

**A PROSPECTIVE OBSERVATIONAL STUDY ON COUNSELLING THE STUDENTS
ABOUT HEALTHY LIFESTYLE MODIFICATION**

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ABSTRACT

The prevalence of overweight and obesity in adolescents is rising due to changing lifestyle circumstances. A cross-sectional study was conducted by randomly selecting 200 subjects in our institution (The Dale View College of Pharmacy and Research Center, Punalal, Thiruvananthapuram). This study set out to evaluate the impact of brief life-style counseling on participant's quality of life and weight management.

KEYWORDS: Obesity, Counselling.**INTRODUCTION**

Daily habits and actions deeply affect health and quality of life. Habits and actions affect both prevention and treatment of diseases which is consolidated around the concept "life-style medicine". Life-style modifications play a fundamental role in focusing health. It includes proper nutrition, physical activity, weight management, cigarette smoking cessation.^[1]

Public health is under a serious and growing threat from obesity. Obese people frequently have shorter life expectancies and more health care needs.^[2] Counseling for obesity is rare despite of the existence of clinical recommendations for the prevention and treatment of obesity. Counseling focus family, social, cultural and community factors as central problem of obesity.^[3]

A comprehensive program of life-style change is regarded as the best option for reaching this goal. Life-style modifications consist of 3 main components including nutrition, exercise and behavioral therapy. Nutritional regimens can be recommended for a better life-style. The low- carbohydrate (Atkins Diet), low-fat (Ornish Diet), Mediterranean, low-glycemic load diets can be followed.^[4]

AIM AND OBJECTIVE

This counseling was conducted in-order to provide guidelines on healthy life-style modification regarding obesity in our institution and thereby enabling effective management of obesity. The counseling was conducted

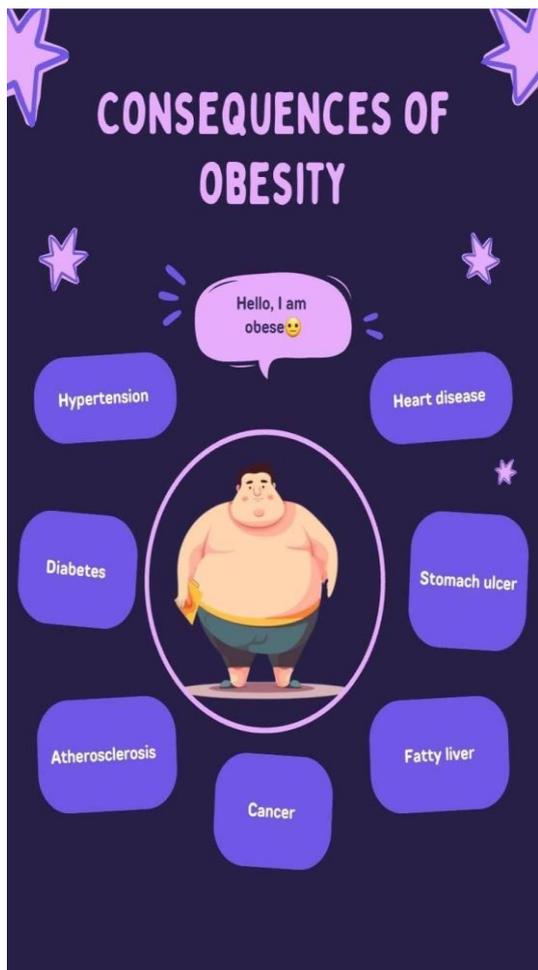
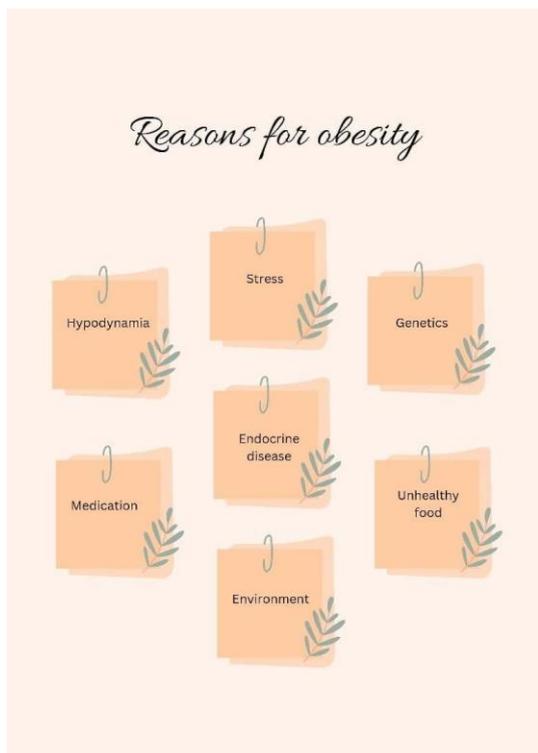
by choosing students whose BMI is above 30 and their responses towards KAP questionnaire.

