

UNDERSTANDING CHANGES IN THE LIFESTYLE RELATED BEHAVIOUR IN INDIAN POPULATION DURING COVID-19

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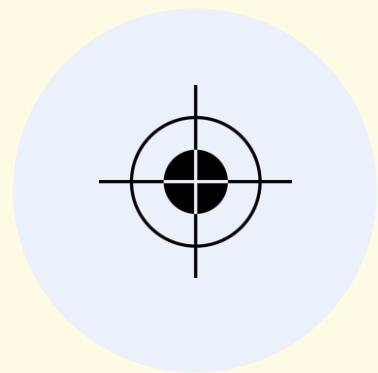


A woman with dark hair, wearing a red shawl, is shown in profile, coughing into a white tissue. The background is a soft-focus interior with a red curtain and a white vase with flowers.

ABOUT THE PROJECT

- **The pandemic has had a lasting impact on our lives.**
- **Social isolation has lead to unhealthy lifestyle such as poor diet, curtailment of exercise, consumption of alcohol etc.**
- **Patients with chronic illness are not only affected by COVID-19 in a direct manner but also in an indirect manner.**
- **Healthcare models need to be more robust .**
- **Indian healthcare sector follows the out-of-pocket expenditure model.**
- **Digital healthcare platforms need to be made accessible, affordable and assurance**

M E T H O D O L O G Y



OBJECTIVE

The objective of this report is to empirically study the effect of the Covid-19 pandemic on lifestyle-related behaviours and evaluate its changes in Indian population



STUDY DESIGN & RATIONALE

An online cross-sectional survey was circulated to the general public to assess and understand the impact of the pandemic on their everyday lifestyle practices.



RESEARCH STRATEGY

The research was performed using data collection through a web-based survey and from secondary data sources using a combination of relevant string and keyword search from articles

Questionnaire



The web survey comprised of 14 open-ended questions which addressed different aspects related to both lifestyle and behaviour of individual mainly focusing on sleep, diet, junk food etc.

Q1. During the COVID pandemic, how has your probability of skipping one of the main meals changed?

Q2. During the COVID pandemic, how has your habit of snacking between meals changed?

Q3. During COVID pandemic, how has your quantity/portions of meals and snacks changed?

Q4. During COVID pandemic, how has your consumption of junk food/fast food and fried food changed

Q5. During COVID pandemic, how has your intake of immunity-boosting foods

Q6. During COVID pandemic, how has your intake of nutrition supplements to boost immunity changed

