Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189

http://amresearchreview.com/index.php/Journal/about

Assessment of Nutritional Status in Relation to the Lifestyle of University Students

Nourin Naveed
Faculty of Health Sciences, Iqra University.
Asma Afreen
Department of Nutritional Sciences and Environmental Design, Allama Iqbal Open University.
Syeda Komal Majid
Department of Nutritional Sciences and Environmental Design, Allama Iqbal Open University.
Tooba Mehfooz
Faculty of Pharmacy, Iqra University.
Shomaiza Andleeb
Faculty of Health Sciences, Iqra University.
Shazia Dawood
Faculty of Health Sciences, Iqra University.

ABSTRACT

Objective: This study aims to investigate the relationship between lifestyle factors and nutritional status, assess the impact of nutritional health and lifestyle choices, and identify key barriers to achieving optimal nutritional health. **Methods:** A cross-sectional, quantitative study was conducted at Iqra University, involving 150 randomly selected participants. Data were collected through a self-administered questionnaire comprising 20 questions measured on a Likert scale. Nutritional status was assessed using dietary recalls, food frequency questionnaires, and biochemical assessments. Data analysis was performed using SPSS statistical software. **Results:** The study found that dietary habits, significantly influence nutritional status. A diet rich in fruits, vegetables, whole grains, and lean proteins correlated with better health outcomes, while high consumption of processed foods and sugary beverages was linked to poor nutritional status. Regular physical activity was associated with healthier weights and metabolic profiles, whereas sedentary behavior contributed to obesity and related conditions. Adequate sleep and stress management were also crucial for maintaining optimal nutritional health. Cultural norms and the built environment further influenced lifestyle choices and nutritional status.**Conclusion:** Achieving optimal nutritional health requires a comprehensive approach that addresses various interconnected factors, including dietary habits, meal patterns ,mental health, conditions, cultural norms, and environmental influences. Public health policies and interventions promoting access to healthy foods, physical activity, and nutrition education are essential for improving nutritional outcomes. Understanding these factors can guide the development of effective strategies to

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189
http://amresearchreview.com/index.php/Journal/about

enhance public health and prevent chronic diseases.

Keywords: Nutritional status, lifestyle factors, dietary habits, physical activity, sleep patterns, mental health, public health interventions, chronic diseases, nutrition education

1. Introduction

The assessment of nutritional status in relation to lifestyle is a multifaceted area of study that intersects with various disciplines, including medicine, public health, nutrition, psychology, and sociology. Nutritional status refers to the condition of the body in terms of the intake and utilization of nutrients. It is a critical determinant of health and well- being, affecting physical and cognitive development, immunity, and overall quality of life (Shaw, Van Vliet et al. 2020). Lifestyle encompasses a wide range of behaviors and choices that individuals make daily, including diet, physical activity, sleep patterns, stress management, and substance use. These behaviors are influenced by a multitude of factors, such as socioeconomic status, cultural norms, education, and personal preferences. The interplay between these factors and nutritional status is complex, as they can have both direct and indirect effects on health. Dietary habits are perhaps the most significant lifestyle factor affecting nutritional status(Castetbon, Vernay et al. 2009). The type, quantity, and quality of food consumed have direct implications for nutrient intake and health outcomes. A diet that is rich in fruits, vegetables, whole grains, lean proteins, and healthy fats is associated with a lower risk of chronic diseases such as obesity, cardiovascular disease, diabetes, and certain cancers. Conversely, diets high in processed foods, sugary beverages, and unhealthy fats are linked to poor nutritional status and adverse health outcomes.