Study period: The counseling was conducted and reviewed after 1 month.

MATERIALS AND METHODS

Material: Obesity counselling pamphlet.





Method: A counselling was conducted to the students of The Dale view College of Pharmacy and Research Centre, Punalal, Tvm who were participated in an obesity determination using KAP questionnaire. Out of 200 students participated, 25 were found to be obese and 46 were found to be overweight.

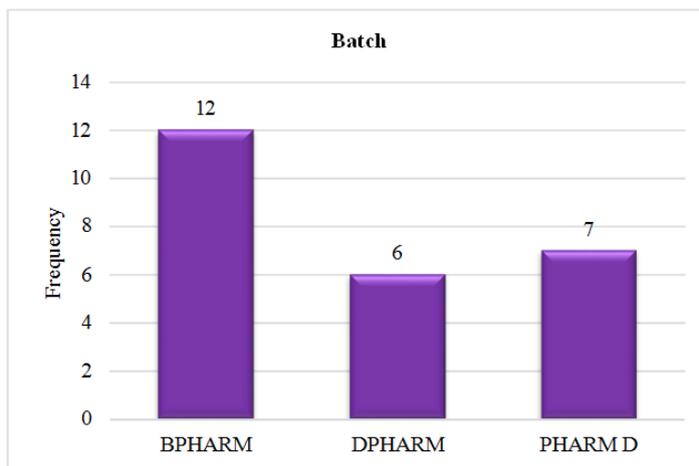
They undergo counselling separately regarding the harmful effects of being obese and lifestyle modifications they can make. After 1 month they were again reviewed and changes were noted.

RESULT AND DISCUSSION

25 obese and 46 overweight students were undergo counseling and reviewed after 1 month. It is observed that more than half of the individuals who were overweight succeeded in achieving a healthy BMI and some of the obese students shows a slight variation towards overweight.

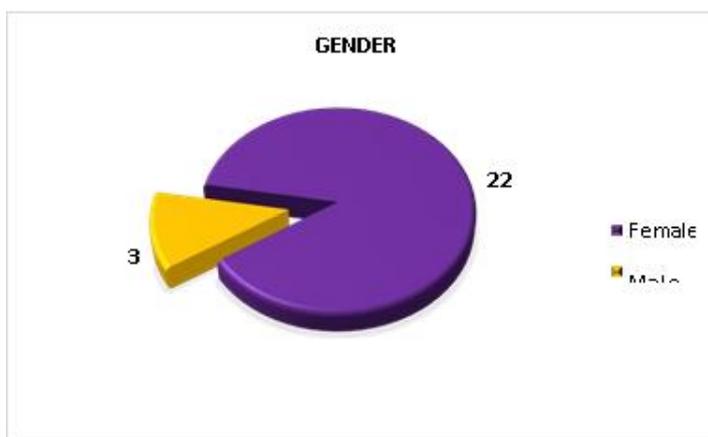
ANALYSIS REPORT BASED ON BATCH

Batch	Frequency	Percent
BPHARM	12	48.0
DPHARM	6	24.0
PHARM D	7	28.0
Total	25	100.0