Questionnaire

**Q7. During COVID pandemic,
how has your sitting and
screen time changed?**

**Q 8. During COVID pandemic,
how have many hours of sleep
have you been getting**

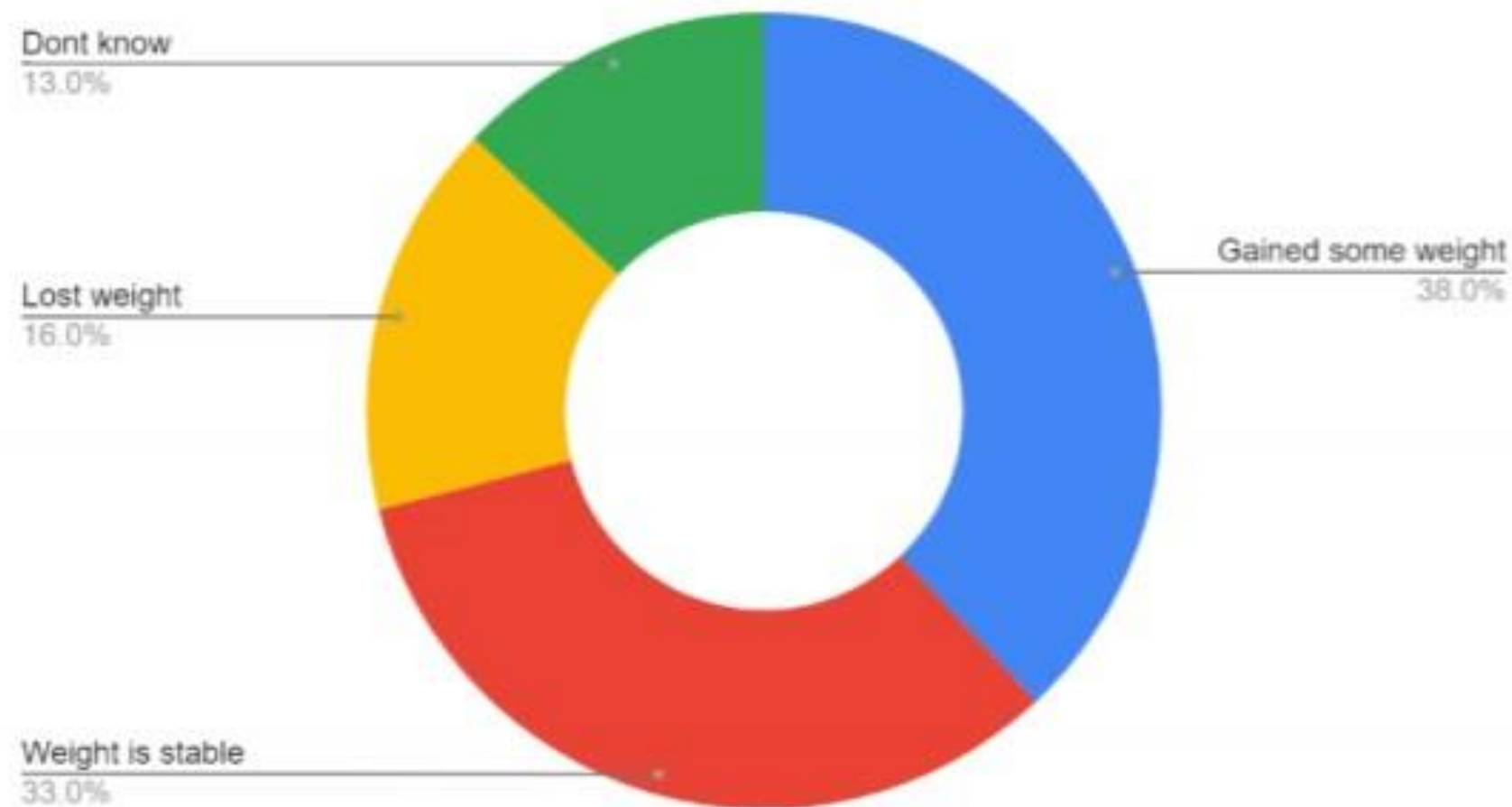
**Q9. During COVID pandemic,
how has your quality of sleep
changed?**

**Q10. During COVID pandemic,
how have your stress and
anxiety levels changed?**

R E S U L T A N A L Y S I S

From the above conducted survey following results were obtained:

