Napata Collage

Faculty of Medicine and Surgery

Department Of Community Medicine

Study on:

Knowledge, Attitude and Practice of Medical Students towards Healthy Lifestyle at Napata collage Faculty of Medicine and Surgery, *During November 2022.*

By:

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Abstract

Introduction: Unhealthy lifestyle has been implicated as a major risk factor for many diseases[(1)]. The healthy lifestyle of medical students could facilitate the formation of healthy physicians who is more likely to give effective preventive counseling to their patients [(2)].

Objectives: Therefore, this study was undertaken to determine the knowledge, attitudes and behavior of healthy life style by the near coming physicians.

Materials and Methods: A cross-sectional study was conduct amongst 157 eligible forth and fifth level medical undergraduate students. An end-answer questionnaire was use to collect the data. The data was fed, coded and analyzed using SPSS 20.0 and Epi Info software of World Health Organization.

Results: Knowledge regarding healthy lifestyle was medium among the study participants. Only 44.9% of the students were highly knowledgeable and about (36.5%) with poor knowledge. The attitude of the participants toward the physical activity was acceptable , yet only less than half (42.7%) subjects with negative attitude. There was a significant positive correlation between the knowledge level and the attitude level .also there was a very weak, non-significant positive correlation between the global knowledge level and practice level.

Conclusion: The knowledge and practices regarding the physical activity was found to be low amongst the medical students. There is a need to provide an enabling environment for promoting the physical activity amongst them so that can inculcate the same in their patients. The medical curriculum needs to be modified to stress more on health promotion and healthy lifestyle rather than merely concentrating on treatment of diseases.

Keywords: *Knowledge, medical undergraduates, physical activity, practices, healthy, attitude, lifestyle.*

- **الخلاصة:**

✓ مقدمة: يعد أسلوب الحياة الغير صحي أحد الأسباب الرئيسية للإصابة بالعديد من الامراض. ويعد طلبة الطب بيئة خصبة لتكوين مهنيين على درجة عالية من الكفاءة بمقدورهم التغيير المثمر لمرضاهم. ولهذا تم التركيز على هذه الفئة في هذه الدراسة.

✓ الهدف: تقييم معرفة وممارسات وميول طلاب الطب تجاه أسلوب الحياة الصحي.

✓ الطريقة: دراسة وصفية تحليلية، تم إجراءها على 157 عينة، ممن طلاب المستويين الرابع والخامس ، عن طريق توزيع استبيانات مكتوبة. طريقة الاختيار تمت بصورة عشوائية وذلك عن طريق استقطاب العينات المتاحة حينها. وتم معالجتها باستخدام برنامج SPSS 20.0 و Epi Info التابع لمنظمة الصحة العالمية.

✓ النتائج: أظهرت الدراسة أن 36.4 % من العينات قيد الدراسة ذوو درجة منخفضة من المعرفة و44.9% فقط من ذوي المعرفة العالية. مع مستويات منخفضة للغاية من ناحية الممارسات.

✓ الخاتمة: نتيجة لانخفاض معدلات الممارسات والمعرفة الصحيحة تجاه أسلوب الحياة الصحي انبثقت الحاجة لتهيئة بيئة جاذبة ومحفزة مع الحاجة لمراجعة المناهج الدراسية وتعديلها لتركز أكثر على جوانب استدامة الصحة وأسلوب الحياة الصحي أبتداءً بدلا من التركيز الكلي على الامراض وسبل معالجتها.

Dedication

To:

- My parents
- My brothers
- My friends
- All people who gave me any kind of support and help

Acknowledgments

Before all we would like to thank god who help us all the time and gave us the ability and patient to finish this work.

Then, we would like to acknowledge the department of the Community Medicine and Dr. Moneer Ali Abdallah for his support; as well as the participants of 4th and 5th grade student of NAPATA Collage.

In addition, we dedicate all words of thanks and gratitude to Dr.Almougeera Salahaldin for his help and support.

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No	**abbreviations**	
1	**WHO**	World health organization
2	**SSPS**	Social sciences program software
3	**BMI**	Body Mass Index
4	**U.S**	United States

Chapter I

BACKGROUND

Introduction:

There is a growing body of scientific evidence that shows our lifestyles play a huge part in how healthy we are. From what we eat and drink, to how much exercise we take, how much hours we sleep, and whether we smoke or take drugs, all will affect our health, not only in terms of life expectancy, but also in terms of how long we can expect to live without experiencing chronic disease[1][3].

In spite of it being hard to Defined, we can say that healthy living is "the steps, actions and strategies one puts in place to achieve optimum health" [6]

For example not for exclusions; the benefits of healthy life style is [4] [5]
- It can reduce the risk of cardiovascular disease, diabetes and osteoporosis, help control weight, and promote mental well-being.

- Helps to prevent and control risk behavior, such as the use of tobacco, alcohol and other substances, unhealthy diet and violence.

- Increased productivity in the workplace, lower worker absenteeism and turnover, and better performance in schools, managing common noncommunicable diseases, highly cost-effective and sustainable public health intervention.

- Make a dramatic difference to the well-being of older people.

- Important step towards a happy, vital to boost immunity; protect the human body against certain types of diseases, in particular noncommunicable.

Problem statement:

The level of community *knowledge, attitudes and behavior* about the importance healthy life style had been noticed to be very low [6], even among the medical student. so the aim of this research is to know if there is any problems regarding the health education and if there are any limitations in healthy food or regular exercise and the

trends of the problem, and what are the underlying causes and constrains? Moreover, the possible solutions?

Justification:

Healthy lifestyle is one of the major ways to solve a lot of problem in the individual, community and resource levels [(1)]. and for that ; we should know the exact *knowledge, attitudes and behavior* of the future provider of health care "the medical student " to do the proper intervention to correct the situation and as **Edward Stanley Said : "**Those who think they have not time for bodily exercise will sooner or later have to find time for illness"

Objectives:

1-General objectives

The aim of this study is to determine the knowledge, attitudes and behavior of healthy life style by the near coming physicians.

2- Specific objectives:

a- To assess the healthy life style practices in medical student
b- determine the reasons, extent, and motivational factor to healthy life style
c- Identify the knowledge of medical student about healthy life style
d- detect their role in community awareness about healthy life style

Chapter II

To understand Healthy lifestyle well we have to be aware about some definitions:

Lifestyle:

- ‘A way of life or style of living that reflects the attitudes and values of a person or group’ [(7)].
- A pattern of individual practices and personal behavioral choices that are related to elevated or reduced health risk’[(9)]

Health:

- ‘A complete state of mental, physical and social well-being not merely the absence of disease’.[8]

Healthy Living:
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- The steps, actions and strategies one puts in place to achieve optimum health [6].
- Healthy Living is about taking responsibility for your decisions and making smart health choices for today and for the future [10].
- A “balanced life” in which one makes “wise choices”.

Healthy living would consist of [6]:

1. Physical (For the Body)

    - Good Nutrition, Eating Right
    - Getting Physically Fit, Beneficial Exercise
    - Adequate Sleep and Rest
    - Proper Stress Management

2. Emotional Wellness (For the Mind)

    - Self-Supportive Attitudes
    - Positive Thoughts and Viewpoints
    - Positive Self-Image

3. You Also Need to Give and Receive

    - Forgiveness
    - Love and Compassion
    - Laugh and Experience Happiness.
    - Joyful Relationships with Yourself and Others.

4. Spiritual Wellness

    - Inner Calmness
    - Openness to Your Creativity
    - Trust in Your Inner Knowing

In addition, all aspects of one’s self, must work in harmony to achieve wellness, so you need to create a balanced life.

Why is it Important:

A healthy lifestyle is a valuable resource for reducing the incidence and impact of health problems, for recovery, for coping with life stressors, and for improving quality of life. There is a growing body of scientific evidence that shows our lifestyles play a

huge part in how healthy we are. From what we eat and drink, to how much exercise we take, and whether we smoke or take drugs, all will affect our health, not only in terms of life expectancy, but how long we can expect to live without experiencing chronic disease.