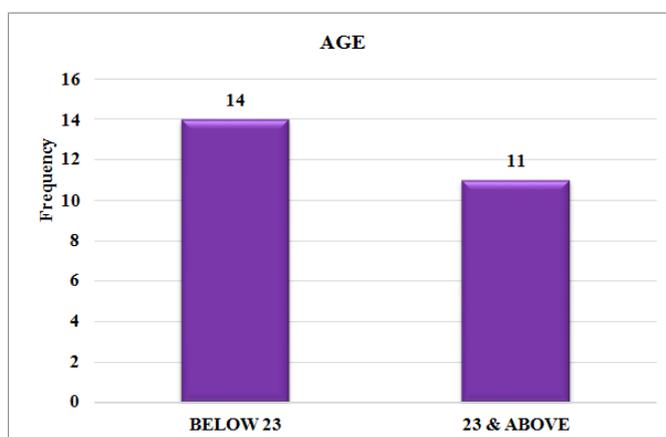
BASED ON GENDER

Gender	Frequency	Percent
Female	22	88.0
Male	3	12.0
Total	25	100.0

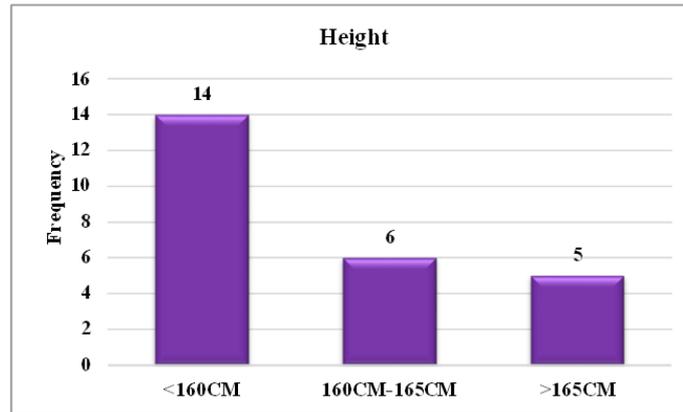


BASED ON AGE

Age	Frequency	Percent
BELOW 23	14	56.0
23 & ABOVE	11	44.0
Total	25	100.0

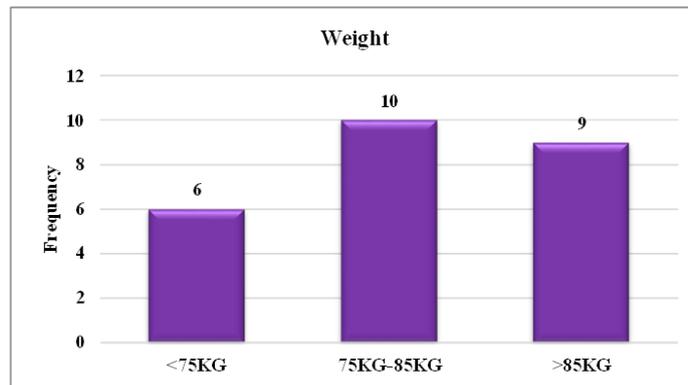


BASED ON HEIGHT



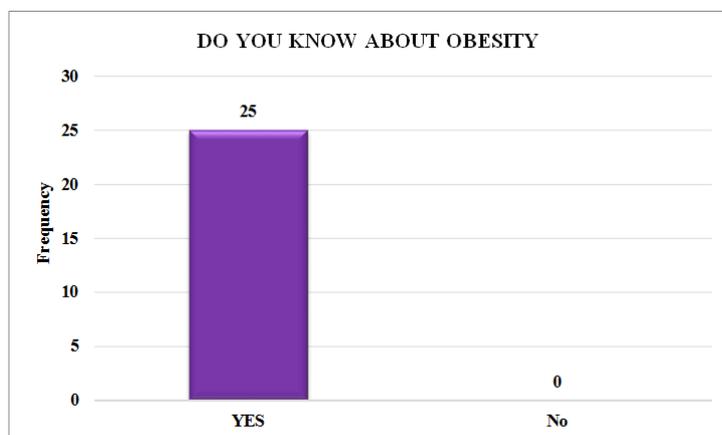
BASED ON WEIGHT

Weight	Frequency	Percent
<75KG	6	24.0
75KG-85KG	10	40.0
>85KG	9	36.0
Total	25	100.0