Cultural norms and practices also shape dietary habits and lifestyle choices, influencing nutritional status. Cultural beliefs and traditions can dictate food preferences, meal patterns, and cooking methods, which in turn affect nutrient intake and health outcomes. For example, some cultures emphasize plant-based diets rich in vegetables, legumes, and whole grains, which are associated with better health outcomes. Other cultures may have dietary patterns high in meat and saturated fats, which can increase the risk of chronic diseases (Monterrosa-Castro, Dávila-Ruiz et al. 2020).The built environment, including the availability of food outlets, recreational facilities, and transportation options, also influences lifestyle and nutritional status. Urban areas with easy access to supermarkets, farmers' markets, and recreational facilities encourage healthier dietary and physical activity behaviors. In contrast, food deserts areas with limited access to affordable and nutritious food are associated with higher rates of obesity and diet-related diseases. The design of neighborhoods and cities can impact the ease with which individuals can engage in physical activity, with walkable communities promoting higher levels of physical activity and better

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189
http://amresearchreview.com/index.php/Journal/about

health outcomes (Coutinho, Andersen et al. 2023).

Background of Study

The relationship between nutritional status and lifestyle is a critical area of study that highlights the importance of daily habits and behaviors on overall health and well- being. Nutritional status is an indicator of the body's condition resulting from the intake and utilization of nutrients. It is influenced by various factors, including dietary habits, physical activity, sleep patterns, stress levels, and substance use, each of which is a component of lifestyle. The significance of understanding this relationship lies in the potential to improve health outcomes and prevent diseases through targeted interventions and informed public health policies(Huang, Wang et al. 2020). Dietary habits are foundational to nutritional status. The quality and composition of an individual's diet directly impact their nutrient intake and health. Diets rich in fruits, vegetables, whole grains, lean proteins, and healthy fats are associated with numerous health benefits, including reduced risks of chronic diseases such as obesity, cardiovascular disease, diabetes, and certain types of cancer.

On the other hand, diets high in processed foods, sugars, and unhealthy fats contribute to nutrient deficiencies and a range of adverse health outcomes. These dietary choices are often influenced by socio-economic status, cultural preferences, availability of healthy food options, and individual knowledge about nutrition (Nicklett, Johnson et al. 2021). Physical activity is another crucial element of lifestyle that affects nutritional status. Regular exercise plays a significant role in maintaining a healthy weight, improving cardiovascular health, enhancing metabolic function, and reducing the risk of chronic diseases. It also influences how the body utilizes nutrients, with physically active individuals typically having higher requirements for energy, protein, and certain vitamins and minerals to support their increased metabolic demands. Conversely, sedentary lifestyles are linked to poor nutritional status and increased prevalence of obesity and related condition(Shao, Verma et al. 2021).

Problem Statement

The study of the relationship between nutritional status and lifestyle presents several key problems that need to be addressed to understand and improve public health outcomes. One of the main issues is the increasing prevalence of malnutrition in various forms, including under nutrition, micronutrient deficiencies, and over nutrition, which often lead to obesity and associated chronic diseases. This complex problem is influenced by a myriad of lifestyle factors such as diet, physical activity, sleep, stress, and substance use. Additionally, cultural, and environmental factors further complicate the landscape, making it difficult to devise one-size-fits-all(Duan, Ma et al. 2020). Under nutrition remains a significant issue, particularly in low-income populations and developing countries. This condition results from

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189
http://amresearchreview.com/index.php/Journal/about

insufficient intake of calories and essential nutrients, leading to stunted growth, weakened immunity, and higher susceptibility to infections and diseases. Inadequate dietary diversity is a major contributing factor, often due to limited access to a variety of nutritious foods. Economic constraints, food insecurity, and lack of education about proper nutrition exacerbate the problem. Addressing under nutrition requires a multi-faceted approach that includes improving food availability, enhancing economic opportunities, and providing nutrition education (Victora, Christian et al. 2021).

Significance of the study

Assessing nutritional status in relation to lifestyle is profoundly significant for understanding and improving public health. Lifestyle factors, including diet, physical activity, sleep patterns, stress levels,intricately influence an individual's nutritional health. Poor dietary habits, sedentary lifestyles, inadequate sleep, and chronic stress can lead to nutritional deficiencies and increase the risk of chronic diseases like obesity and cardiovascular issues. Socioeconomic disparities further exacerbate these issues by limiting access to nutritious foods and health resources. By examining these interconnections, this study can guide targeted interventions to promote healthier lifestyles, inform equitable health policies, and ultimately enhance overall well- being and prevent diet-related diseases across diverse populations.