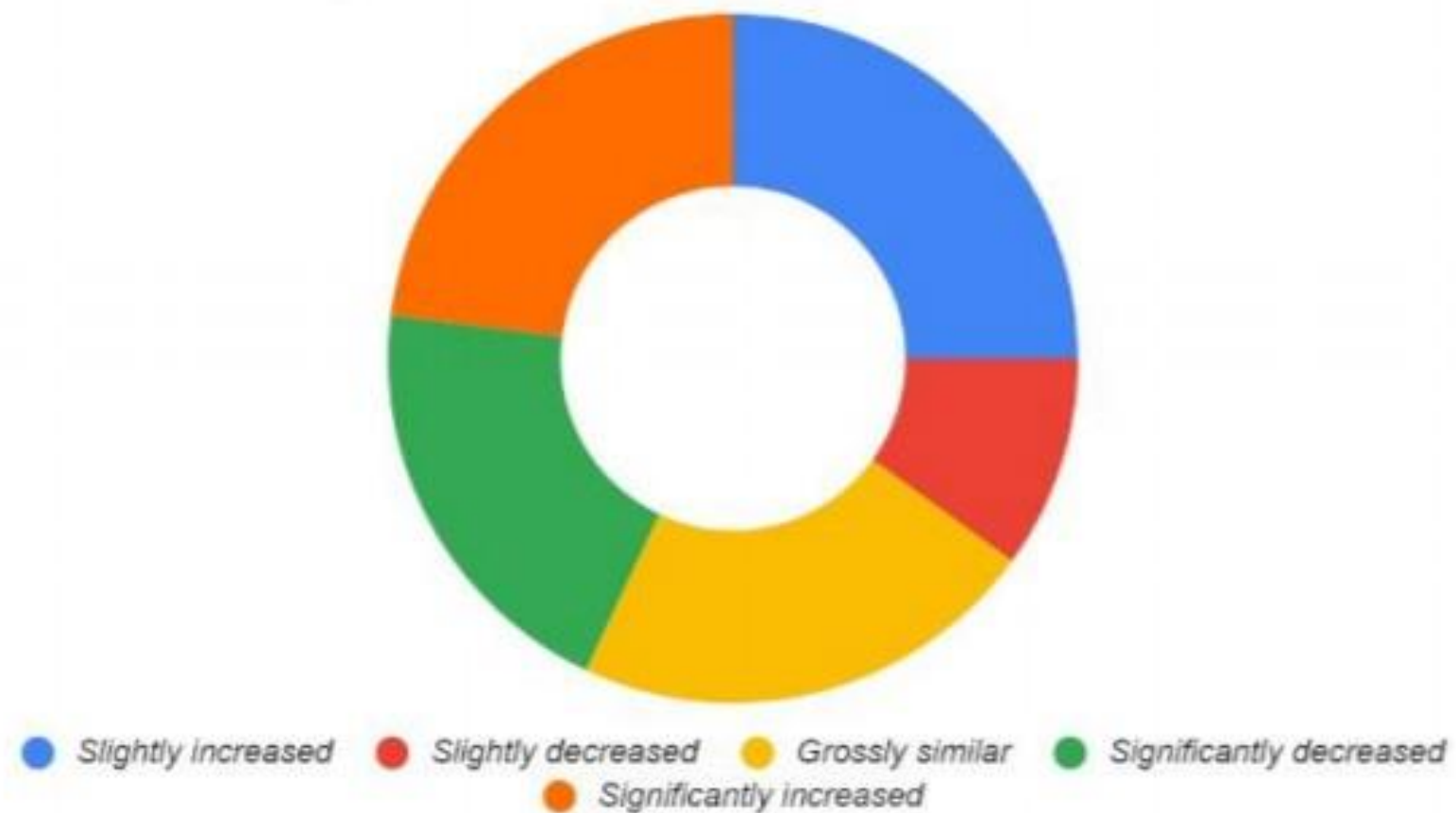
How has your weight changed during COVID-19?



During COVID pandemic, how has your probability of skipping one of the main meals (breakfast/lunch/dinner) changed?

