

ORIGINAL RESEARCH ARTICLE

DOI: 10.26727/NJRCM.2018.8.4.305-308

Year: 2019 Vol: 8 Issue: 4. Oct.-Dec. Page: 305-308

A study on healthy lifestyle habits among medical students in Guntur city, Andhra Pradesh.¹*Phanindra Dulipala, ²Chaitanya G, ³Adeeba Fathima, ⁴Achyuth Rama Raju M, ⁵Jagannath Rao D, ⁶Prathima M.

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Date of Submission : 30.09.2019**Date of online Publication** : 01-11-2019**Date of Acceptance** : 30.10.2019**Date of Print Publication** : 31-12-2019

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ABSTRACT

Background: Medical students are more prone to health problems because of their lifestyle with less physical activity, bad eating habits, improper sleep and stress, and hence medical students are taken as target group to study the pattern of Dietary habits, sleeping habits, physical activity, addictions, Stress management and time management. **Materials and Methods:** A cross sectional study was conducted in a medical college in Guntur in the month of November, 2018. The study was done among 100 randomly selected medical students. Out of them, 90 students answered the questions and were included the study. **Results:** Among the study subjects 70% were normal weight, 8.9% were Underweight, 18.9% were Overweight and 2.2% were Obese. Many of the students reported stress and lack of exercise in their college life. **Conclusion:** Workshops regarding managing the stress and encouragement of physical activity should be conducted to build positive effects in the students.

Key word: Body Mass Index, Lifestyle habits, Stress management, Time management.