

Exploring Health Related Lifestyle Habits and Influences in Rural India

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ABSTRACT

BACKGROUND: According to the World Health Organization (WHO) diabetes in India is projected to increase from 31.7 million in 2000 to 79.4 million in 2030. This drastic growth clearly outlines the need for an increase in both awareness and education. **PURPOSE:** The purpose of this project was to collaborate with the non-governmental organization, *Mysore Resettlement and Development Agency (MYRADA)*, to develop an understanding of the perspective towards diabetes in the Chitradurga District. **METHODS:** Focus groups were developed within eight villages to discuss lifestyle behaviors (i.e. level of physical activity, leisure time, occupation, nutritional habits, alcohol and tobacco usage), family medical history, health care accessibility and knowledge of diabetes. Healthcare providers were interviewed for insight on prevalence, risk factors, familial support, process of diagnosis, medical and non-medical treatment options and follow-up. Data was collected using interpretive phenomenological analysis (IPA). **RESULTS:** Emerging themes, such as illiteracy, lack of awareness, access to medical facilities, and socioeconomic status (i.e. the villages), were examined to develop educational materials. Underlying factors such as genetics, sugar consumption, and tobacco usage were identified as contributors to the prevalence of diabetes within the villages. **CONCLUSION:** My experience in Chitradurga district supports the need for continued efforts to educate and increase accessibility to health-related resources.