Literature Review

Research consistently shows that nutritional status is closely linked to lifestyle factors. Healthy habits—such as balanced diets, adequate are associated with better nutrition and overall well-being. In contrast, sedentary behavior and poor food choices increase the risk of deficiencies, obesity, and chronic diseases (Brown et al., 2019). Studies also highlight that diverse, high-quality dietary patterns, like Mediterranean or plant-based diets, improve nutritional outcomes ((Yee, Unger et al. 2020)while processed foods and inactivity contribute to metabolic problems and weakened immunity(Kim, Baek et al. 2018)Additional findings revealed that sleep disturbances and diet influence each other, and environmental factors such as pollution and climate change affect food security and nutritional quality, emphasizing the need for integrated health and sustainability strategies(Patel, Kumar et al. 2019).

Assessing nutritional status

Assessing nutritional status involves evaluating various aspects of an individual's dietary intake, physical health, and overall lifestyle to determine whether their nutritional needs are being met. It is a comprehensive process that considers multiple factors, including dietary habits, nutrient intake, biochemical markers, anthropometric measurements, and clinical signs and symptoms

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189

http://amresearchreview.com/index.php/Journal/about

Dietary Assessment

Nutritional assessment is a multifaceted process that begins with dietary assessment, which involves analyzing an individual's food intake to determine nutrient consumption. This can be done using various methods, including 24-hour dietary recalls, food frequency questionnaires, and food diaries. Each method has its strengths and limitations. The 24-hour recall, for instance, provides detailed information about a person's intake over a single day but may not accurately reflect usual intake. Food frequency questionnaires offer insights into long-term dietary patterns but rely heavily on memory and can be subject to bias. Food diaries, where individuals record their food consumption over a specified period, can provide more accurate data but may be burdensome for participants(Seid and Babbel 2022)).

Nutrient Intake and Dietary Reference Intakes

Nutrient intake from dietary assessments is evaluated by comparing it with Dietary Reference Intakes (DRIs), such as RDAs, AIs, and ULs. These standards indicate the nutrient amounts needed for good health. Comparing intake against them helps identify deficiencies or excesses. (Neufingerl and Eilander 2021)).

Operational Definitions

Nutritional Status:

Nutritional status refers to the overall health and well-being of an individual concerning their dietary intake, nutrient levels, and body composition. It encompasses factors such as the adequacy of nutrient intake, anthropometric measurements (e.g., height, weight, body mass index), biochemical markers (e.g., blood glucose levels, cholesterol levels), and clinical assessments (e.g., signs of malnutrition or deficiency diseases).

Lifestyle:

Lifestyle refers to the way in which individuals live their daily lives, including their habits, behaviors, activities, and choices related to health and well-being. This encompasses dietary patterns, physical activity levels, smoking and alcohol consumption, stress management practices, sleep habits, and other factors that contribute to overall lifestyle behaviors.

Relation:

Relation refers to the connection or association between an individual's nutritional status and their lifestyle behaviors. It involves understanding how lifestyle factors such as dietary choices, physical activity levels, and other health-related behaviors influence or impact an individual's nutritional health and vice versa.

Nutritional Assessment:

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189
http://amresearchreview.com/index.php/Journal/about

The process of evaluating an individual's nutritional status through various methods and techniques to identify dietary deficiencies, imbalances, or excesses.

Lifestyle Assessment:

The systematic examination of an individual's daily habits, behaviors, and choices related to health and well-being, including diet, physical activity, sleep, stress management, and substance use.

Relationship between Nutritional Status and Lifestyle:

The interconnectedness and mutual influence between an individual's dietary intake, nutritional status, and lifestyle behaviors, including how lifestyle factors affect nutritional health and how nutritional status impacts lifestyle choices and overall well-being.

