



Vinukonda

**Vinukonda, Andhra Pradesh, India**

**3P4W+P4P, Vinukonda, Andhra Pradesh 522647, India**

**Lat 16.067493°**

**Long 79.745011°**



GPS Map Camera



Commissionerate of Collegiate Education , Government of Andhra Pradesh

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

Name of the Student	M. Hema Latha	
Regd. No. of the Student	V208099022	
Year	2022	
Program studying ( BA/B.Com/B.Sc etc., )	BSc (BZC)	
Program Combination	BZC	
Name of the Mentor	kishore behra sir	
Name of the CSP	life style diseases and their risk factors	
Place of CSP execution	vinukonda	
Date	Work done	No. of hours spent
2/6/22	2 houses	2 hours
3/6/22	3 houses	3 hours
4/6/22	3 houses	3 hours
5/6/22	3 houses	3 hours
6/6/22	3 houses	3 hours
7/6/22	3 houses	3 hours

M. Hemalatha

  
Mentor

Commissionerate of Collegiate Education , Government of Andhra Pradesh

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

Name of the Student	M. Hema Latha		
Regd. No. of the Student	2003099022		
Year	2022		
Program studying ( BA/B.Com/B.Sc etc., )	BSc (B2C)		
Program Combination	B2C		
Name of the Mentor	Kishore behra sir		
Name of the CSP	life style diseases and their risk factors		
Place of CSP execution	vinukonda		
Date	Work done	No. of hours spent	
8/6/22	4 houses	4 hours	
9/6/22	6 houses	6 hours	
10/6/22	4 houses	4 hours	
11/6/22	7 houses	7 hours	
12/6/22	12 houses	12 hours	

M. Hema Latha

  
Mentor



REPORT :-

Community

Service

Project.

SRIMATHI GANGINENI KALYANI DEGREE COLLEGE -  
Vinukonda

LIFE STYLE DISEASES AND RISK FACTORS IN  
VINUKONDA

PRINCIPAL: Dr. K. SRINIVASA RAO, PhD

MENTOR : M. kishore Behra sir (lecturer in zoology)

SGK GOVERNMENT DEGREE COLLEGE

VINUKONDA

PALNADU DISTRICT

522647

Name of the student : M. HEMA LATHA

Name of the faculty mentor : kishore Behra sir

Name of the villagers / interviewee : vinukonda, Guntur  
district

Village / Area / colony / Locality : Vinukonda -  
Siddardh nagar,  
Vishnu Kundi nagar.

1) Objective :- Life style diseases and their risks factors in vinukonda population.

2) Goal :- 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 :

1st week : Community survey, This includes door-to-

door survey along with the collection of data in

form of questionnaire. Different age groups are

selected for the collection of data. A comparative

study of prevalence of life style diseases in young,

adult, and old people is taken up for this purpose.

2nd week : under this programme, an attempt to

create the awareness regarding the life style

diseases has been made by the team members -



individually different age groups are addressed separately for this purpose.

3rd 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

drawn regarding the prevalence of the diseases

includes the graphical representation of the data.

4th week: It includes the presentation of our

project work to the internal viva committee at

college level individually.

5 and Techniques: used: Although no specific

statistical tools are used in this project the

methods listed below are used for collecting

data and drawing conclusions.

Questionnaire

Tabular columns

Graphical representations

# JK GOVERNMENT DEGREE COLLEGE -

VINUKONDA

Prevalence of life style diseases and their risk  
factors in rural segments of vinukonda.

## Questionnaire

Name of the Student : M. Hema Latha

Name of the faculty mentor : kishore bebra sir

Name of the village / interviewee :

Age / area / colony / locality

How old are you?

20 - 29 years old

40 - 59 years old

60 - 80 years old

Are you male or female?

(A) Female

(B) Male

How would you describe your body & physical condition?

Lean      Average      overweight      obese



How many members of your family have a history of heart disease?

- No known Family history of heart diseases
- 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 yls with heart disease.

How often do you eat-out, consume junk food and fast-food?

- Below 180 mg (B) 181-230 mg (C) 231-280 mg
- above 281 mg (E) not checked .

Have you had your blood pressure checked

- Systolic Blood pressure in mm/Hg (B) below 120 untreated
- 120-140 untreated (D) 142-160 untreated
- above 160 untreated (F) 120-140 treated
- 142-160 treated (H) above 160 treated
- (I) Not checked

Do you sleep for about eight hours per night?

(A) Yes

(B) No

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

(A) Yes

(B) No

Do you eat at least five fruits and vegetables each day?

(A) Yes

(B) No

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

(A) Yes

(B) No

Do you stay away from cigarettes and other tobacco products?

(A) Yes

(B) No

Do you avoid alcohol and drugs?

(A) Yes

(B) No

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

(A) Yes

(B) No

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

(A) Yes

(B) No



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

(A) Yes

(B) No

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

(A) Yes

(B) No

ular column used

Age groups			whether diabetes is reported	
0-25	25-50	50+	Yes	No
Young	Adult	old		
29	66	23	Yes	

roduction:

Life Style diseases can be defined as diseases linked with one's life style. These diseases are non-communicable diseases. They are caused by lack of physical activity, unhealthy eating, alcohol, substance use disorders and smoking tobacco, which lead to heart diseases, stroke, obesity, type II diabetes and lung cancer. The diseases that appear to be increase in frequency as countries

Some more industrialized and people live longer  
tude Alzheimer's disease, arthritis, atherosclerosis, asthma,  
cer, chronic liver disease or cirrhosis, chronic  
structive pulmonary diseases, PCOD, stroke, depression  
sity and vascular dementia.

