



## **Survey on intake of functional food by patients suffering from non-communicable disorders: Hypertension**

### **Aim:**

To Conduct a study on the intake of functional food and nutraceuticals in the community.

### **Objective:**

- To analyze the Intake of Functional food and Nutraceuticals in the community.
- To understand the impact of functional food and nutraceuticals on the health status of the community.
- To study the prevalence of Hypertension in the community based on age, sex, lifestyle, and other factors.

### **Outcome:**

The survey provides valuable insights into the habits, lifestyle, and intake of functional foods among individuals with hypertension. The diverse age range of respondents suggests that hypertension is a concern across different age groups and also a significant portion of the population is familiar with functional foods, while a notable percentage remained unaware.

### **Report:**

Hypertension, commonly known as high blood pressure, is a medical condition characterized by elevated blood pressure levels. It occurs when the force of blood against the walls of arteries is consistently too high, leading to potential health risks.

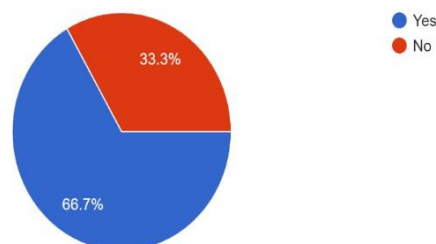
The survey was conducted by questionnaire method among 25 individuals of both sexes belonging to the age group of 19-83. The questionnaire was formulated and the survey was conducted Online mode through Google Forms.

<https://forms.gle/93BVN6suR1X71int9>

While a substantial majority (66.7%) are aware of functional foods, a significant minority (33.3%) remains uninformed. Increased educational efforts are essential to bridge this gap and promote awareness of functional foods in hypertension management.

Have you ever heard of functional foods or nutraceuticals?

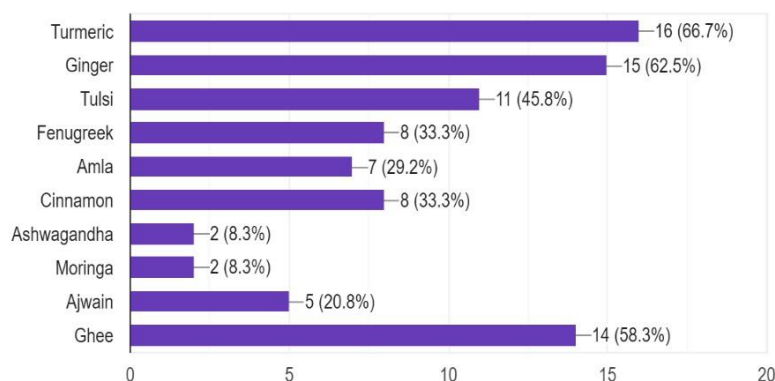
24 responses



Regarding intake of functional food among the survey population, Turmeric is the most consumed item, with 16 respondents (66.7%) using it, Ginger (62.5%). Tulsi is used by 11 respondents (45.8%), while Fenugreek and Cinnamon each have 8 users (33.3%). Amla is consumed by 7 (29.2%), and the least consumed items are Ashwagandha and Moringa, each by 2 respondents (8.3%). Ajwain is used by 5 people (20.8%).

Do you consume any of these functional foods to manage blood pressure?

24 responses



This health survey aimed to investigate the demographic profiles, lifestyle choices, awareness levels, and management strategies related to hypertension among a diverse group of respondents. The study encompassed various aspects, including age distribution, gender representation, lifestyle, time since hypertension diagnosis, awareness of functional foods, supplement usage, dietary habits, and knowledge about dietary plans like DASH.

P05BW22S065024

P05BW22S065044

P05BW22S065035

MAIMUNA SHAFI

KHADEEJATH RILVANA A S

SATHVI K G

P05BW22S065030

P05BW22S065040

FAHIZA

SUNAYANA B K