Influencing Nutritional Status and Lifestyle:

The various determinants and influences of nutritional health and lifestyle behaviors, including socioeconomic factors, cultural influences, environmental factors, psychological factors, and access to healthcare resources.

Intervention Strategies:

Strategies and approaches aimed at improving nutritional status and promoting healthier lifestyle behaviors, including dietary interventions, behavior change techniques, educational programs, policy initiatives, and community-based interventions.

Objectives of the study

- To investigate the relationship between lifestyle factors and nutritional status.
- To assess the impact of socioeconomic status on nutritional health and lifestyle choices.

Research Questions

- Do you eat more than four different varieties of fruit each week?
- Do you eat more than four different varieties of vegetables each week?
- Do you drink plenty of fluids at regular intervals during the working day?

MATERIAL AND METHODS

Research Design

The research was designed as a cross-sectional, quantitative study to evaluate the nutritional status of individuals in relation to their lifestyle. This design allowed for the collection of data at a single point in time, providing a snapshot of the current nutritional behaviors and status of the participants. The quantitative approach

Online ISSN 3007-3197
Print ISSN 3007-3189
http://amresearchreview.com/index.php/Journal/about

facilitated the use of statistical methods to analyze the data and identify correlations between lifestyle factors and nutritional outcomes.

Location of Study

The study was conducted at Iqra University, chosen for its diverse student population and accessibility. The university setting provided a convenient location to reach a large number of participants with varied backgrounds, which was essential for obtaining a representative sample for the study.

Population

The population for this study included all students enrolled at Iqra University. This population was selected because university students are at a critical age where lifestyle habits, including dietary behaviors, are formed and can have lasting impacts on their health. The study aimed to understand how lifestyle choices among these students influenced their nutritional status.

Sampling

A probability sampling technique was employed to ensure that every member of the population had an equal chance of being included in the sample. This technique was chosen to enhance the representativeness of the sample and to generalizability of the study findings to the broader student population at Iqra University.

Simple random sampling was used to select participants from the population. This method involved randomly selecting students from the university enrollment list. Each student was assigned a unique number, and a random number generator was used to pick the sample. This approach ensured that every student had an equal opportunity to be part of the study, thereby maintaining the randomness and objectivity of the sampling process.

Sample Size

The sample size for the study was determined to be 150 participants. This number was calculated based on statistical considerations to provide sufficient power to detect significant relationships between lifestyle factors and nutritional status A sample size of 150 was deemed adequate to represent the population while allowing for comprehensive data analysis.

Tools for Data Collection

Data were collected using a self-administered questionnaire consisting of 20 questions. The questionnaire was designed to capture detailed information about the participants' dietary habits, physical activity levels, and other lifestyle factors that could influence their nutritional status. Self-administration of the questionnaire ensured that participants could complete it at their convenience, which likely increased the response rate and accuracy of the data collected.

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189

http://amresearchreview.com/index.php/Journal/about

Instrument

The questionnaire employed a Likert scale to measure responses. Participants were asked to indicate their level of agreement or frequency on a scale, typically ranging from "never" to "always" or "yes" to "no." This scaling method facilitated the quantification of subjective data, making it possible to perform statistical analysis on the responses.

Data Analysis

Data analysis was conducted using SPSS statistical software to process and interpret the collected data. Descriptive statistics, such as means and standard deviations, were calculated to summarize the demographic characteristics and lifestyle factors of the participants. Inferential statistics, including correlation and regression analyses, were used to examine the relationships between lifestyle variables and nutritional status indicators. The results were then interpreted to understand the extent and nature of the influence of lifestyle factors on nutritional health among the students. This analytical approach provided insights into the key determinants of nutritional status and informed potential interventions to promote healthier lifestyles within the university population.

RESULTS

The analysis was conducted using percentages and frequencies. According to Table 1, 46 percent of the respondents were male and 54 percent were female. This ratio shows that the majority of respondents were female (Fig. 1).