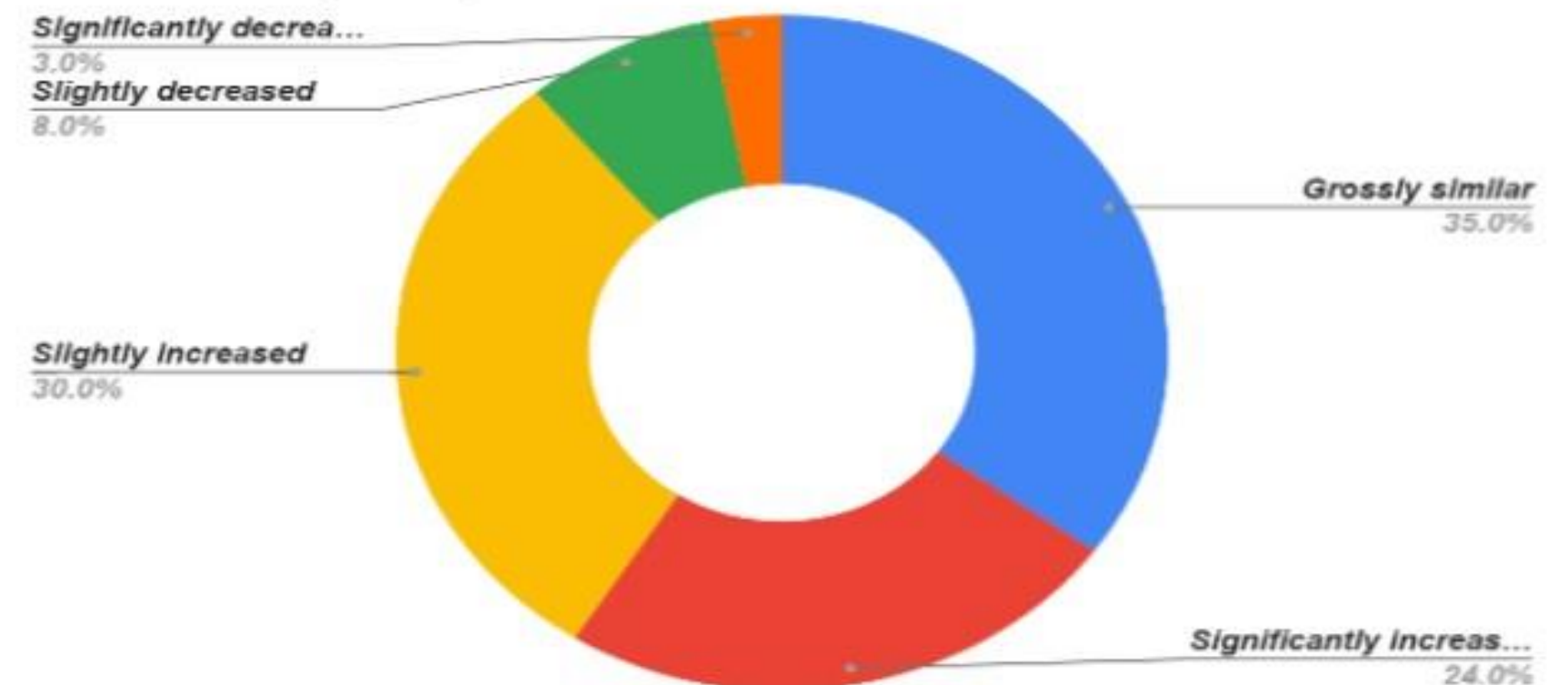


Count of During COVID pandemic, how has your consumption of junk food/fast food and fried food changed?