Conditions such as heart disease, cancer, diabetes, joint disease, and mental illness are responsible for a vast number of deaths and disabilities. Currently, we rely almost exclusively on the provision of clinical care by highly trained health professionals as our major strategy to deal with these conditions. Many health problems can be prevented or at least their occurrence postponed by having a healthy lifestyle.

- Impact of healthy lifestyle on Health :

1. The impact of physical activity[11] :

Being physically active plays an essential role in ensuring health and well-being, and there is a large body of research investigating the benefits of exercise. Physical activity benefits many parts of the body – the heart, skeletal muscles, bones, blood (for example, cholesterol levels), the immune system and the nervous system – and can reduce many of the risk factors for NCDs.

These risk factors include:

- reducing blood pressure;
- improving blood cholesterol levels
- lowering body mass index (BMI).

The role physical activity plays in many diseases, such as type 2 diabetes, heart disease and many cancers, means that the World Health Organization (WHO) estimates that:

- physical inactivity is the fourth-leading risk factor for global mortality2 (see Figure 1); and
- Physical inactivity is responsible for 6% of deaths globally – around 3.2 million deaths per year, including 2.6 million in low- and middle income countries, and 670,000 of these deaths are premature. Because of the many benefits for health of physical activity, recent analysis has suggested that reaching the recommended minimum level of physical activity compared with no activity was found to lead to a reduction in all-cause mortality of 19 per cent – and this rises to 24 per cent if an hour a day is spent in physical activity. In addition, there is a 31 per cent lower risk for all-cause mortality in active individuals. This demonstrates a positive dose-response – in other words, that the benefits of physical activity increase as the amount and intensity of the activity increases.

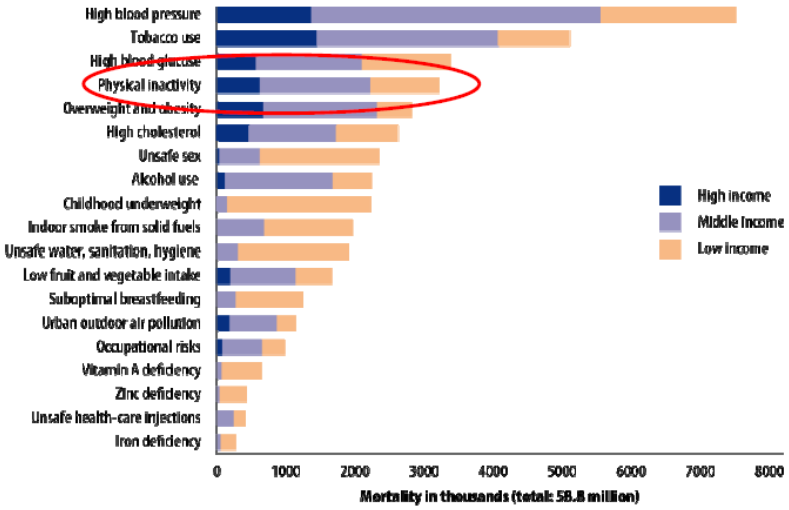


Figure (1): "deaths attributed to 19 Leading Factors" by Christine Hancock ET al 2011"[15]"

2. The Impact of Nutrition[(11)] :

Unhealthy eating habits have contributed to the obesity epidemic in the United States: about one-third of U.S. adults (33.8%) are obese and approximately 17% (or 12.5 million) of children and adolescents aged 2—19 years are obese.[1] Even for people at a healthy weight, a poor diet is associated with major health risks that can cause illness and even death. These include heart disease, hypertension (high blood pressure), type 2 diabetes, osteoporosis, and certain types of cancer. By making smart food choices, you can help protect yourself from these health problems.

The risk factors for adult chronic diseases, like hypertension and type 2 diabetes, are increasingly seen in younger ages, often a result of unhealthy eating habits and increased weight gain. Dietary habits established in childhood often carry into adulthood, so teaching children how to eat healthy at a young age will help them stay healthy throughout their life.

The link between good nutrition and healthy weight, reduced chronic disease risk, and overall health is too important to ignore. By taking steps to eat healthy, you will be on your way to getting the nutrients your body needs to stay healthy, active, and strong. As with physical activity, making small changes in your diet can go a long way, and it is easier than you think!

The Components of a Healthy Lifestyle

1. Motivate yore self

The key to living a healthy lifestyle is find the one thing that will motivate you personally, it's your hot button, the reason that you will give 100% commitment to this as your target no matter what. It becomes your driving force empowering the changes you need to make.

2. Eating Healthily

The right nutrition is necessary to live a healthy lifestyle. Your body requires a well-balanced diet every day in order to maintain the adequate amounts of vitamins, nutrients, water and minerals needed to maintain a healthy body. *"To eat is a necessity, but to eat intelligently is an art"* **La Rochefoucauld** - French Writer

3. An Active Lifestyle

You will need to include fitness as part of your life. Physical fitness keeps your weight in check, helps you sleep better at night, prevents heart attacks, strokes, and other health problems, and generally prolongs your life. There are so many benefits of exercising that you really cannot live a full life without it. *"Those who think they have not time for bodily exercise will sooner or later have to find time for illness"* **Edward Stanley** - Earl of Derby

4. Stress Management

Emotional stress plays an important role in many illnesses, both directly and indirectly. People are also more likely to smoke, overeat, drink too much, work too hard, argue with others and so on, when they are feeling stressed. Thus, stress management is an important part of your new lifestyle, and meditation and relaxation techniques are truly a key part of living a healthy lifestyle. *"Diseases of the soul are more dangerous and more numerous than those of the body".* **Marcus Tullius Cicero** - Roman Philosopher

5. Sleep enough

Sleep for between 6 to 8 hours nightly making sure you give enough time for the body to heal, recharge its "batteries," regenerate new cells, rest the mind and allow the immune system to function at its highest capacity.

6. Make Friends with Yourself

Loving yourself is a key to a healthy, happy lifestyle. Self-esteem is all about how much people value themselves; the pride they feel in themselves, and how worthwhile they feel. Self-esteem is important because feeling good about yourself can affect how you act. *"The power of love to change bodies is legendary, built into folklore, common sense, and everyday experience. Love moves the flesh, it pushes matter around… Throughout history, -tender loving care- has uniformly been recognized as a valuable element in healing".* **Larry Dossey** - Physician

7. Powering Up Your Mind and Body

Programme your mind for total success. Develop a vision, a compelling future that excites and inspires you, and focus on it daily. Do not let anything knock you of course, or make you question its possibility. I promise you, by taking control of your thoughts; you will improve your life in a big way. *"In minds crammed with thoughts, organs clogged with toxins, and bodies stiffened with neglect, there is just no space for anything else"*. **Alison Rose Levy** - Journalist

8. Life Balance

If you want to achieve a healthy lifestyle, you must take steps to ensure you maintain a certain level of balance… spiritually, physically, emotionally, socially, mentally and financially. You need to balance work and family, and all the other areas of your life without spreading yourself too thin and having a guilt trip when you do one thing, but think you should be doing another. All of the key areas of our lives overlap and interlink, effecting each other. Unless we create for ourselves satisfaction in each part of our life, we can never truly be fulfilled, or live a contented, happy and healthy life. *"No success in public life can compensate for failure in the home".* **Benjamin Disraeli** - British Prime Minister

Chapter III

Methodology*:*

Study design:

This is cross-sectional community based study**.**

Study area:

Napata collage, faculty of medicine and surgery in Khartoum state.

Study population:

Medical students of the faculty of medicine of forth & fifth levels.

Sample size:

It was calculated by the following formula:

{n= N/ (N. d^2) +1} n= sample size, N= population size, d^2= 0.04

n= 210/ (210**.** 0.0016) +1 = 157

So that the sample size will be 157.

Data collection:

A closed end questionnaire.

Data analysis:

A SPSS program used as an analyzing program.

Ethical considerations

1. Ethical clearance will be Obtain from Napata collage.
2. The students who answer the questionnaire are informed of the research objectives and are not under any influence to state specific answers also they all agreed on filling the questionnaire by their own will .

Chapter IV

Results:

Personal and demographic data:

**A total of 157 students were enrolled in this study. More than half of them were female (58.1%, n=90), males were 41.9% (n=65). Figure2.