Table 1: Frequency and percentage distribution of respondents with respect to their gender

Gender					
		Frequency	**Percent**	**Valid Percent**	**Cumulative Percent**
Valid	**Male**	69	46.0	46.0	46.0
	Female	81	54.0	54.0	100.0
	Total	150	100.0	100.0	

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189

http://amresearchreview.com/index.php/Journal/about

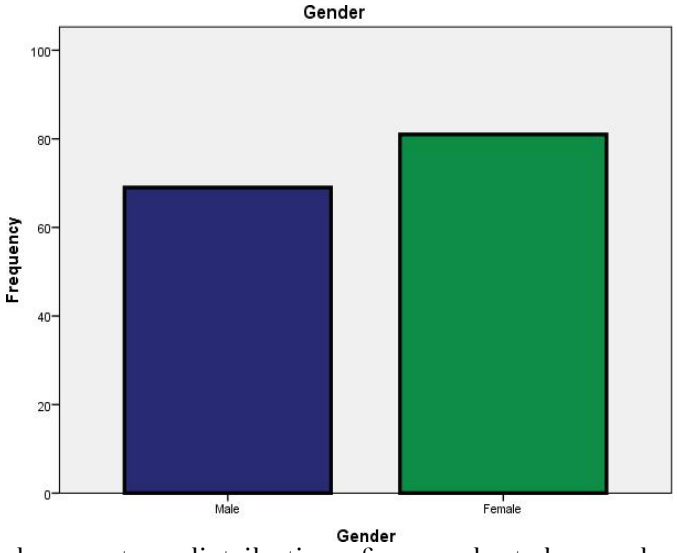


Figure 1: Frequency and percentage distribution of respondents by gender.

Table 2: Frequency and percentage distribution of respondents who skip breakfast more than once a week.

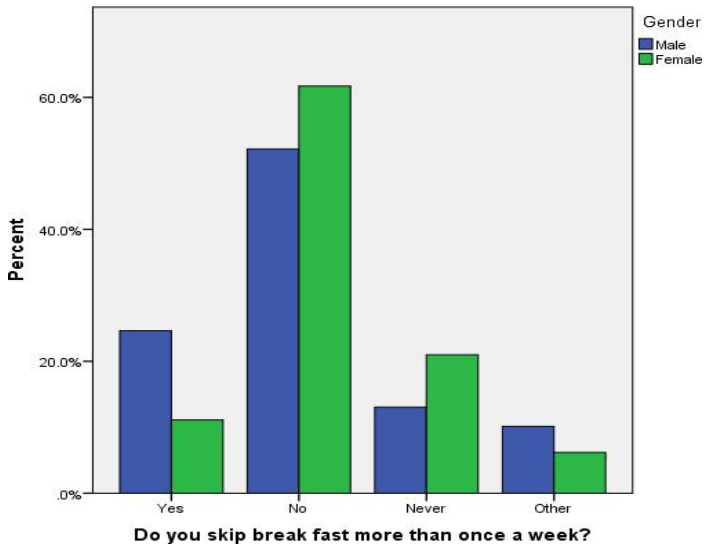
Do you skip breakfast more than once a week?					
		Frequency	**Percent**	**Valid Percent**	**Cumulative Percent**
Valid	**Yes**	26	17.3	17.3	17.3
	No	86	57.3	57.3	74.7
	Never	26	17.3	17.3	92.0
	Total	150	100.0	100.0	

Figure 2: Percentage distribution of respondents who skip breakfast more than once a week.

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189

http://amresearchreview.com/index.php/Journal/about



According to Table 3 a majority of the respondents (57.3 %) reported that they never skipped their breakfast for more than a week. In contrast, 17.3% reported that they either occasionally skipped breakfast or did not skip breakfast for more than one week. It is also observed that females are more consistent with their breakfast habits as compared to males (Fig. 2).

