

**ASSOCIATION OF NUTRITIONAL STATUS WITH LIFE STYLE
PATTERNS OF ADULTS HOSPITALIZED DUE TO AN ACUTE
DISEASE: A CROSS-SECTIONAL STUDY CONDUCTED IN
PERADENIYA TEACHING HOSPITAL, SRI LANKA**

**B.M.S. Devika¹, N.W.I.A. Jayawardana¹, W.A.T.A. Jayalath², A.M.K.R.
Bandara³ and K.A.D. Thilaksha²**

¹ *Department of Animal and Food Sciences, Faculty of Agriculture, Rajarata
University of Sri Lanka, Puliyankulama, Anuradhapura*

² *Department of Medicine, Faculty of Medicine, University of Peradeniya,
Peradeniya*

³ *Department of Agricultural Systems, Faculty of Agriculture, Rajarata
University of Sri Lanka, Puliyankulama, Anuradhapura*

Current study was aimed to identify nutritional status of adults and to relate that with the lifestyle patterns. A total of 500 individuals aged >45 years, who had been admitted to the Peradeniya teaching hospital with an acute disease, were recruited for the study. Height and weight were measured using standard methods and Body Mass Index (BMI) was calculated. BMI cutoff values for Asians were used to categorize the participants as underweight, normal, overweight and obese. The dietary data were collected using a food frequency questionnaire and data on the level of physical activity, smoking, alcohol intake, chronic disease conditions, stress level and ethnicity were obtained using a validated interviewer administered questionnaire. Mean BMI value was 23.21 ± 4.53 . Among the surveyed individuals, the prevalence of overweight and obesity were 25.3% and 7.4%, respectively. However, the incidence of overweight and obesity were higher among females than males. Further, 30% of them reported with diabetes, 40.6% with hypertension and 15.8% with cardiovascular diseases. Age, gender, ethnicity, level of physical activity, stress level, smoking and alcohol intake, vegetarianism, carbohydrate, fruit and vegetable consumption had no significant influence ($p > 0.05$) on their nutritional status. The levels of protein and milk consumption have significantly affected ($p < 0.05$) the nutritional status. Among the individuals, incidence of diabetes was higher among Muslims (60.61%) and physical activity level was significantly correlated ($p < 0.05$) with cardiovascular diseases. In addition, smoking, alcohol and high carbohydrate consumption had strong relationship ($p = 0.05$) with hypertension. Nutritional status and lifestyle patterns of aged population should be seriously taken into consideration as half of the study population had poor nutritional status.

Keywords: Adults, Nutritional status, Obesity, Overweight, Peradeniya