

Title: Impact of Lifestyle Factors on the Risk of Lifestyle-Related Diseases Among Urban and Rural Adults”

Introduction

Lifestyle-related diseases, including type 2 diabetes, hypertension, obesity, and cardiovascular disorders, are rising globally. Poor diet, lack of physical activity, stress, and sleep disturbances are major contributors. Urbanization has changed dietary habits and activity levels, while rural populations may face nutritional deficiencies and limited healthcare access. Understanding these differences is crucial for disease prevention and public health planning.

Problem Statement:

Despite increasing awareness, lifestyle-related diseases remain prevalent. There is a need to analyze how diet, exercise, sleep, and stress influence disease risk and whether urbanization affects these factors differently.

Objectives:

1. Assess the impact of lifestyle factors on the risk of lifestyle-related diseases among urban and rural adults.
2. Compare physical activity levels between urban and rural populations.
3. Evaluate dietary patterns and nutrient intake.
4. Examine correlations between lifestyle factors and health indicators (BMI, blood pressure, blood sugar).
5. Provide recommendations for preventive lifestyle interventions.

Methodology:

Study Design: Cross-sectional observational study.

Population: Adults aged 20–60 years from selected urban and rural areas (Sample size: 150–200).

Data Collection:

- Questionnaires/Surveys: Dietary habits, physical activity, sleep patterns, stress levels (using validated scales like PSS).

- Anthropometric Measurements: Height, weight, BMI, waist circumference.
- Health Parameters: Blood pressure, fasting blood sugar or HbA1c (if feasible).

Data Analysis:

- Descriptive statistics to summarize participant characteristics.
- Comparative analysis (Urban vs Rural) using t-tests or chi-square tests.
- Correlation/regression analysis to determine relationships between lifestyle factors and health outcomes.

Expected Outcomes:

- Identification of key lifestyle factors influencing disease risk.
- Comparative analysis of urban vs rural populations.
- Evidence-based recommendations for lifestyle modifications.
- Foundation for digital health tools or AI-based lifestyle tracking systems.

Significance:

This study will aid health policymakers, educators, and clinicians in designing preventive programs tailored to urban and rural populations. It also promotes public awareness of lifestyle's role in disease prevention.

References (Sample):

1. World Health Organization. (2023). *Noncommunicable Diseases Factsheet*.