

Diabetes refers to a condition where cells can't utilise glucose or blood sugar efficiently for energy. This occurs when the cells become insensitive to insulin, and the blood sugar levels gradually become too high.

Risk factors:-

The various risk factors of this lifestyle disease are the following.

Risk factors:-

- * Being over weight
- * Drinking Soda.
- * Genetics or having family members with diabetes.
- * Lack of exercise
- * Stress.

Diagnosis:-

Diabetes is generally diagnosed by the glycated haemoglobin test. This blood test indicates an individual's average blood sugar level for the last two to three months.

- * Fasting blood sugar test.
- * Random blood sugar test
- * Oral glucose tolerance test.

4. Stroke:-

A stroke occurs when a portion of the brain loses blood supply and stops working. This results in the part of the body being controlled by the injured brain to stop working. A stroke is also known as a

"brain attack"

Risk factors:-

The different risk factors of stroke are:

- High blood pressure
- Diabetes
- High cholesterol.
- Smoking.
- * Having heart rhythm disturbances, especially atrial fibrillation.

Diagnosis:-

- * Blood tests include tests for checking whether blood sugar is too low or high, whether there is an infection and how fast the blood clots.
- * Carotid ultrasound.
- * Computerized tomography scan.
- * Magnetic resonance imaging (MRI)
- * Cerebral angiogram.

5) Asthma:-

Asthma is a long-term inflammatory lifestyle disease caused because of the narrowing and swelling of the airways. This common chronic disorder leads to shortness of breath, wheezing, prolonged coughing, and chest tightness.

Risk factors:-

* Being over weight

* Having a blood relative with asthma

* Smoking

* Having some other allergic condition like atopic dermatitis.

* Getting exposed to second hand smoke.

Diagnosis:-

Firstly, a doctor conducts a physical exam to rule out possible conditions. like COPD or respiratory infection.

* Imaging tests like chest x-ray

* Methacholine challenge

* Nitric oxide test

* Allergy testing.

various ways to prevent lifestyle diseases:-

1) Having a wholesome diet

2) Maintaining a balance b/w physical activity and food consumption.

3) Monitoring the Body weight.

4) Abstaining from Nicotine, Alcohol or any other form of drug.

5) Avoiding consumption of salt, oil, and sugar in excess.

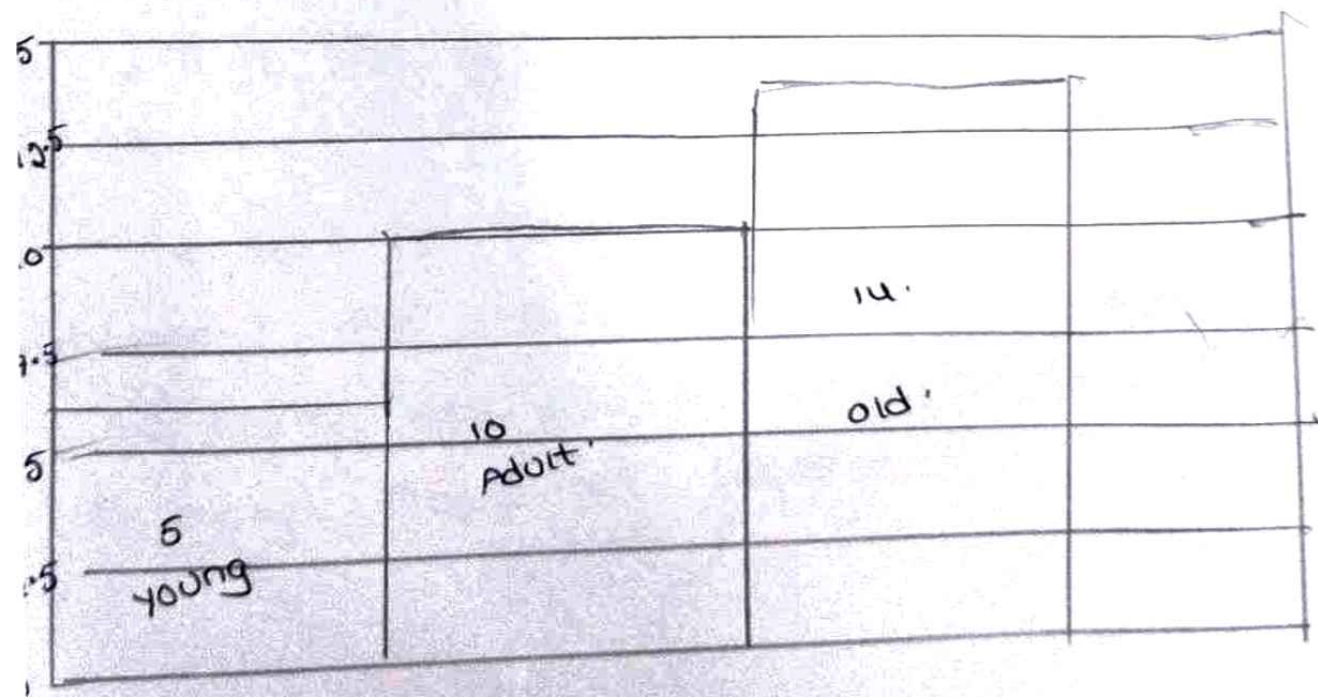
i) Avoiding junk, fast foodies.

