



MR NUTRITION FIT RESOLUTION TO DOUBLE BURDEN

A healthy diet and lifestyle are the key factors for preventing and managing diseases like metabolic disorders, cardiovascular and many more. A healthy lifestyle can be attained by maintaining a balanced diet and keeping into consideration to meet all the essential nutrients required by the body. Apart from this, lifestyle also includes day to day behaviour and functions of individuals in job, activities and fun.

According to WHO, 60% of individual's health and quality of life are correlated to lifestyle factors. Millions of people follow an unhealthy lifestyle. Hence, they encounter illness, disability and even death. Problems like metabolic diseases, joint and skeletal problems, cardio-vascular diseases, hypertension, overweight, violence and so on, can be caused by an unhealthy lifestyle.

Today, wide changes have occurred in life of all people. Internet and virtual communication networks along with existing malnutrition, unhealthy diet, smoking, alcohol consuming, drug abuse and stress lead our world to a major challenge that threatens the physical and mental health of individuals.

Important Variables of Lifestyle that has Influence on Health are

1 Diet and Body Mass Index (BMI)

Diet is the greatest factor in lifestyle and has a direct and positive relation with health. Poor diet and its consequences like obesity is the common healthy problem in urban societies. Unhealthy lifestyle can be measured by BMI. Urban lifestyle leads to the nutrition problems like using fast foods and poor foods, increasing problems like cardiovascular.

2 Exercise

For treating general health problems, the exercise is included in life style. The continuous exercise along with a healthy diet increases the health. Some studies reported a significant effect of active life style with happiness.

3 Sleep

One of the bases of healthy life is the sleep. Sleep cannot be apart from life. Sleep disorders have several social, psychological, economical and healthy consequences. Lifestyle may effect on sleep and sleep has a clear influence on mental and physical health.

4 Application Of Modern Technologies

Advanced technology facilitates the life of human beings. Misuse of technology may result in unpleasant consequences. For example, using of computer and other devices up to midnight, may effect on the pattern of sleep and it may disturb sleep. Addiction to use mobile phone is related to depression symptoms.

5 Substance Abuse

Addiction is considered as an unhealthy life style. Smoking and using other substance may result in various problems; cardiovascular disease, asthma, cancer, brain injury.

Methodology at Glance

Five faculty mentors along with students will be identified to collect the data. Whats group will be created for daily follow up on dietary intake and physical activity, break the barrier to weight reduction.

Target population: MR Employees age 25 Years to 50 years having BMI $\geq 28\text{kg/m}^2$

INCLUSION CRITERIA

- BMI $\geq 28\text{kg/m}^2$
- Willing to participate
- Age 25years to 50 years
- No medical complication
- Non-pregnant and Non lactating

EXCLUSION CRITERIA

- Not willing to participate
- Suffering from serious medical complications such as kidney diseases or physiological changes (pregnancy or lactation)

PHASE 1

- **Screening of employee** Google form will be shared to collect information on Age, Gender, DOB, Height and Weight, Medical history.
- **Baseline survey:** Collecting data on Socio-demographic measurements, Behavioral factors (tobacco use, alcohol consumption, diet, physical activity, sleep, and internet usage), family history, Anthropometric Measurements (somatotyping), Blood pressure, Biochemical Measurements (through outsource Lab)

PHASE 2

[ii] Interpersonal Counselling for Diet and Physical Activity:

- Customized Diet for weight management
- 30 min physical activity (walk/jog/10,000 steps/day etc.)
- Compliance will be recoded on daily basis

PHASE 3

[iii] Monitoring, evaluation and modification

- Monitoring of prescribed Diet and physical activity
- Customized diet plans and physical activity (videos, yoga sessions, etc. by the experts) according to requirements.

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