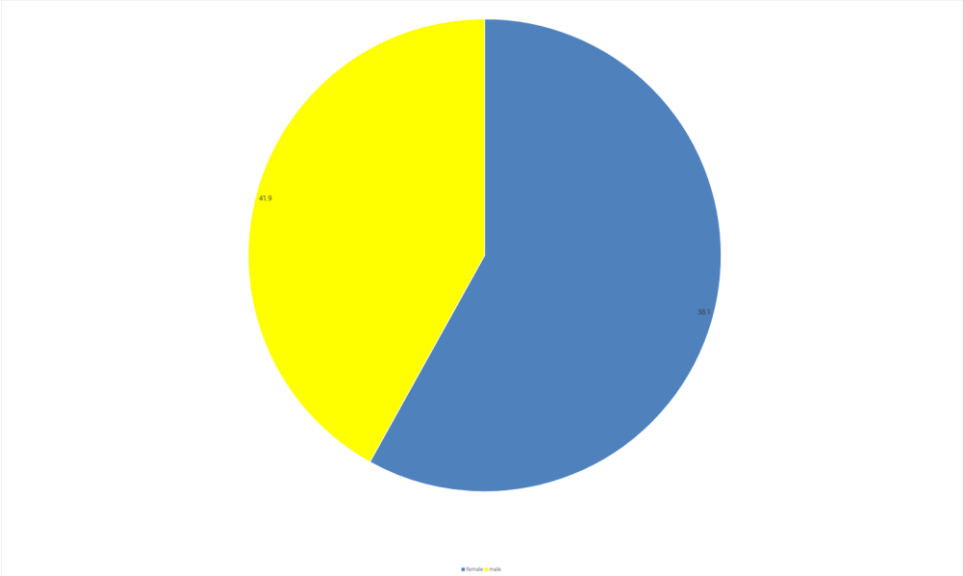


Figure2: gender distribution among medical students in Napata college, n= 157

**about 9.7% of the students (n=15) fall in age group 20 years and less, the majority (81.9%, n=127) aged 21 to 29 years, and 8.4% (n=13) aged 30 years and above. Figure3.

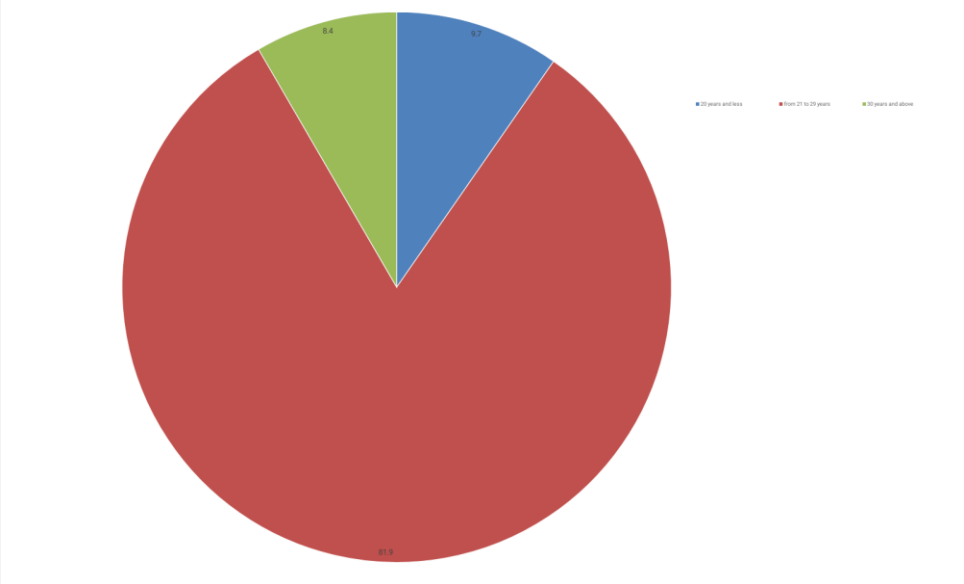


Figure3: age distribution among medical students in Napata college, n= 155

**Regarding weight, slightly more than half of the students (51%, n=73) had 60 KG or less, 19% (n=28) had 61 to 70 KG, 17.5% (n=25) had 71 to 80 KG, 8.4% (n=12) had 81 to 90 KG, 3.5% (n=5) had more than 90 KG. figure4.

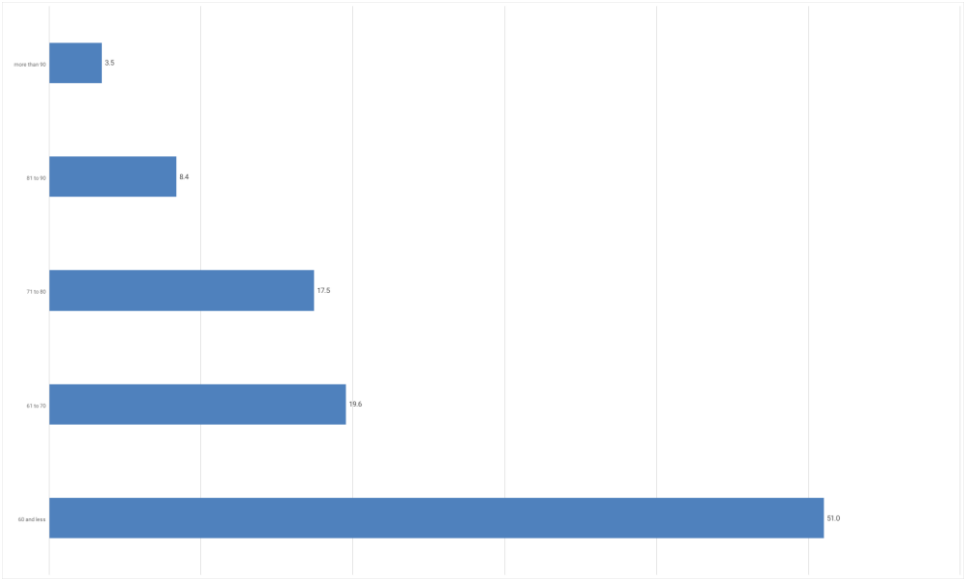


Figure4: weight distribution of medical students in Napata college, n= 143

**figure4 illustrates the BMI of the students. 12.3% (n=19) were less than 20, 39.6% (n=61) were 20 to 25, 18.2% (n=28) were 25 to 30, 5.2% (n=8) were more than 30, and 24.7% (n=38) did not know their BMI.

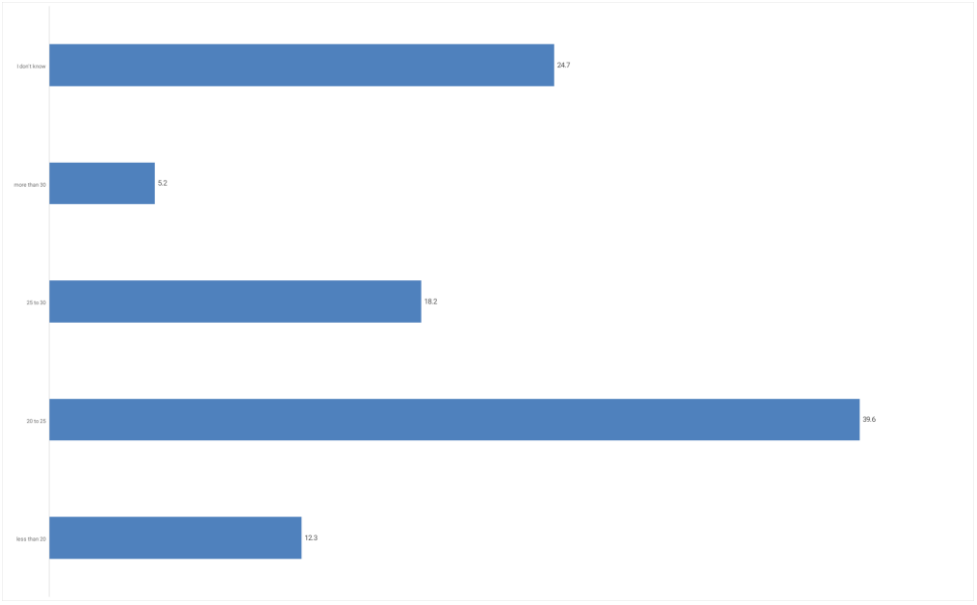


Figure5: BMI of the medical students Napata college, n= 154

**9.7% (n=15) of the participants were slim, 27.9% (n=43) were thin, 39.6% (n=61) were fit, 18.2% (n=28) were well belt, 4.5% (n=7) were fat. Figure6.