ii) Tabular columns:- and Graphical representations.

S.No.	Number of individuals interviewed.	prevalence of diabetes in different age groups.		
		Young	Adult	old.
1.	30	6	10	14

S.No.	Number of individuals interviewed.	prevalence of diabetes in different age groups.	
		Female.	Male.
1.	30	20	10

prevalence of diabetes in different age groups questionnaire.



conclusion :-

After this community survey the following conclusions are drawn.

- * The life style diseases are attacking due to the life style leading by the people who are leading irresponsible life having smoking and drinking alcohols and other antisocial activities.

- * As we follows the balanced diet and regular exercises we may is attacked by these diseases.

- * we all should be away form the cigarette and alcohol we must not do even passive smoking also.

- * These life style diseases may cause dath also.

- * so it is found that the people with balanced diet and having regular exercises are having less risk of life style diseases, so every should our life style.

Acknowledgements:-

Kishore Behare Sir (Lecturer in zoology, S.G.K. Govt.
degree college VNK)

Mani Kumar Sir (Lecturer in Botany, S.G.K. Govt.
degree college VNK)

SK. Gausiya and All my classmates.

References:-

Life style diseases paper back -

EAT TO BEAT Disease - Dr. William Li.

Why we get sick - Benjamin Bikman, PhD.

**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: SK. Gousiya . Group: Hall
Ticket No: 420909033 Phone No: 7013054636 ,

❖ Surveying Area Details: Village/Ward Name: Hanumannagar Vinukonda 27th
Date: 4-06-2022 Time: 6:30pm

❖ Person Contacted for Survey: Name: SK. Bibe . House No: 19-718
Caste: Gen ☒ BC ☐ SC ☐ ST ☐
Income: ☒ 1 lakh ☐ 2-4 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.	SK. HUSSIAN	M	40	-	coi ☐
2.	SK. Bibe .	F	38	-	HOUSE wife.
3.	SK. Gouse Basha .	M	18	Diploma	education .

Health Details:

(i) Diseases in family:

(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

COMMUNITY SERVICE PROJECT

Survey Questionnaire:

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- ☒ 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
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- ☐ 2 family members 60 years or older with heart disease
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- ☐ 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?

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- ☐ 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?

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- ☐ 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

SK Zorzi

Signature the participant

Signature of the mentor

SK. Gousiya
Signature of the student



GPS Map Camera



2nd Line

Google
Vellaturu Rd

Vinukonda, Andhra Pradesh, India

Near tvs show room.vinukonda.guntur district, 3P4M+XV6,

3rd Line, Vinukonda, Andhra Pradesh 522647, India

Lat 16.057381°

Long 79.734288°

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