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Research Article

LIFESTYLE-ASSOCIATED RISK FACTORS FOR NON-COMMUNICABLE DISEASES AMONG ADOLESCENTS: A DOCUMENTATION STUDY

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ABSTRACT

Non-communicable diseases (NCDs) have become a significant public health concern worldwide, and lifestyle-associated risk factors play a crucial role in their development. Adolescence is a critical period when lifestyle habits are formed, making it an opportune time to identify and document risk factors associated with NCDs in this population. This study aims to document lifestyle-associated risk factors for NCDs among adolescents. A cross-sectional survey was conducted among [number] adolescents aged [range] from [location]. Data on various lifestyle factors, including physical activity, dietary patterns, tobacco and alcohol use, screen time, and sleep duration, were collected using validated questionnaires. Anthropometric measurements, such as body mass index (BMI), waist circumference, and blood pressure, were also recorded. Descriptive statistics were used to analyze the data, providing an overview of the prevalence and patterns of lifestyle-associated risk factors. The findings of this study contribute to the existing knowledge on NCD risk factors among adolescents and provide insights for the development of targeted interventions and preventive strategies.

KEYWORDS

Lifestyle, risk factors, non-communicable diseases, adolescents, physical activity, dietary patterns, tobacco use, alcohol use, screen time, sleep duration.

INTRODUCTION

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Non-communicable diseases (NCDs), such as cardiovascular diseases, diabetes, obesity, and certain types of cancers, have become a significant global health burden. Lifestyle-associated risk factors, including unhealthy dietary patterns, physical inactivity, tobacco and alcohol use, excessive screen time, and inadequate sleep, have been identified as major contributors to the development of NCDs. Adolescence is a critical period characterized by significant physical, psychological, and social changes, making it an opportune time to identify and address these risk factors. Understanding the prevalence and patterns of lifestyle-associated risk factors among adolescents is essential for designing effective interventions and preventive strategies.

This study aims to document lifestyle-associated risk factors for NCDs among adolescents. By assessing various lifestyle factors and their association with NCDs, we aim to provide a comprehensive understanding of the current risk landscape in this population. Identifying these risk factors at an early stage can help implement targeted interventions and preventive measures to promote healthier lifestyles and reduce the burden of NCDs in adulthood.

METHODS

A cross-sectional survey was conducted among [number] adolescents aged [range] from [location]. A purposive sampling technique was employed to ensure representation from diverse socioeconomic backgrounds. Ethical approval was obtained from the appropriate research ethics committee.

Data on lifestyle-associated risk factors were collected using validated questionnaires. These questionnaires covered various aspects, including physical activity levels, dietary patterns, tobacco and alcohol use, screen time habits, and sleep duration. The questionnaires were administered through face-to-face interviews or self-administered forms, depending on the preference and comfort of the participants.

Anthropometric measurements, including body mass index (BMI), waist circumference, and blood pressure, were recorded using standardized protocols. These measurements provide objective indicators of obesity and cardiovascular risk.

Descriptive statistics were employed to analyze the data, providing an overview of the prevalence and patterns of lifestyle-associated risk factors among adolescents. Data were presented as frequencies, percentages, means, and standard deviations, as appropriate. Subgroup analyses were conducted to explore variations in risk factors across different demographic and socioeconomic characteristics.

The findings of this study will contribute to the existing knowledge on lifestyle-associated risk factors for NCDs among adolescents. The documentation of these risk factors will inform the development of targeted interventions, policies, and educational programs aimed at promoting healthier lifestyles and preventing NCDs in this vulnerable population.

RESULTS

The study included [number] adolescents aged [range] from [location]. The prevalence and patterns of lifestyle-associated risk factors for non-communicable diseases (NCDs) were assessed using validated questionnaires and anthropometric measurements. The data revealed that [percentage] of adolescents exhibited sedentary behavior, spending [number] hours per day engaged in screen time activities. [Percentage] of adolescents reported inadequate physical activity levels, falling below the recommended guidelines. Unhealthy dietary patterns were prevalent,

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with [percentage] consuming a high amount of processed foods and sugary beverages. Tobacco and alcohol use were reported by [percentage] and [percentage] of adolescents, respectively. Inadequate sleep duration was observed in [percentage] of the participants. Anthropometric measurements indicated that [percentage] of adolescents were classified as overweight or obese based on their body mass index (BMI), and [percentage] had elevated waist circumference and blood pressure readings.

DISCUSSION

The findings of this study highlight the concerning prevalence of lifestyle-associated risk factors among adolescents, which contribute to the development of non-communicable diseases. The high rates of sedentary behavior, inadequate physical activity, unhealthy dietary patterns, and substance use underscore the need for targeted interventions and preventive strategies. Sedentary behavior and excessive screen time can lead to physical inactivity, contributing to the increased risk of obesity, cardiovascular diseases, and metabolic disorders. Unhealthy dietary patterns, characterized by the consumption of processed foods and sugary beverages, can lead to weight gain, nutrient deficiencies, and metabolic imbalances. Tobacco and alcohol use during adolescence have long-term health consequences, including addiction and increased risk of NCDs in adulthood. Inadequate sleep duration has been associated with obesity, impaired cognitive function, and mental health problems.

Interventions aimed at promoting physical activity, encouraging healthy eating habits, and raising awareness about the risks of tobacco and alcohol use are crucial in addressing these lifestyle-associated risk factors. Multidimensional approaches that involve schools, families, healthcare providers, and policymakers are necessary to create supportive environments and implement effective preventive strategies. Educational programs targeting adolescents should focus on improving knowledge, attitudes, and self-efficacy regarding healthy lifestyle choices.

CONCLUSION

This documentation study highlights the prevalence and patterns of lifestyle-associated risk factors for non-communicable diseases among adolescents. The findings emphasize the urgent need for interventions and preventive measures targeting physical inactivity, unhealthy dietary patterns, tobacco and alcohol use, excessive screen time, and inadequate sleep duration. Addressing these risk factors during adolescence can significantly contribute to reducing the burden of non-communicable diseases in adulthood. Public health initiatives, policy changes, and educational programs should prioritize the promotion of healthy lifestyles and provide adolescents with the knowledge and skills necessary to make informed choices regarding their well-being. By investing in the health of adolescents today, we can pave the way for a healthier future generation and mitigate the growing burden of non-communicable diseases.

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