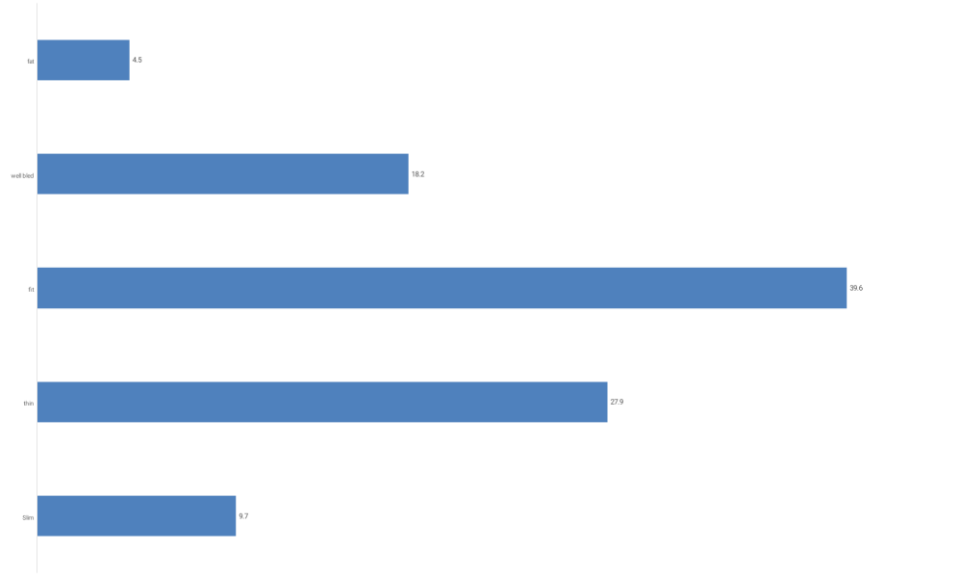


Figure6: body shape among the participants in Napata college, n= 154

Food

**About 35% (n=55) of the students said that breakfast should be the biggest meal, 52.2% (n=82) said lunch, and 12.7% (n=20) said dinner. Figure 7.

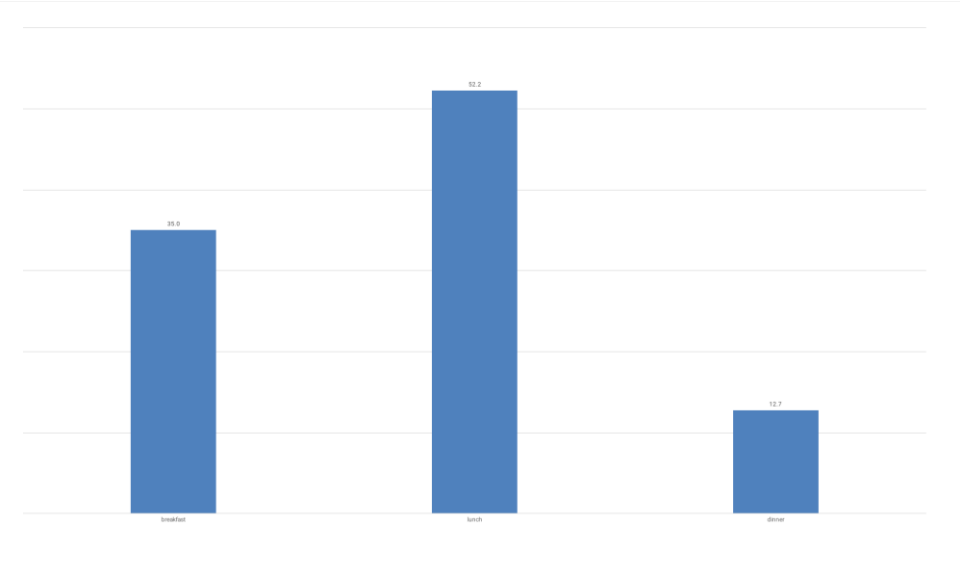


Figure 7: the biggest meal, n=157

Exercises:

**About 41.4% of the participants (n=65) had a regular sport. Figure 8.

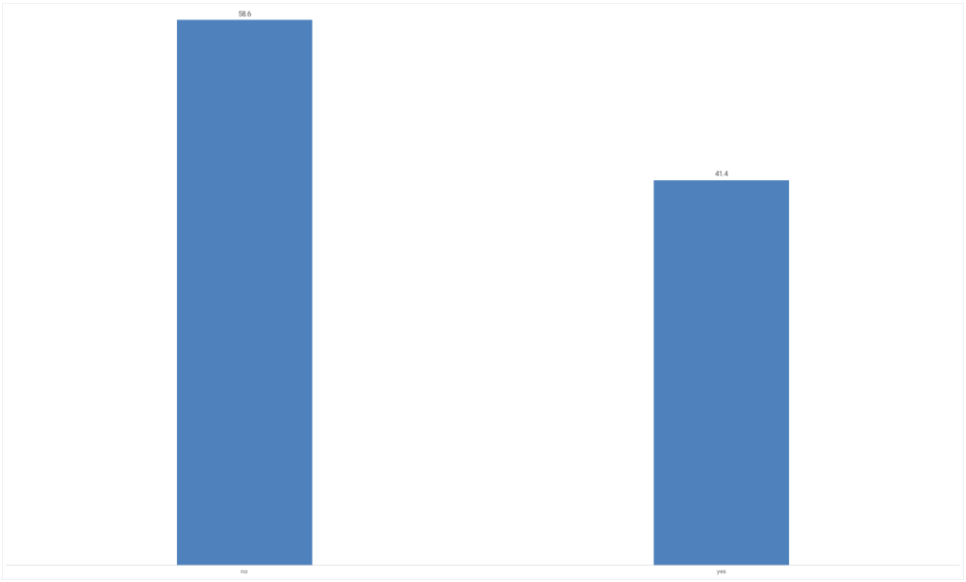
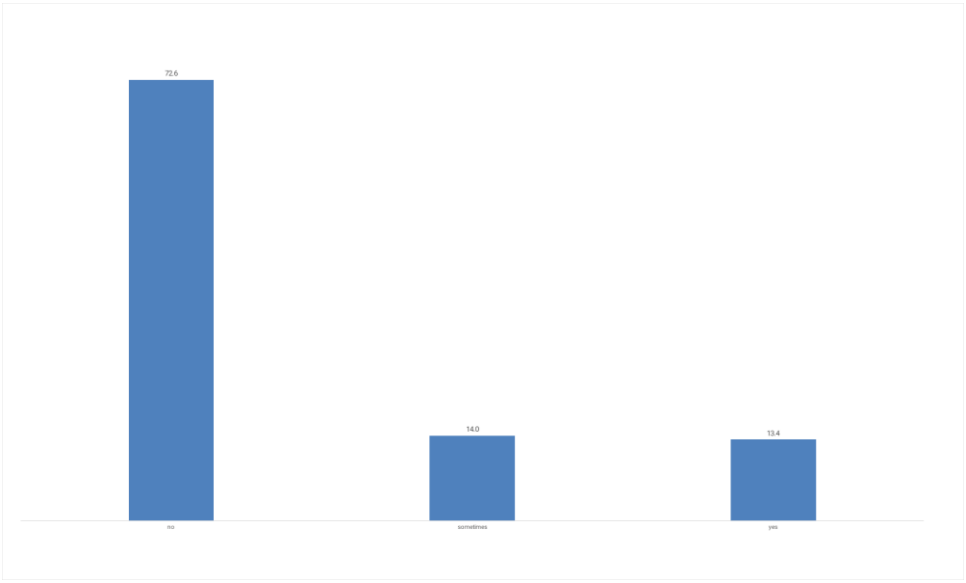


Figure 8: do you have a regular sport (at least once per week)? N=157



**The majority of the participants (72.6%, n=114) said they do not go to gym, 14% (n=22) said they sometimes go to gym, 13.4% (n=21) said they go to gym.

