



Survey on intake of functional food by patients suffering from non-communicable disorders: OBESITY

Aim:

To carry out a study on the community's use of nutraceuticals and functional foods by obese individuals.

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 Obesity in the community based on age, sex, lifestyle, and other factors.

Outcome:

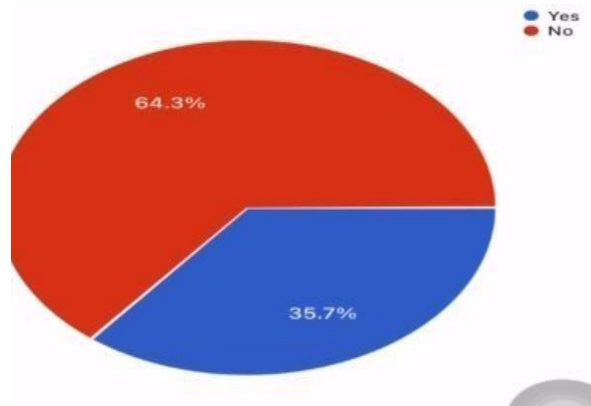
The survey sheds light on various aspects of obesity, including lifestyle, dietary habits, symptoms, and knowledge about nutraceuticals. It emphasizes the prevalence of unhealthy habits such as sedentary lifestyles and high consumption of junk food. So it is important to promote healthier lifestyles and educate about functional foods that may contribute to obesity prevention and management.

Report:

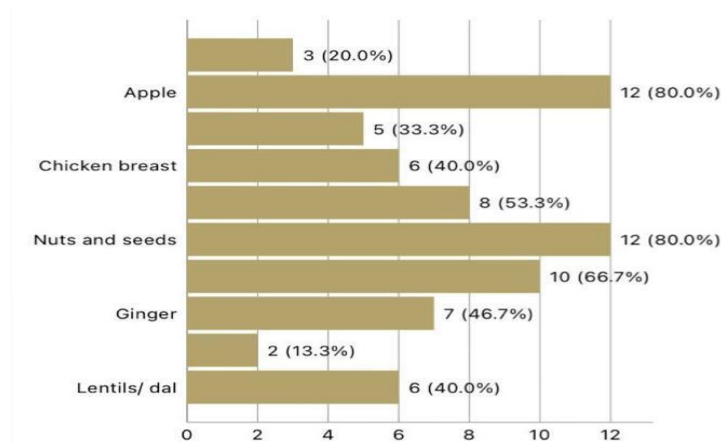
obesity is defined as abnormal or excessive fat accumulation that presents a health risk. Obesity is due primarily to an imbalance between caloric intake and activity. Increased caloric intake and reduced physical activity are likely the major drivers of obesity in children. An online survey was conducted to analyze the functional food intake among obese individuals. The primary objective was to understand the types and frequency of functional foods consumed by obese people. The survey included 30 participants, and the data obtained was analyzed both statistically and graphically.

<https://docs.google.com/forms/d/e/1FAIpQLSf-FpedaphTB4UTRAj5PRiPxku8xg-tVYAutjbWGR4EsUcw/viewform>

Participants were asked about their knowledge of nutraceuticals and functional food and their importance in the management of obesity. 64.3% of participants were aware of nutraceuticals and their health benefits, indicating a substantial awareness level among the surveyed population.



Survey has revealed that majority of the population (80%) consumes fruits as well as nuts and seeds, 66.7% of the population consumes curd, 53.3% of the population consumes egg, 46.7% of the population consumes ginger, 40% of the population consumes chicken breast as well as lentils, 33.3% of the population consumes spinach/methi leaves, 20% of the population consumes oats and only 13.3% of the population consumes green tea.



survey revealed that incorporating specific functional foods into the daily diet can contribute to maintaining a healthy weight and preventing obesity. The findings also highlighted the importance of regular exercise, a balanced diet, and awareness of nutraceuticals for obesity prevention.

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