



HOW CORONA VIRUS CHANGED THE EATING HABITS AND LIFE STYLE OF PEOPLE IN ALL AGES IN INDIA

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ABSTRACT **Background:** On December 12th 2019, a new corona virus (SARS-Cov2) out broke in Wuhan, China, leading a pandemic of acute respiratory syndrome in humans (COVID-19).

As per data revealed by Hindu the Ministry of Health and Family Welfare in its April 30 updated that 33,050 persons have been tested positive for COVID-19. There have been 1074 death and 8324 have been cured.

KEYWORDS : COVID-19. Wuhan, Life style changes, Changes in the Food habits, Immunity and covid-19.

COVID -19 left a huge impact on human health, causing sudden lifestyle & food habits changes, through social distancing and isolation at home, with social and economic repercussion.

Saving life and invention on the paramount mission for every Indian and international medical research organization, biological sciences, other natural herbal Ayurvedic therapies, and pharma companies began the race to come out with a flawless solutions such as vaccine and other immunity boosters.

Method

The study was conducted to investigate direct impact of the COVID-19 pandemic on eating habits and lifestyle changes among the Indian population aged >18 years. The study covers structured and exhaustive 45 questionnaires divided into demographic information (age, gender, residence, occupation or student)

Food habits information including daily meal frequency, variety, type, Indian (Vegetarian/ Non-vegetarian) continental, Chinese, fast foods, beverages bakery and dairy products, fruits and other cereals, food supplements frequency, anthropometric data (reported weight and height).

Lifestyle habits information (grocery shopping, habit of smoking and drinking alcohol, recreational, outing, sleep quality and physical or sports activity). The survey was conducted from the 1st May to 15th 2020 by sending questionnaire to the recipients email addresses and their phone no on what's- app, circulated in the residential society and colleges to collect a mixed data.

RESULT

Total 750 respondents aged between 19 years to 65 years have reverted out of 1200 from all the sources seeking collection of data.

	Male 25-65 years	Female 25-65 years	Youth 19-24 years	Total
Data collected	30 %	20%	50%	750

The awareness for physical activity to boost immune system increased to fight against the corona virus has increased in 65% population male, female and youth by way of walking, jogging, yoga and other physical sports activity. 8% of the male who regular smoke decided to quit smoking as COVID-19 virus deadly affected the lungs and smoking weakens the entire respiratory system.

35% of the youth population stopped eating fast food items and replaced by organic and dairy foods items, fruits, dry fruits and vegetables in salad and cooked dishes, 35% of the total sample reported quitting non-vegetarian foods as COVID-19 virus emerged from the The Huanan Seafood Market in Wuhan is thought to be the starting point for the virus outbreak. It was shuttered on January 1. At wet markets, meat is sold alongside live animals like dogs, hares, and civets. 25% of the male and female aged 25-65 years reported to quit shopping and eating Chinese foods, minimize bakery items thereby replacing diary and organic foods.

DISCUSSION

In this study, we have provided for the first time data on how the Indian population adopted a healthy life style and foods habits by leaving poor dietary food pattern such as Chinese, fast foods and increased their physical activity to boost immune system to fight against the COVID-19 disease.

The main limitation of the study was self-reported questionnaire, which may lead to the actual misreporting of data. indirect sources of collecting the data was emails & what's app so there was a chance of ambiguity however the data collected directly from the residential society and college have more accuracy. And answers revealing the information about alcohol consumption and smoking might have not been disclosed by the interviewers as being socially taboo. The survey was conducted quickly within the time frame of 15 days. However, as the COVID-19 pandemic is ongoing and vaccine most of the countries invented vaccine and majority of the people have been vaccinated but still the cases reported and new invention is going on, our data need to be confirmed and investigated in future more extensive population studies.

The significance of the study was to find out how a healthy life style and food habits help to overcome the disease not only this deadly COVID-19 but other related diseases to a human health.

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