Figure 9: do you go to the gym? N=157

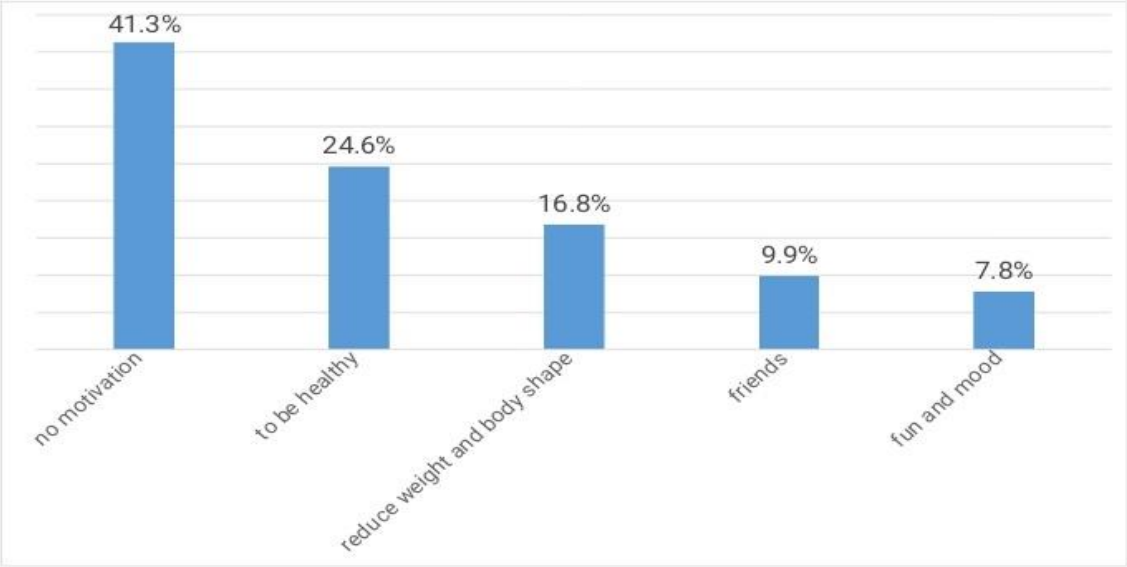


figure10: motivations to exercise reported by the participants (n=102)

**About 60.3% (n=94) said they exercise less than an hour per week, 17.3% (n=27) exercise 1 to 2 hours, 12.2% (n=19) exercise 2 to 3 hours, 8.3% (n=13) exercise 4 to 5 hours, and 1.9% (n=3) exercise more than 5 hours per week. Figur11.

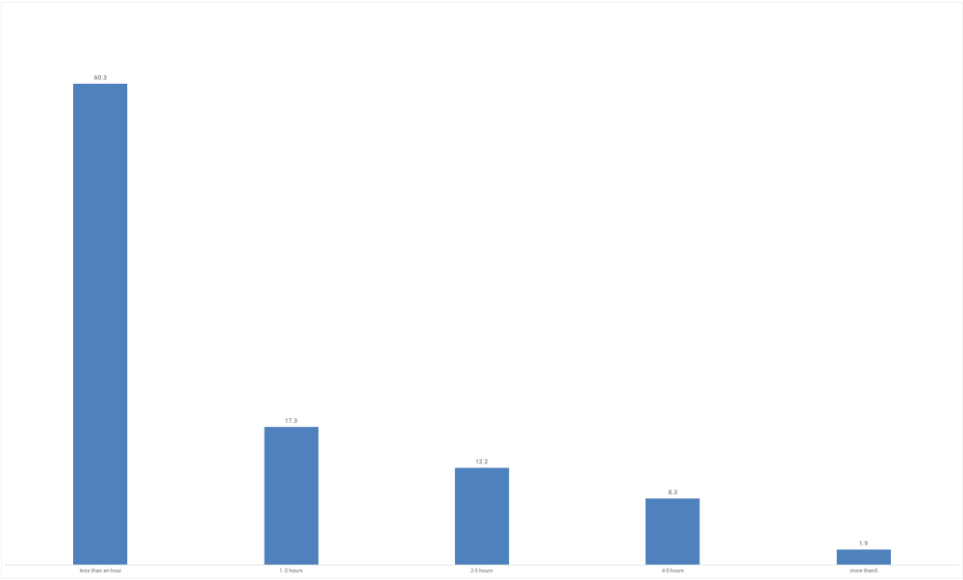


Figure11: exercise time per week (in hours) n=156

**The participants were asked (special weekend mean?), the most frequent answer was a lot of sleep (45.2%, n=70), followed by watching movie (23.9%, n=37), then journey (12.3%, n=19), football match (9.7%, n=15) and special restaurant (9%, n=14). Figure12.

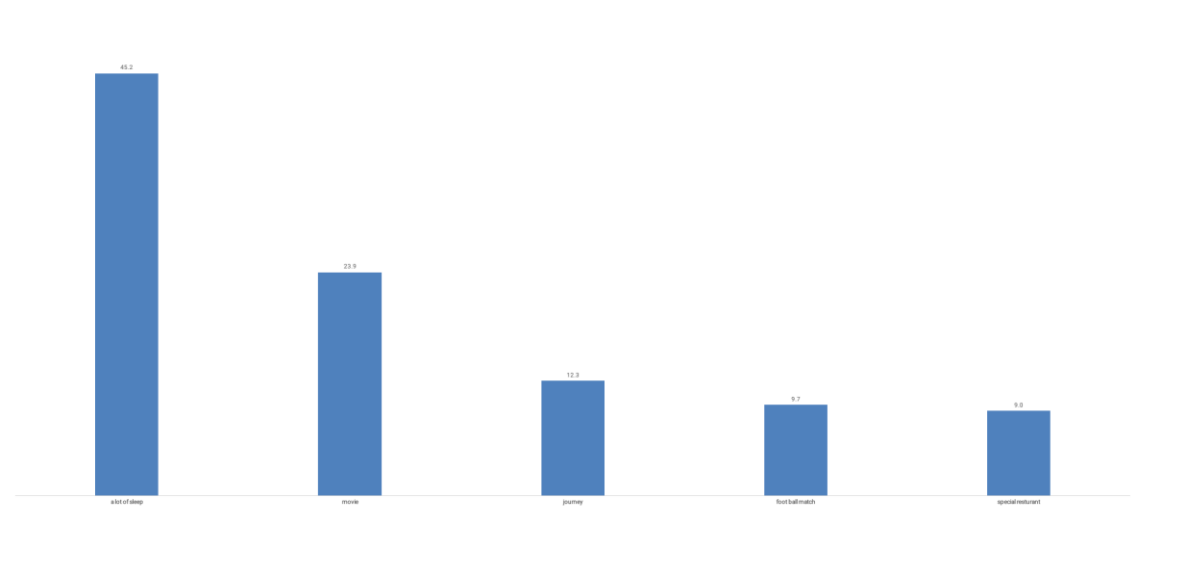


Figure 12: special weekend mean? N= 155

Sleeping:

**Regarding sleeping time, 12.8% (n=20) said they sleep before 9 o'clock, 20.5% (n=32) sleep between 9 to 10, 21.2% (n=33) sleep between 10 to 11, 26.3% (n=41) sleep between 11 to 12, and 19.2% (n=30) sleep after 12 o'clock. Figure 13.

