

Survey on Lifestyle, Nutritional Status and Dietary Pattern among IT Employees

Ramya S¹, Subasshini V², Aruna .M³

¹ Student, Department of Home Science – Food Science, Nutrition and Dietetics, ShrimathiDevkunvarNanalal Bhatt College for women, Chrompet

^{2&3} Assistant Professor, Department of Home Science – Food Science, Nutrition and Dietetics ShrimathiDevkunvarNanalal Bhatt College for women, Chrompet

ramyasankar20j@gmail.com)

ABSTRACT:

Background: Technological advancement and increase in knowledge has provided man with so many facilities that reduce physical and muscular activities. Most of the urban desk jobs workers adopt sedentary life styles which results in obvious negative health implications. The word “sedentary” is coined from the Latin word “sedere” which means “to sit” hence sedentary behavior is a term used to characterize those behavior that are associated with low energy expenditure. This includes prolonged sitting at work, home, business centers, long screen time, car driving and leisure time. The sedentary lifestyle is bound to have a negative impact over health leading to physiological stress and non-communicable diseases.

Aim and objectives: A survey was carried out to the study the Lifestyle, Nutritional status of IT Employees, working in shifts in an urban set up in Chennai district. The study also evaluated their anthropometric measurements, biochemical parameters, clinical signs, and the dietary pattern of IT employees.

Materials and methods: The study is descriptive in nature and convenience sampling was used. It was carried out among a sample size of 100 subjects in the age group of 20-40 years. A standardized questionnaire was used to collect the data from the respondents. Percentage, Chi-square test and correlation analysis were used to ascertain the findings.

Results: Poor dietary habits and lack of physical activity has led to poor nutritional status among the respondents. It is thus necessary to adopt a healthy lifestyle to prevent various non-communicable diseases.



Conclusion: *Encouraging physical activity as a part of the lifestyle contributes to maintenance of ideal body weight and better health status. Keeping stress at bay, limiting screen viewing time and cessation of alcohol and smoking helps to further enhance health and well-being.*

Keywords: *Lifestyle, Nutrition, Health, Non-communicable diseases, Diet, Sedentary lifestyle*