Table 3

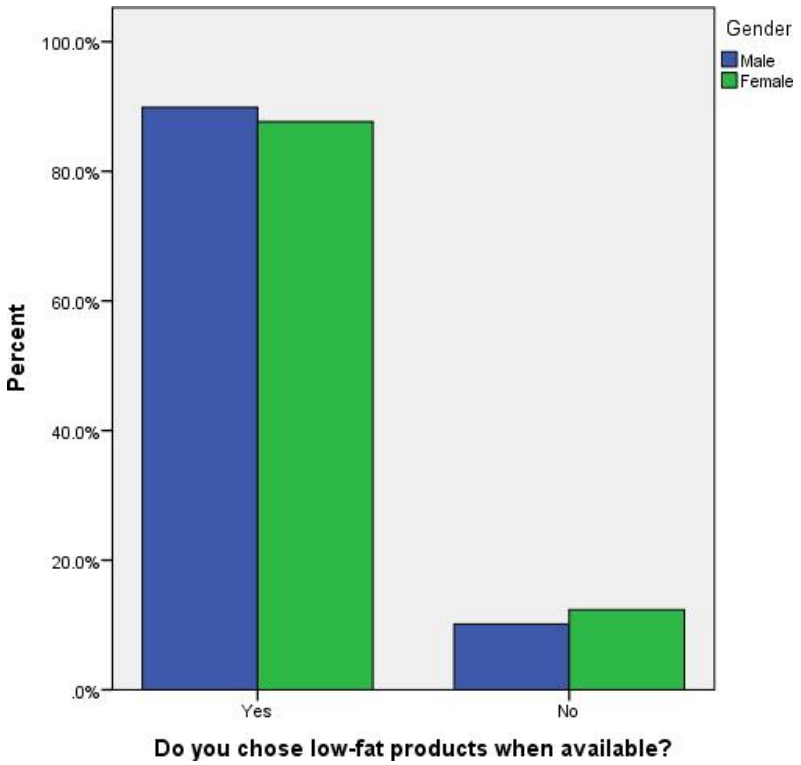
Frequency and percentage distribution of respondents with respect to you skip lunch more than once a week.

Do you chose low-fat products when available?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	133	88.7	88.7	88.7
	No	17	11.3	11.3	100.0
	Total	150	100.0	100.0	

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189

http://amresearchreview.com/index.php/Journal/about



According to the above table, 88.7 percent of respondents were yes that you chose low-fat products when available, and 11.3 percent of respondents were no that they chose low-fat products when available. This ratio shows that the majority of respondents were happy that you chose low-fat products when available. (Fig. 3).

Table No. 4

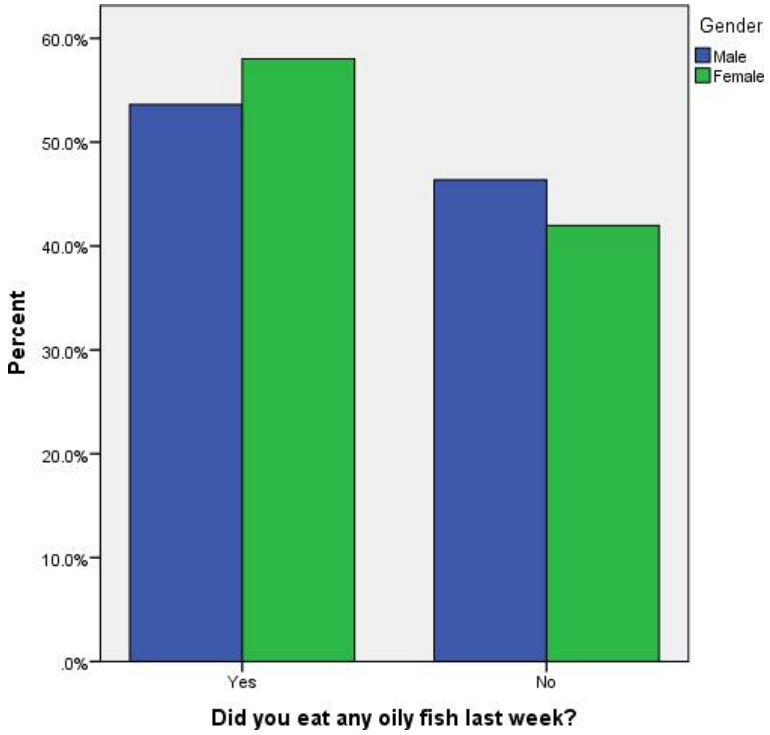
Frequency and percentage distribution of respondents with respect to you eat any oily fish last week.