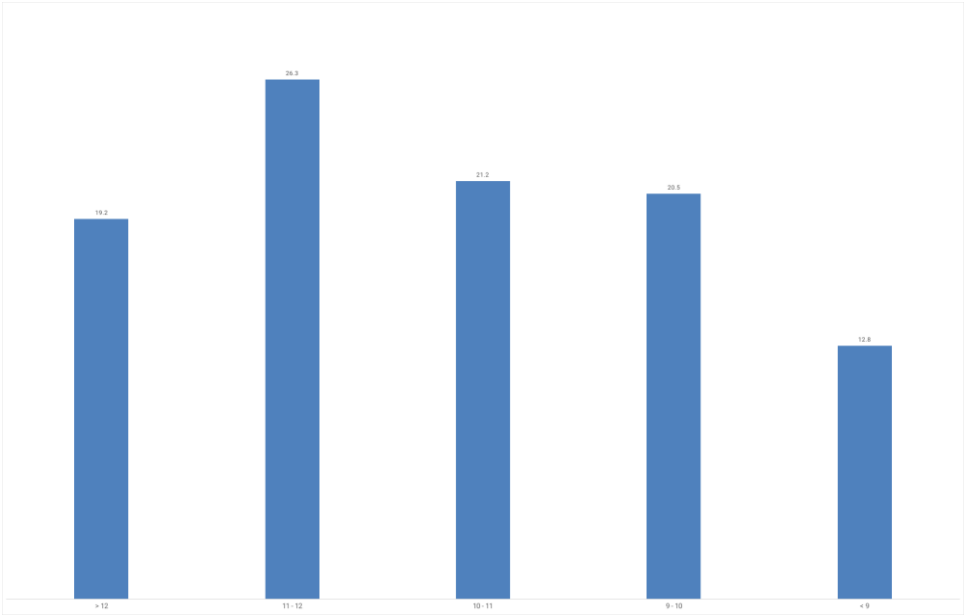


Figure13: you sleep at? N=156

**13.5% (n=21) said they sleep less than 4 hours daily, 7.7% (n=12) said they sleep 4 to 5 hours daily, 18.7% (n=29) said they sleep 5 to 6 hours daily, 26.5% (n=41) sleep 6 to 7 hours daily, 24.5% (n=38) sleep 7 to 8 hours, and 9% (n=14) sleep more than 8 hours daily.

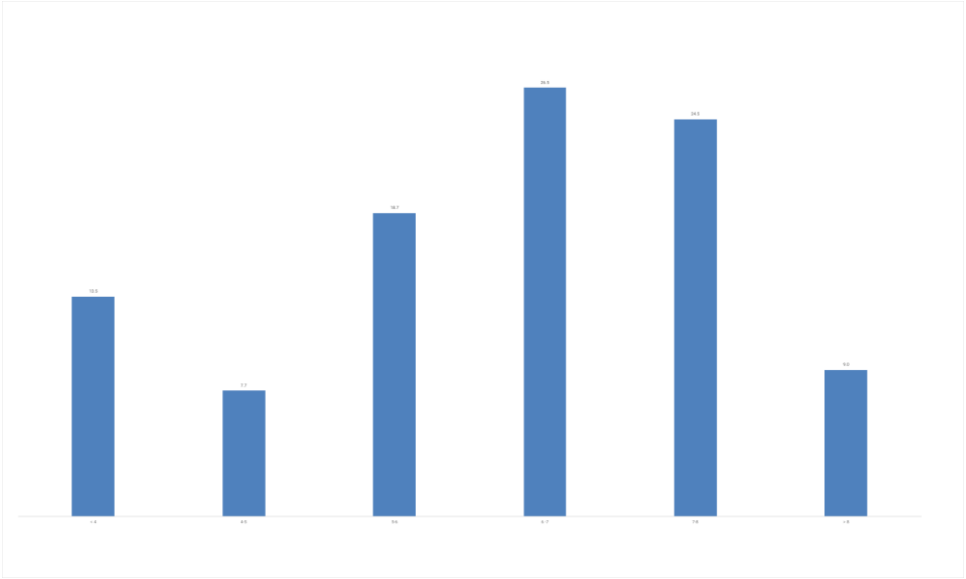


Figure14: duration of sleeping per day, n=155

**72.7% (n=104) of the participants were interested in joining a healthy lifestyle program. Figure 15.

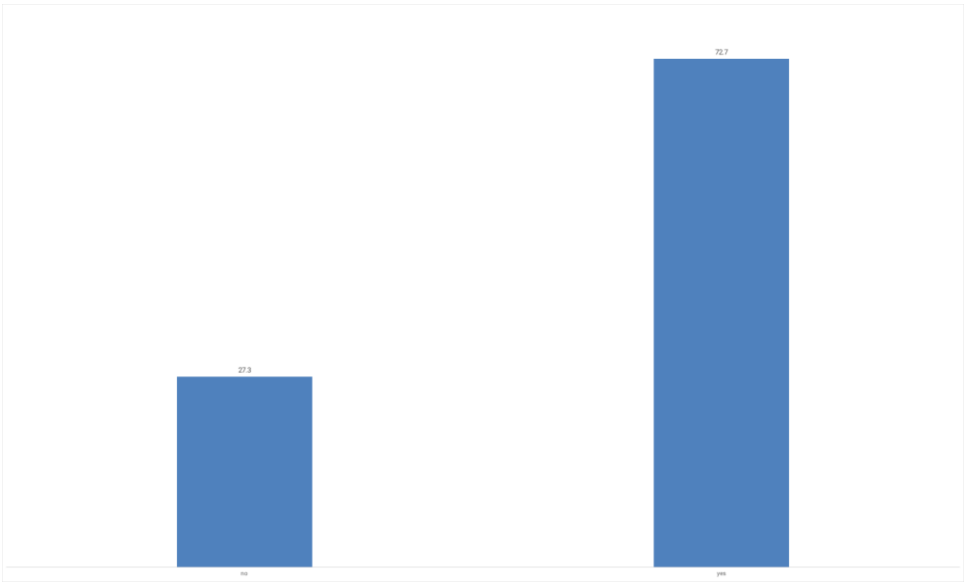


Figure 15: Would you like to join a healthy lifestyle program for a month? N= 143

Level of knowledge among medical students in Napata college:

About 44.9% (n=70) of the students had high level of knowledge, 18.6% (n=29) had accepted level of knowledge, and 36.5% (n=57) had low level of knowledge. Figure 16.

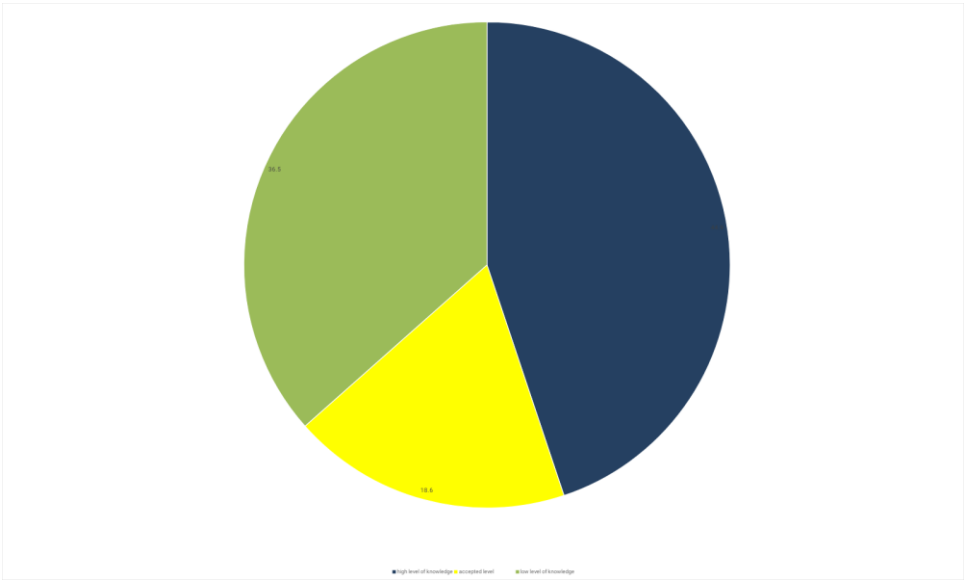


Figure 16: level of knowledge among medical students in Napata college, n= 157

Chi square test was used to determine the associations between knowledge level and year of study and gender. No significant difference was found between male and female in level of knowledge (p= .395). on the other hand, 5th year students had significantly higher level of knowledge compared to 4th year students, p< .001. table1.

