

**AN ONLINE HEALTH SURVEY ON DIETARY HABITS AND PREVALANCES OF OBESITY
AMONG COLLEGE STUDENTS**

(Organized by Department of Physiology and Food & Nutrition)

ACTIVITY REPORT

1. **PLACE OF SURVEY:** DR KANAILAL BHATTACHARYYA COLLEGE, HOWRAH
2. **DATE:** 15th-31st MAY, 2023.
3. **NO. OF PARTICIPANTS:** 60
4. **Objective:** A balanced diet is a way of eating all the right nutrients in terms of quantity and quality that our body needs in order to be healthy. Sustainable nutrition is all about healthy food choices like nutrient-dense wholesome food that are accessible, affordable, and culturally relevant, well-balanced diet combined with regular physical activity. A diet Survey constitutes an essential part of studying dietary pattern and nutritional status of an individual or a family in a community. It also provides data regarding dietary adequacy/ inadequacy. This survey is conducted to assess the nutritional behaviour and prevalence of obesity among students of Dr. Kanailal Bhattacharyya College.
5. **Methods:** The diet survey was conducted online over a period of two weeks in May, 2023. The survey consisted of a combination of multiple-choice questions, allowing for both quantitative and qualitative study. A total number of 60 students completed the survey.
6. **Outcome:** It is evident that majority of respondents have normal BMI. Only 3 students belonged to grade-1 obesity, 12 were overweight and 8 belonged to category of under nutrition. Majority of respondents take breakfast regularly. Almost 30% students take processed food/fast food twice a week. 50% of subjects eat vegetables and only 24% eat fruits in a week. Nutritional awareness needs to be increased among college students so they have right nutritional information before making any food choices and buying any food products.

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