DiabetesAsia Journal

INTEGRAL INSTITUTE OF MEDICAL SCIENCES & RESEARCH
INTEGRAL UNIVERSITY-LUCKNOW-INDIA

Diabetes Asia Journal
Vol. 2, Issue 3, Oct 2025, **Edition**: Online
Publisher: Diabetes Asia Journal under JHRC
eISSN: 3048-8192
Journal Homepage: https://diabetesasia.org/journal/
Cross Ref DOI: https://doi.org/10.62996/daj.69052025

IAPSM UP-UK CON 2025
November 15th & 16th 2025 One Health: Precision, Prevention & Prediction

A STUDY OF NUTRITIONAL STATUS AND KNOWLEDGE, ATTITUDE AND PRACTICES AMONG MEDICAL STUDENTS OF A COLLEGE IN KANPUR

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Introduction / Background

- Obesity is a growing public health concern in India—with rising rates among young adults.[1]
- College years fundamentally shape lifelong health behaviors.
- Global and national efforts (like FSSAI's Eat Right India Movement) promote healthy eating, yet local evidence of impact is limited.
- Recent studies show ~9–24% overweight and 2–6% obesity prevalence among Indian medical students, due to lifestyle shifts and poor nutrition.[2]

Aim & Objectives

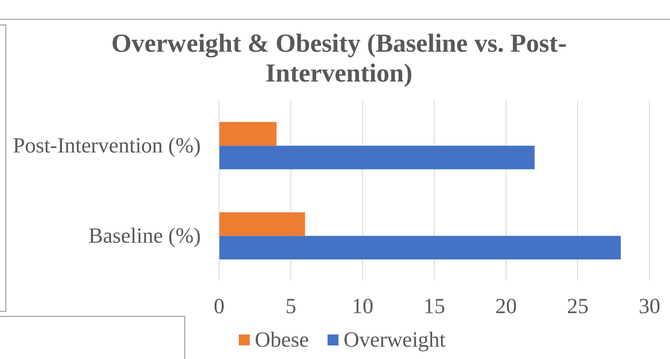
- Prevalence of overweight/obesity among college students in Kanpur
- Associated risk factors
- Effectiveness of the Eat Well Programme on knowledge, practice, and outcomes

Methodology

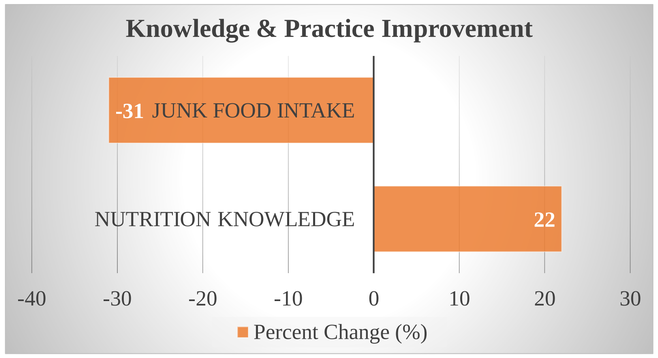
Design: Longitudinal study (Dec 2023–Sept 2025)
Population: 380 medical students, aged 18–30, simple random sampling
Tools: Socio-demographics, anthropometry (BMI, waist and neck circumference), WHO GPAQ, structured lifestyle questionnaire
Intervention: Six-month Eat Well Programme with monthly health sessions
Analysis: Baseline vs. post-programme using SPSS

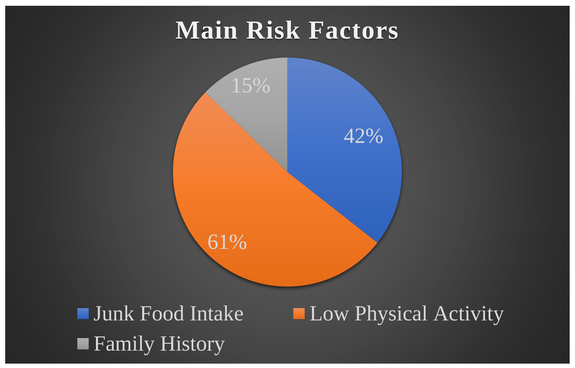
Results

Baseline: 28% overweight, 6% obese
Major risk factors:
Frequent junk food intake (42%)
Low physical activity (61%)
Family history of obesity (15%)



Post-Intervention:
Mean BMI reduced by 0.9 kg/m² ($p<0.05$)
Nutrition knowledge ↑ 22%
Junk food intake ↓ 31%
Similar improvement trends seen in college programs globally.





Discussion & Interpretation

The Eat Well Programme led to a 0.9 kg/m² drop in BMI, a 22% increase in nutrition knowledge, and a 31% reduction in junk food intake, decreasing overweight/obesity from 28%/6% to 22%/4%.

Key risk factors were low physical activity (61%) and junk food intake (42%); results support campus-based nutrition programs linked to national campaigns for lasting health benefits.

Conclusion

Targeted nutrition programs effectively improve student health and habits.

Acknowledgement

I am grateful to my honourable teacher, guide and co-guide**.**

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cite this article: Abhishek Verma, Rajesh Jain, Anju Gahlot, Anas Ahmad khan, Poonam Kushwaha. A STUDY OF NUTRITIONAL STATUS AND KNOWLEDGE, ATTITUDE AND PRACTICES AMONG MEDICAL STUDENTS OF A COLLEGE IN KANPUR. Diabetes Asia Journal. 2025; 2(3):34. https://doi.org/10.62996/daj.69052025