

Life style analysis and assessment of obesity and Hypertension in junior college youth of Mumbai participating in LSE workshops

*Dr Swati Y Bhave**, *Dr Surekha Joshi*** *Dr Jitender Nagpal****

* Executive director, ** *Research Co-ordinator**** *Core group AACCI Mumbai, India*

Presenting author Dr Surekha Joshi svj1950@rediffmail.com

Abstract

AACCI (Association of Adolescent and child care in India) is a recently formed NGO from Mumbai. It works for children and youth through parents and teachers in schools and colleges. One of its main aims is Life skill education LSE for teens. Through life skill approach it aims at prevention of life style disorders and promotion of mental health. In the period July 08 to January 09 AACCI held LSE Workshops in 3 colleges from South Mumbai, a fairly socially advantaged area of a large cosmopolitan metropolis. Each workshop had around 31 students each. This was the first time that the students and teachers had heard of life skill education program and participated in one.

Aims These workshops were mainly done to orient junior's colleges in Mumbai to LSE programs and to pick up students interested and capable of being peer Educators. It was decided to also use this opportunity to analyze their life style and take physical parameters liked BMI and BP and abdominal girth. The participants were asked to fill in a number of questionnaires that are analyzed in other papers

Sample Workshops were held in three colleges which catered to different Socio-economic status. There were a total of 93 students (36 males and 57 females), age ranging from (16-17 years). College A and B were the typical parent dependant youngsters in standard 11 class studying for getting into professional courses, admission which is based on the 12th standard marks and the age ranged from 16-18 yrs .College C was a vocational college which had older students who were already doing part time jobs and earning and were more mature in their thoughts and the age ranged from 17-21 yrs

Methodology. The Height Weight of each student was taken and the BMI calculated .the abdominal Girth was also taken and the Blood pressure recorded. A one page profroma was given to analyze the life style and get relevant family history This paper analyses the life style of the participants including diet, exercise, sleep patterns , habits of smoking and alcohol intake and use of electronic media . Interaction with parents, relatives and friends outside college hours was asked for .An attempt was made to analyze the inter-relationships between adolescent health behaviors.

In conclusion Attending LSE workshops made these youth more confident about themselves and empowered them to face various issues in life. The life style analysis showed that these teens are at high risk of development of metabolic syndrome later in life though at present the incidence in this sample was low. Increasing awareness of the risk factors early in life will go a long way in promoting positive mental and physician health in our youngsters.