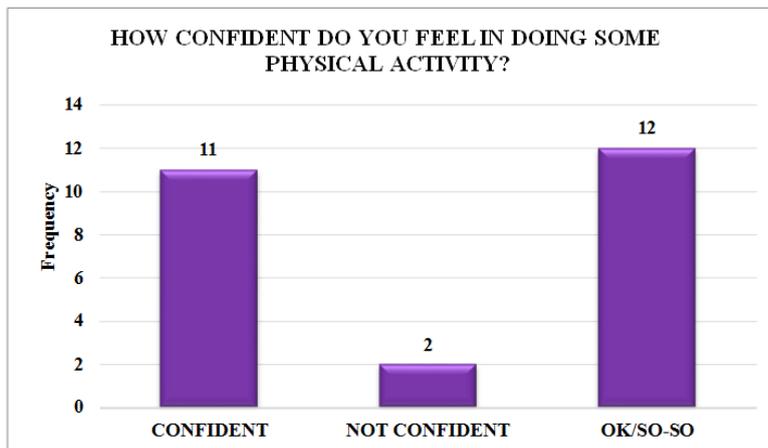
DO YOU KNOW ABOUT OBESITY

DO YOU KNOW ABOUT OBESITY	Frequency	Percent
YES	25	100.0
No	0	0.0
Total	25	100.0



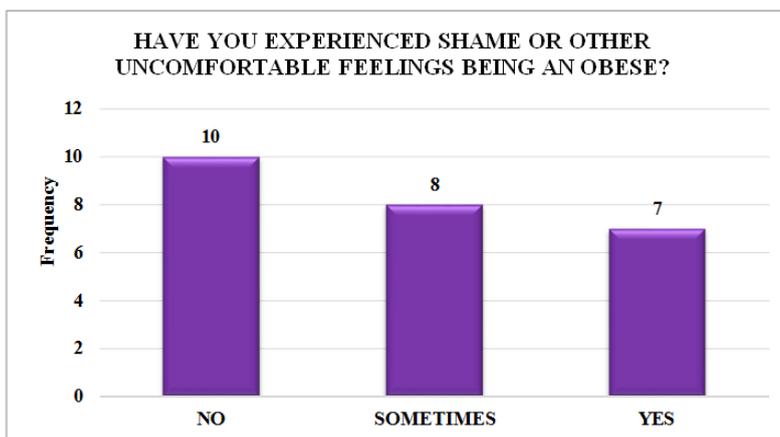
HOW CONFIDENT DO YOU FEEL IN DOING SOME PHYSICAL ACTIVITY?

HOW CONFIDENT DO YOU FEEL IN DOING SOME PHYSICAL ACTIVITY?	Frequency	Percent
CONFIDENT	11	44.0
NOT CONFIDENT	2	8.0
OK/SO-SO	12	48.0
Total	25	100.0



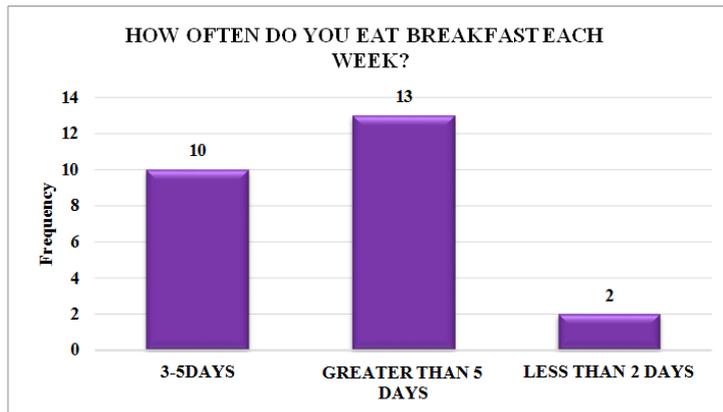
HAVE YOU EXPERIENCED SHAME OR OTHER UNCOMFORTABLE FEELINGS BEING AN OBESE?