Table1: cross tabulation between level of knowledge and gender and year of study

		high level of knowledge	accepted level	low level of knowledge	X2	p value
Gender:	female	38	20	31	1.857	0.395
		42.7%	22.5%	34.8%		
	male	30	9	26		
		46.2%	13.8%	40.0%		
Year of study	4th year	21	13	39	18.683	***.000***
		28.8%	17.8%	53.4%		
	5th year	49	16	18		
		59.0%	19.3%	21.7%		

Level of attitude among medical students in Napata college:

About 31.2% (n=49) had good level of attitude, 26.1% (n=41) had accepted level, and 42.7% (n=67) had bad level. Figure17

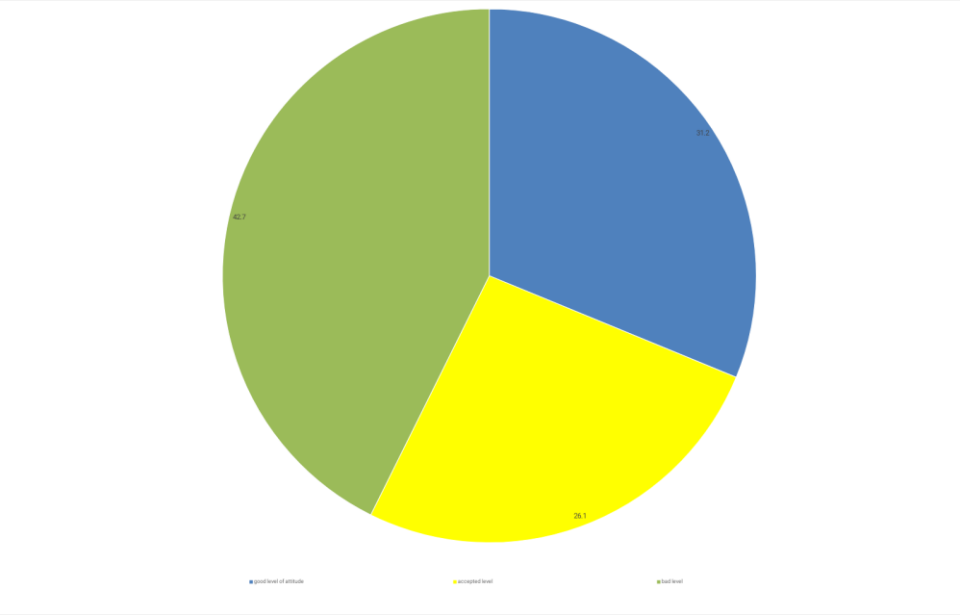


Figure 17: level of attitude among medical students in Napata college, n= 157

Chi square test was used to determine the associations between attitude level and year of study and gender. No significant differences were found between male and female (p= .266), or between 4th and 5th year students (p= .41). Table2.

Table2: cross tabulation between level of attitude and gender and year of study

		good level of attitude	accepted level	bad level of attitude	X2	p value
Gender	female	30	26	34	2.652	.266
		33.3%	28.9%	37.8%		
	male	18	14	33		
		27.7%	21.5%	50.8%		
Year of study	4th year	26	16	32	1.784	.41
		35.1%	21.6%	43.2%		
	5th year	23	25	35		
		27.7%	30.1%	42.2%		

Level of practice among medical students in Napata college:

About 35.7% (n=56) of the total students had good practice, 15.9% (n=25) had accepted level of practice, and 48.4% (n=76) had bad practice. Figure18.

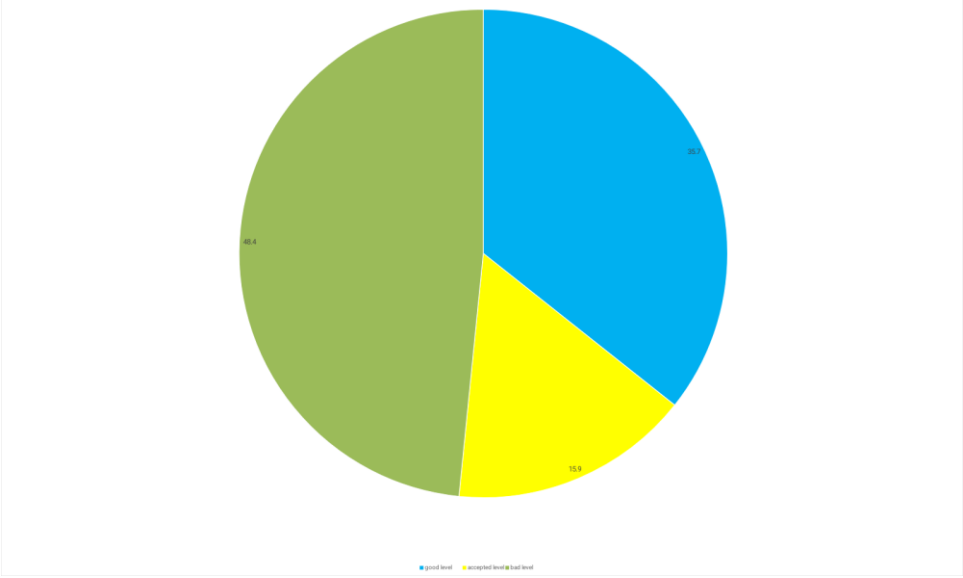


Figure 18: level of practice among medical students in Napata college, n= 157

Chi square test was conducted to determine the associations between practice level and year of study and gender. No significant differences were found between male and female (p= .504), or between 4th and 5th year students (p= .505). Table3.

Table3: cross tabulation between level of practice and gender and year of study

		good practice level	Accepted level	bad practice	X2	p value
Gender	female	32	17	41	1.369	.504
		35.6%	18.9%	45.6%		
	male	23	8	34		
		35.4%	12.3%	52.3%		
Year of study	4th year	23	12	39	1.367	.505
		31.1%	16.2%	52.7%		
	5th year	33	13	37		
		39.8%	15.7%	44.6%		

Chapter V

Discussion:

The study design used in this study was a descriptive cross sectional community based study; an efficient way of collecting information on knowledge, attitudes and practices of healthy lifestyle, at a specific period of time (Nov-2022) from a sample from 4^{th} and 5^{th} grade Student at Faculty of Medicine and surgery – NAPATA Collage. This study design was appropriate for the information needed. It was quick, cheaper to conduct and easy to administer. The overwhelming majority of respondents in this study came from the age group 21-29 years, which add up to 81.9 % of respondents. Which is a period of rapid development , acquiring new capacities and are faced with new challenges , therefor it is considered as a time of opportunity but also , of vulnerability to risk behavior which can have lifelong consequences , especially for health . More females (58.1%) than males (41.9%) participated in this study, this finding indicate the importance of little more concentration on the issues related to that side.

- **KNOWLEDGE ASSESSMENT OF RESPONDENTS**

Only seventy respondent had good knowledge (44.9%), 29 with Accepted level of Knowledge (18.6%) and (36.5%) of respondents had poor Knowledge of healthy lifestyle and its benefits and importance.

In contrast to those finding of A.Tanu ET and colleague in which majority of respondents had poor knowledge of the benefits of exercise, weight loss and healthy diet (A.Tanu et al, 2012[(2)]), and M.Almougeera found in his study that majority of respondent had poor Knowledge of healthy lifestyle (M.Almougeera et al, 2014[(13)]).

This finding agerrs with that of, M.Razan and colleagues found in their study that majority of respondents (88.9%), were knowledgeable about lifestyle modifications. (M.Razan et al, 2013[(14)]).

- **ATTITUDE ASSESSMENT OF RESPONDENTS**

The majority of respondents (26.1%) have positive attitude towards healthy lifestyle, followed by (31.2%) of respondents who have strongly positive attitude. These two groups of respondents jointly constitute (57.3%) of respondents with positive attitudes in this study and only 29.6% with negative Attitude.

This finding is similar to those of M.Razan et al, M.Almougeera et al and of A.Tanu et al in which the majority of respondents (46.3% in M.Razan et al),(70.4% in M.Almougeera et al) had positive attitude towards healthy lifestyle (M.Razan et al, 2013) (M.Almougeera et al, 2014) (A.Tanu et al, 2012).

- **PRACTICE ASSESSMENT OF RESPONDENTS**

The proportion of respondents with bad practice (48.4%) , there is (35.7%) respondent with high level of practice and only (15.9%) accepted level of practice , these two groups of respondents jointly constituted (51.6%) of respondent with positive practice.

