

UNIVERSITY GRANTS COMMISSION
Western Regional Office,
Ganeshkhind, Pune-411007

SUMMARY OF THE WORK DONE (FINAL) OF MINOR RESEARCH PROJECT

1. Name of Principal Investigator: **Mr. Koshti Vijay Veerbhadra**
2. Title of the Research Project: **“A statistical study of correlation between food habit, physical activities in childhood and health in their adulthood ”**
3. Period of Work done: **From 01.06.2013 to 31.05.2015**
4. Approximate time by which it is likely to be completed: **April 2015**

SUMMARY OF THE WORK DONE

Background

Early childhood food and food habit turn the wheel of health in old age. Eating behaviors are learned and established in child hood and early adolescence and hence it is important to maintain a healthy food and eating habit in the child hood. The old age ailment determine the healthy childhood. This project idea was got from our previous study on the related topic and a paper published me along with some co-authors. We made an attempt to correlate the physical activities and childhood food habit to the progressive development of many diseases in the adulthood and old age.

Methodology and Sample

Questionnaire method is employed to collect the data from adulthood peoples by visiting house to house contact. We collected responses to pre-prepared questionnaire from 400 adult people with age group 40 years and above, included both male and female randomly. The sampling area is Kavathe Mahankal villages as rural sample and Sangli city as urban area. The data were analyzed by using software's like sigma plot, open stat and Smart draw and some manually.

Result

We analyzed the food values of common food items (24 items) that are used by childhood population in the said areas and correlated its energy content to the old age diseases. The physical activities of childhood population in both areas are also correlated with adulthood and old age disease. The result shows that those children eat moderately less fat and sluggish, developed disease like heart disease, obesity, diabetes and other ailment in the adult hood more. But the correlation shows that there is no considerable difference between urban and rural population. A positive correlation and between physical activities and wrong food habit in the childhood leads to adulthood ailment is established partially. Another exciting result is the correlation between income and childhood health and old age diseases. We found that income has no role in the child hood health and old age diseases. Education and health of children and old age disease also has no specific relation. The BMI shows little pronounced difference between the two areas of the study.

Conclusion

With the support we drawn from our study we recommend that healthy food habit with proper physical activities in the child hood along with good parental care definitely brings healthy adulthood and disease free old age population in India.

Further study

Similar type of study by selecting more urban and city areas with more sample size in Maharashtra and so in other state is essential to establish this relation more concretely.

Implication of the study

This study will help the educationist and ministry and human resources development and other Government and non government authorities to re assess their policy for the better childhood and there by better adulthood. It also directly benefit the school management and parents to recheck the food items they unusually giving to their wards and how to improve the physical activities for the better lively hood in the adult and old age.