HAVE YOU EXPERIENCED SHAME OR OTHER UNCOMFORTABLE FEELINGS BEING AN OBESE?	Frequency	Percent
NO	10	40.0
SOMETIMES	8	32.0
YES	7	28.0
Total	25	100.0



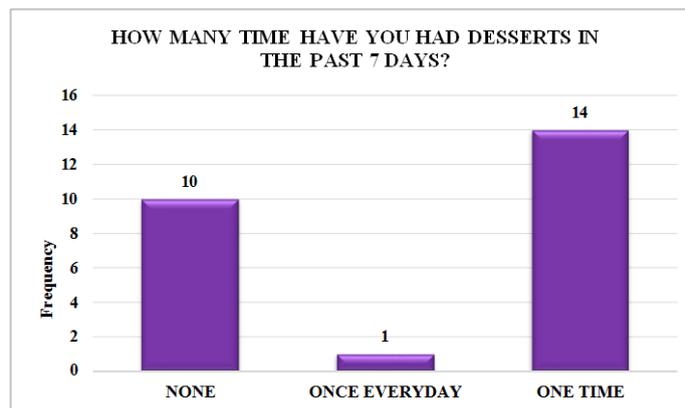
HOW OFTEN DO YOU EAT BREAKFAST EACH WEEK?

HOW OFTEN DO YOU EAT BREAKFAST EACH WEEK?	Frequency	Percent
3-5DAYS	10	40.0
GREATER THAN 5 DAYS	13	52.0
LESS THAN 2 DAYS	2	8.0
Total	25	100.0



HOW MANY TIME HAVE YOU HAD DESSERTS IN THE PAST 7 DAYS?

HOW MANY TIME HAVE YOU HAD DESSERTS IN THE PAST 7 DAYS?	Frequency	Percent
NONE	10	40.0
ONCE EVERYDAY	1	4.0
ONE TIME	14	56.0
Total	25	100.0



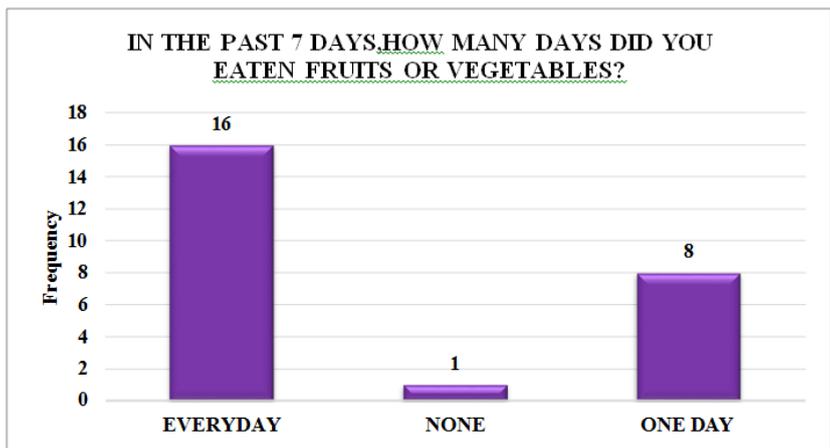
IN THE PAST 7 DAYS, HOW MANY DAYS DID YOU EAT FASTFOOD?

