

Estimation of Blood Glucose, Serum Calcium and Blood Pressure as Measures of Risks of Lifestyle Disorders in Young Adults

Darshan Malik, Jayita Thakur, Ankita Dua, Jeetendra Aggarwal and Trivendra Chumbak

Shivaji College, University of Delhi, New Delhi

Abstract—*The Indian youth today is highly prone to cardiovascular diseases, respiratory problems and obesity related disorders. These debilitating conditions are a direct consequence of unhealthy eating habits, lack of physical activity, stressful life, alcohol and drug abuse, smoking etc. It is the need of the hour to educate our young population about these evils of the prevalent lifestyle disorders and warn them to avoid these problems coming their way. As an effort towards spreading awareness amongst college students and staff of Shivaji College, University of Delhi, a health camp was conducted. The study comprised of two groups of students (age group 17-21 years) and adults (age group > 25 years) and a measurement of their body parameters indicative of general health was assessed. Their blood sugar, hemoglobin, serum calcium and blood pressure values were recorded and analyzed. Simultaneously, questionnaires about their daily lifestyle choices such as eating habits, sleep patterns, substance abuse and physical activity were designed and filled by the participants. It was found that the student population was primarily healthy with 95.5% participants having normal and 4.5% with impaired glucose tolerance. However, 52.2% participants were hypo calcemic and 58% anemic. Surprisingly, a small percentage of students were also found to have stage I hypertension. The adult population on the other hand had 10.8% participants with impaired glucose tolerance and 64.1% were found to be hypo calcemic. More than 10% of the adult participants were found to lie in the hypertensive range. Correlation between lifestyle choices and measured body parameters was also assessed through this study. This study is indicative of the fact that an alarming percentage of the young adults have low calcium and hemoglobin early in their life and may lead to grave disorders in later life.*