This could partly be explained by the complex, stressful, and hectic teaching schedule of medical education that gives lesser time for students to participate in the physical activity (59.4%) sleep less than 7 Hours per day and (13.5%) less than 4 hours per day (figure 13).
This finding is contrast to those of (M.Razan et al) (M.Almougera et al) and (A.Tanu et al) in which majority of respondents had bad practices in relation to lifestyle modifications (M.Razan et al, 2013) (A.Tanu et al, 2012) (M.Almougeera et al, 2014).

- **CORRELATION BETWEEN KNOWLEDGE, ATTITUDE AND PRACTICE**

There was a significant positive correlation between the global knowledge level and the attitude level of respondents in this study. This means that the better respondents were knowledgeable, the better they were willing to observe healthy lifestyle habits.

There was a very weak, non-significant positive correlation between the global knowledge level and practice level of respondents. This means that being knowledgeable did not necessarily translate to healthy lifestyle practices.

Finally, there was a weak positive correlation between attitude level and practice level of respondents which was also not significant . This also demonstrates that positive attitude did not necessarily translate to good lifestyle modification practices.

- **Limitations of the study**

  The limitation of this study is that it is of cross-sectional nature which only allowed to obtain a snap shot of information about the knowledge, attitudes and practices of healthy lifestyle without establishing the causality of the research findings, which needs further studies.

CONCLUSION:

The discussion on the findings of this study can conclude that the knowledge and practice levels of healthy lifestyle among forth and fifth Grade medical students at NAPATA Collage Faculty of Medicine and surgery are generally medium. Nevertheless, majority of these students have positive attitudes toward healthy lifestyle habits.
In addition, there is significant positive correlation between knowledge and attitude, and there is a weak non-significant correlation between knowledge and practice as well as attitude and practice.

RECOMMENDATIONS:

The following measures recommended to address the knowledge and practice deficits uncovered in this study: Simple strategies such as promotion of supportive environment and peer-based interaction must adopted to encourage students for physical activity in their daily routine, as this is the stage of life when healthy habits can be inculcated easily. In addition, the medical curriculum needs to be modified to

stress more on health promotion and healthy lifestyle rather than merely concentrating on treatment of diseases.

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Annexes

Napata College

Faculty of medicine

Questionnaire regarding the Knowledge, attitude and practice of medical students towards healthy life style at Napata College , During November 2022

Instructions

The aim of the study is to assess Knowledge, attitude and practice of medical students towards healthy life style. Please answer all the questions by making circle around the chosen answer.

Part I: Personal &demographic data

1)		**Age**
	a.	<21
	b.	21
	c.	22
	d.	23
	e.	>23
2)		**Weight**
	a.	<60
	b.	60-70
	c.	71-80
	d.	81-90
	e.	>90
3)		**Gender**
	a.	Male

	b.	Female
4)		**Your BMI**
	a.	<20
	b.	20-25
	c.	25-30
	d.	>30
	e.	I don′t Know
5)		**Your Appearance**
	a.	slim
	b.	thin
	c.	Fit
	d.	Well-bled
	e.	fat
6)		**Are You satisfy About your body Shape**
	a.	Yes
	b.	no
	c.	Doesn′t matter

Part II: Choose healthy food

1)		**Do you know what Is meaning of healthy food**
	a.	Yes
	b.	No
2)		**Salad plate in each meal**
	a.	yes
	b.	no
	c.	Sometimes
	d.	Never
3)		**Consumption of fiber containing food**
	a.	Daily
	b.	Often
	c.	Sometimes
	d.	Never
4)		**organic food prefer**
	a.	All the time

	b.	Sometime
	c.	Never
	d.	I don′t know what is organic food

5)		**The Biggest meal**
	a.	Breakfast
	b.	Lunch
	c.	Dinner
6)		**Water glasses per day**
	a.	1-2
	b.	3-4
	c.	5-6
	d.	6-7
	e.	>7
7)		**Do you know the importance of drinking enough water in day?**
	a.	Yes
	b.	No
8)		**When you eat**
	a.	When feel hungry
	b.	At the time of meals
	c.	When you find food
	d.	According to your mood
	e.	With the others
9)		**How much meal per day**
	a.	1-2
	b.	2-3
	c.	3-4
	d.	4-5
	e.	>5
10)		**Are you trying to cut back on sugar?**
	a.	Yes
	b.	No
11)		**Choosing healthy food is it important**
	a.	Yes
	b.	No

	c.	Not that much
	d.	Sometimes

Part III: Avoid unhealthy food habits

1)		**Soft drink per week**
	a.	0
	b.	1-3
	c.	4-6
	d.	6-8
	e.	>8
2)		**Do you skip breakfast "early after wakeup"**
	a.	Never
	b.	Yes
	c.	Sometimes
3)		**Do you eat a lot in Dinner meal**
	a.	Always
	b.	Never
	c.	Sometime
	d.	Often
4)		**Junk food per week**
	a.	Never
	b.	1
	c.	2-3
	d.	4-5
	e.	>5
5)		**How often do you eat fried food per week?**
	a.	Daily
	b.	Often
	c.	Sometime
	d.	Never
6)		**Do you eat alot of carbohydrates per week?**
	a.	Daily
	b.	Often
	c.	Sometime
	d	Never

7)		**Do you sleep after dinner immediately**
	a.	Yes
	b.	No
	c.	Sometimes
8)		**Do you add salt to your plate**
	a.	Yes
	b.	No
	c.	Sometimes

Part IV: Exercises

1)		**Do you have a regular sport "at least once per week"**
	a.	Yes
	b.	No
2)		**Do you go to the gym**
	a.	Yes
	b.	No
	c.	Sometimes
3)		**Exercise time per week "hours"**
	a.	<1
	b.	1-2
	c.	2-3
	d.	4-5
	e.	>5
4)		**Your motivation to do exercise**
5)		.... **Special weekend mean**
	a.	A lot of Sleep
	b.	Football match
	c.	Movie
	d.	Journey

	e.	A special restaurant
6)		**You prefer**
	a.	Stairs
	b.	Elevator
7)		**Short distance by "ex. The next bus station"**
	a.	Foot
	b.	Car
8)		**Is it that important to do regular exercise**
	a.	Yes
	b.	No

Part V: Sleeping

1)		**Sleep at**
	a.	<9
	b.	9-10
	c.	10-11
	d.	11-12
	e.	>12
2)		**Sleeping time per day**
	a.	<4
	b.	4-5
	c.	5-6
	d.	6-7
	e.	7-8
	f.	>8
3)		**Day naps**
	a.	Yes
	b.	No
	c.	Sometimes
4)		**Is it that important for health to sleep enough**
	a.	Yes
	b.	No

Part VI: Food hygiene

1)		**Do you eat uncooked or half cooked meat**
	a.	Yes
	b.	No
2)		**Fruits and vegetables wash before eating or cooking**
	a.	Always
	b.	Sometimes
	c.	I don't care
3)		**Do you remember to wash your Hand before every meal**
	a.	Always
	b.	Sometimes
	c.	I don't care
4)		**Is it that important to ensure food hygiene**
	a.	Yes
	b.	No
	c.	Not that much
5)		**Do you have any precautions and worries before buying form street food handlers**
	a.	Yes
	b.	No
	c.	Sometimes

Part VII: bad habits and stress

1)		**do you smoking?**
	a.	Yes
	b.	No
2)		**do you know the harms of smoking?**
	a.	Yes
	b.	No

3)		**How do you deal with stress ?**
	a.	Ignore
	b.	Take breake
	c.	Looking for help
4)		**do you know the diseass caused by stress?**
	a.	Yes
	b.	No
5)		**do you care about your mental health?**
	a.	Yes
	b.	No

Part 8 about researsh

1)		**do you care about living a healthy lifestyl?**
	a.	Yes
	b.	No
2)		**do you know about diseases can be reduced by adopting ahealthy lifestyle?**
	a.	Yes
	b.	No

Would you like to join a healthy lifestyle program for a month ?

Yes

NO

If yes contact us on whatsapp number .....

Tel: 0117870271