IN THE PAST 7 DAYS, HOW MANY DAYS DID YOU EAT FASTFOOD?	Frequency	Percent
2-3DAYS	8	32.0
MORE	5	20.0
ONCE	12	48.0
Total	25	100.0



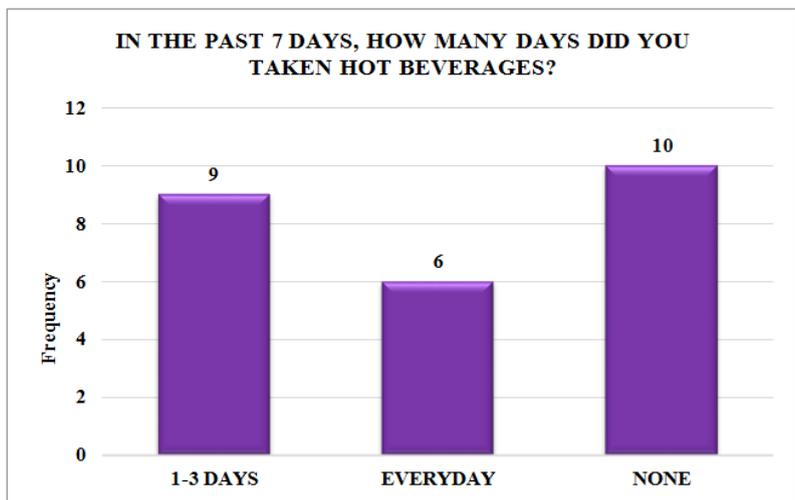
IN THE PAST 7 DAYS, HOW MANY DAYS DID YOU EATEN FRUITS OR VEGETABLES?

IN THE PAST 7 DAYS, HOW MANY DAYS DID YOU EATEN FRUITS OR VEGETABLES?	Frequency	Percent
EVERYDAY	16	64.0
NONE	1	4.0
ONE DAY	8	32.0
Total	25	100.0



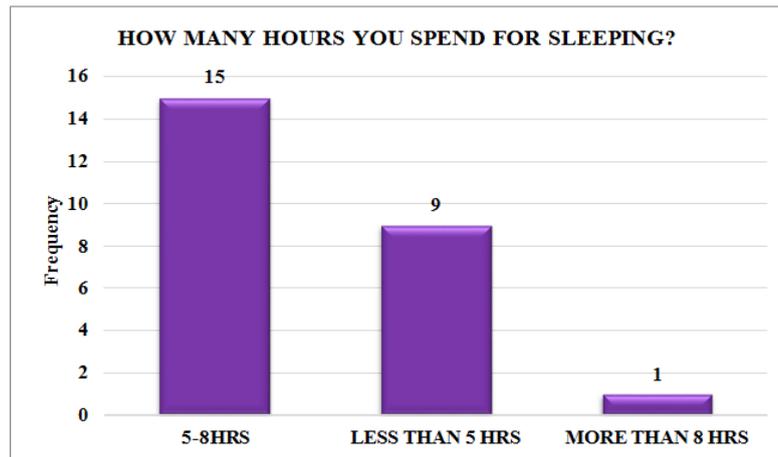
IN THE PAST 7 DAYS, HOW MANY DAYS DID YOU TAKEN HOT BEVERAGES?

IN THE PAST 7 DAYS, HOW MANY DAYS DID YOU TAKEN HOT BEVERAGES?	Frequency	Percent
1-3 DAYS	9	36.0
EVERYDAY	6	24.0
NONE	10	40.0
Total	25	100.0



HOW MANY HOURS YOU SPEND FOR SLEEPING?

HOW MANY HOURS YOU SPEND FOR SLEEPING?	Frequency	Percent
5-8HRS	15	60.0
LESS THAN 5 HRS	9	36.0
MORE THAN 8 HRS	1	4.0
Total	25	100.0



CONCLUSION

High-intensity lifestyle modification programs can help individuals with overweight and obesity lose 5–10% of initial weight to achieve clinically meaningful improvements in multiple health outcomes. This review has revealed that intensive lifestyle interventions for obesity focus principally on the individual, whom it exhorts to adopt exemplary eating and physical activity behaviours.

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