The risk factors that are linked with life  
le-related disease are smoking, unhealthy diet,  
sical inactivity and stress.

Non communicable diseases kill around  
million people each year, that is around 70% of  
death globally. NCDs are chronic in nature and  
not be communicated from one person to another.  
t are a result of a combination of factors  
uding genetics, physiology, environment and behaviours.  
main types of NCDs such as cardiovascular  
chronic respiratory disease in addition to



cer. NCDs such as cardiovascular diseases, stroke, diabetes and certain forms of cancer are heavily linked to life style choices, and hence, are often known as life style diseases.

(cardiovascular diseases). The main type of NCD is cardiovascular and chronic respiratory diseases in addition to cancer. NCDs such as cardiovascular diseases, stroke, diabetes and forms of cancer are heavily linked to life style choices, and hence are often known as lifestyle diseases.

Non-modified risk factors:

Age

Race

Gender

Genetic

Modifiable risk factors:

Increased blood pressure

obesity

Increase blood glucose levels or hyper glycemia

Increase levels of fats in blood or hyper lipidemia

Increasing blood pressure is leading metabolic

factors globally with 19% of global deaths

attributed to it, followed by obesity and hyper-glycemia.

our main life style diseases:

Ischaemic heart disease

Stroke

peripheral arterial disease

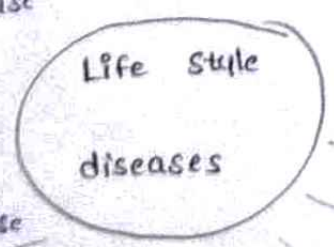
Congenital heart disease

Ischaemic heart disease

Stroke

peripheral arterial disease

Congenital heart disease



increased blood pressure

obesity

hyper glycemia

hyper lipidemia

Age, race, gender, genetics



Observations made during the community survey:-

The lifestyle diseases are very common in people who are sedentary without regular exercise & have a habit of the smoking and drinking.

Many people who are illiterate and have no idea about the balanced diet are getting these lifestyle diseases.

Some literates with smoking and drinking habits are also affecting.

People who are with a worry of tensions and pressures are getting these diseases.

So many people are don't even know about the balanced diet.

So many people are suffering from these lifestyle diseases every year.

Precautions to be taken :

The people must take balanced diet.

The people must taken balanced diet

The people must do regular exercise

they must less depend upon carbohydrate disease.

he people should check up regularly.

people should be follow yoga and meditation

used should calm.

Life style diseases and risk factors:

Person with balanced diet and good habits  
compared health risks with a person having bad habits.



Fig A : persons with good diet & habits



Fig B : persons without bad habits and no balanced diet



ussion and 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 a  
irresponsible life having smoking and drinking alcohols  
and other antisocial activities.

As we follow the balanced diet and regular  
exercise we may less attacked by those disease.  
we all should be away from the cigarette and  
alcohol we must not do even passive smoking also  
these life style diseases may causes death also

so it is found that the people with balanced  
and having regular exercises are having less  
of life style diseases to every should change  
life style.

acknowledgement:

more behra sir (Zoology lecturer, SGK Gov degree college, VNK)

ani kumar sir (Botany lecturer, SGK Gov. degree college, VNK)

hemalatha and

my class mates.

reference:

life style disease paper back - Surendra C. Chattani.

Ajay D Kshir Sagar.

Eat To Beat Disease - Dr William Li.

why we get sick - Benjamin Bikman Phd.



**K. GOVERNMENT DEGREE COLLEGE, VINUKONDA,  
PALANADU DISTRICT  
COMMUNITY SERVICE PROJECT**

OF THE MENTOR :

OF THE CSP : LIFE STYLE DISEASES AND THEIR RISK FACTORS  
IN VINUKONDA URBAN POPULATION

**ary Information**

**udent Details:**

Name: M. Hema Latha

Group: Hall BSc (B2C)

Ticket No: Y203099022

Phone No: 8309692840

**urveying Area Details:**

Village/Ward Name: kothapeta

Date: 21/6/22

Time: 10:24 AM

erson Contacted for Survey: Name: B. Maha lakshmi

House No:

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:**

No	Name of the Family member	Gender	Age	Education	Profession
	B. Maha lakshmi	F	35	MA (BED)	Mahila police <input type="checkbox"/>
	B. Rayudu	M	40	10 <sup>th</sup>	Daily worker <input type="checkbox"/>

**Health Details:**

i) Diseases in family:

i) Source of treatment: Govt. Hospital/ Private Hospital/Traditional Medicine

ii) Any PH Persons in family: Yes/ No

i.no.	Name of the person	Gender	Age	Nature of Disability
				<input type="checkbox"/>

## COMMUNITY SERVICE PROJECT

ey Questionnaire:

ow old are you?

- ☒ 20 - 39 years old
- ☐ 40 - 59 years old
- ☐ 60 - 80 years old

Are you male or female?

- ☒ Female
- ☐ Male

How would you describe your body and physical condition?

- ☐ Lean
- ☒ Average
- ☐ Overweight
- ☐ Obese

7

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

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

In general, which type of foods do you mostly like to eat?

- ☒ Bland and boiled
- ☐ Salty
- ☐ Oily and fatty
- ☐ Sweet

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

B. Mahalakshmi

Signature the participant

Signature of the mentor

H. Hema Latha  
Signature of the student

Verifone

K. S. N. S.  
6/6/2022  
PRINCIPAL