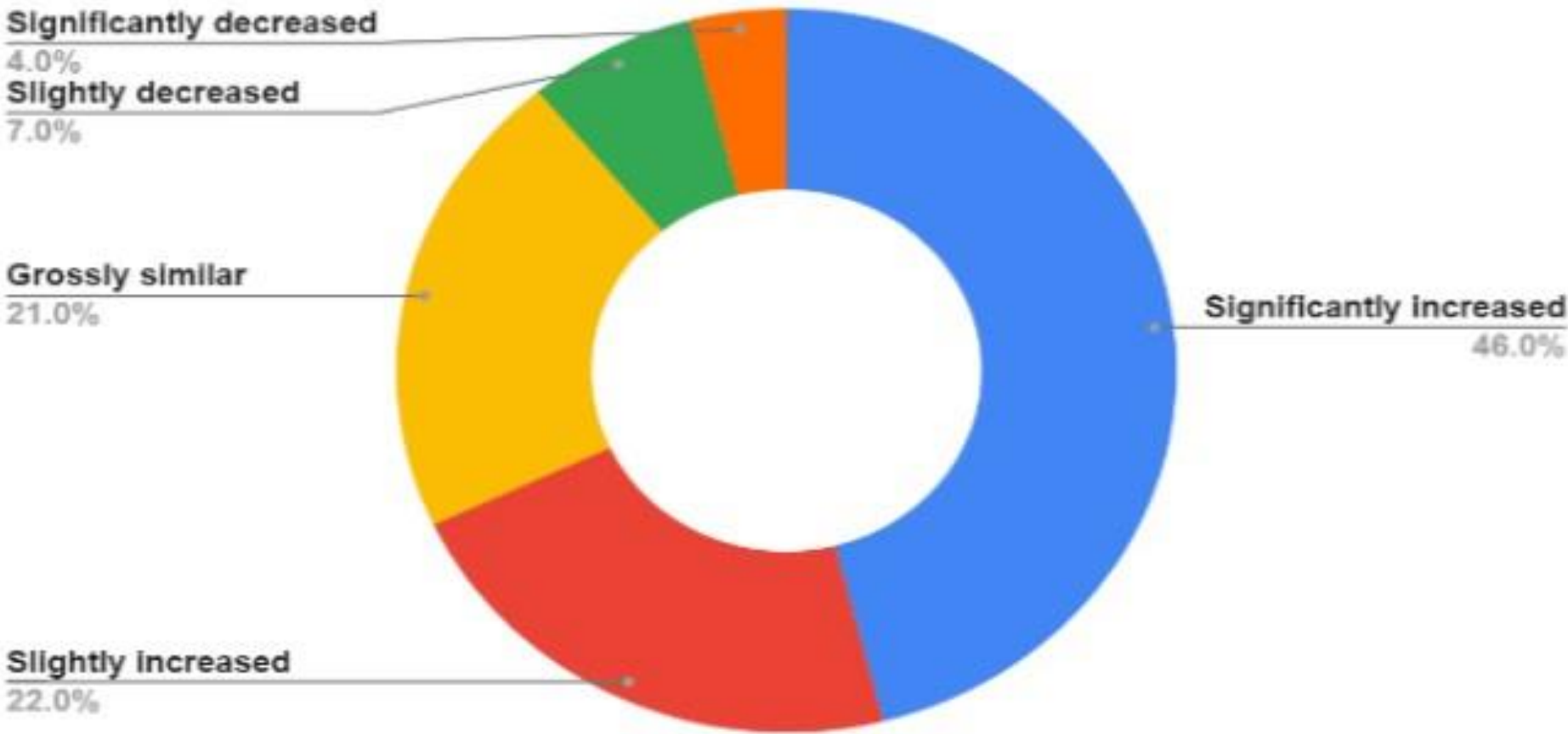


For 3/4 th of the respondents, there was an increase in consumption of junk food primarily due to boredom, stress etc.

During COVID pandemic, how has your intake of nutrition supplements to boost immunity changed?

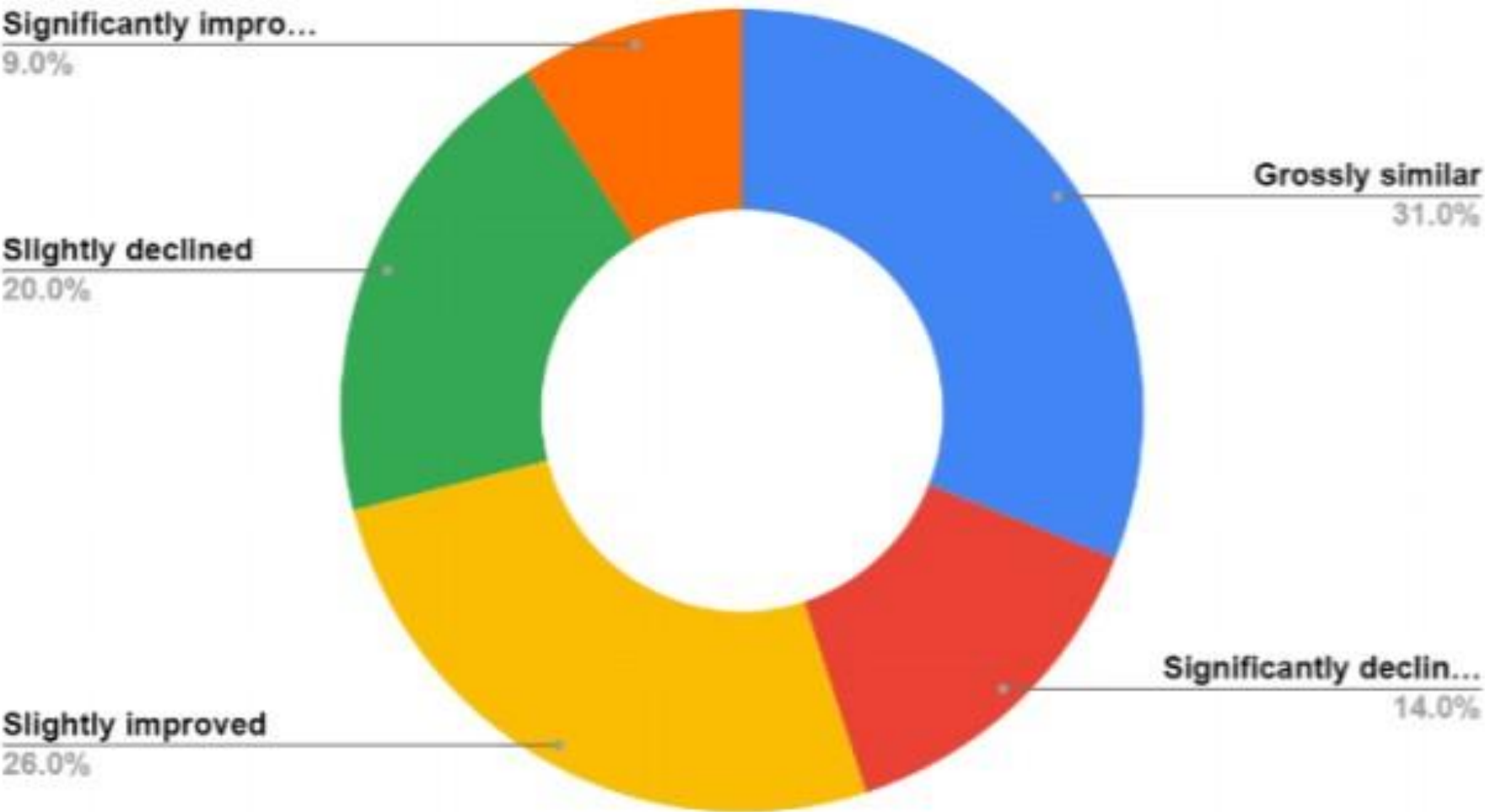


During COVID pandemic, how has your sitting and screen time changed?



The majority of respondents were found to have a drastic increase in sitting and screen time as compared to pre pandemic

During COVID pandemic, how has your quality of sleep changed?





CONCLUSION

- ! Disruptions in healthcare and technology
- ! Enhance growing burden of the pandemic by maintain a healthy balance in our lifestyle
- ! With progressing technology, awareness must spread about lifestyle behaviour
- ! Survey results conclude mix of precautionary measures which can be adopted by individuals
- ! Marginal improvement in eating behaviour, 1/3rd of participants gained weight as physical activity declined significantly.
- ! Mental health was adversely affected. Detailed understanding of these factors can help develop interventions and mitigate negative lifestyle behaviours

RECOMMENDATIONS



Focus should be moved toward home-based PA programs



Use of wearable technologies to help reduce inactivity and ensure improvements in cardiovascular parameters.



Digital community exercise programs in motivating individuals and reducing their feeling of loneliness