Did you eat any oily fish last week?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	84	56.0	56.0	56.0
	No	66	44.0	44.0	100.0
	Total	150	100.0	100.0	

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189

http://amresearchreview.com/index.php/Journal/about



According to the above table, 56.0 percent of respondents answered yes that they ate any oily fish last week, and 44.0 percent of respondents answered no they ate any oily fish last week. This ratio shows that the majority of respondents were yes that you ate any oily fish last week. (Fig. 4).

Table No. 5

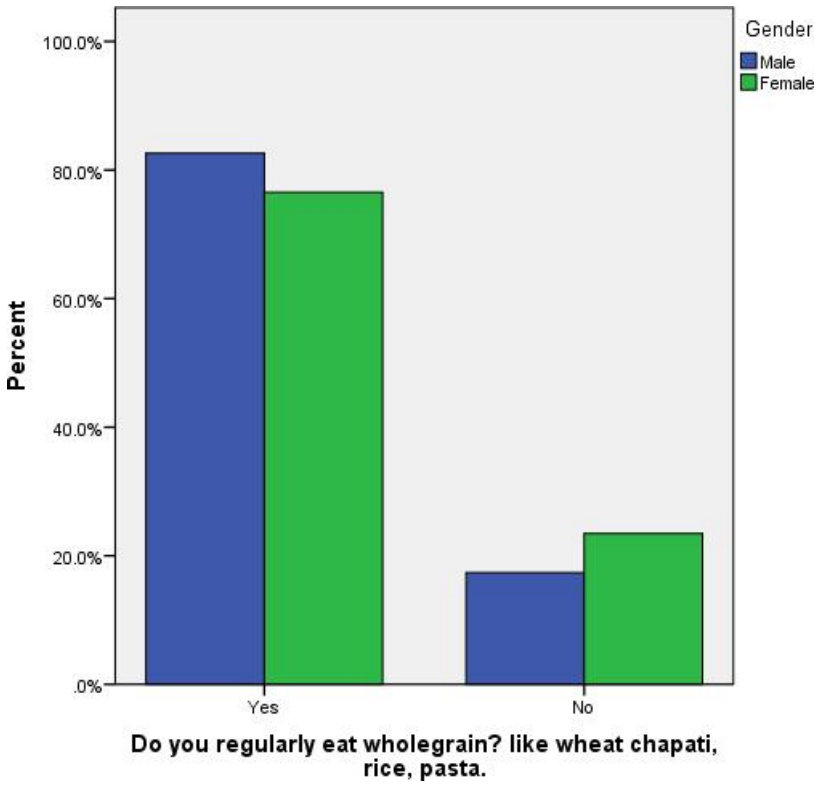
Frequency and percentage distribution of respondents with respect to you regularly eat wholegrain? Like wheat chapati, rice, pasta.

Do you regularly eat wholegrain? Like wheat chapati, rice, pasta.					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	119	79.3	79.3	79.3
	No	31	20.7	20.7	100.0
	Total	150	100.0	100.0	

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189

http://amresearchreview.com/index.php/Journal/about



According to the above table, 79.3 percent of respondents answered yes with that you regularly eat wholegrain? Like wheat chapati, rice, pasta, 20.7 percent of respondents answered no with that you regularly eat wholegrain? Like wheat chapati, rice, pasta. This ratio shows that the majority of respondent were yes that they regularly eat wholegrain? Like wheat chapati, rice, and pasta. (Fig. 5).

Table No. 6

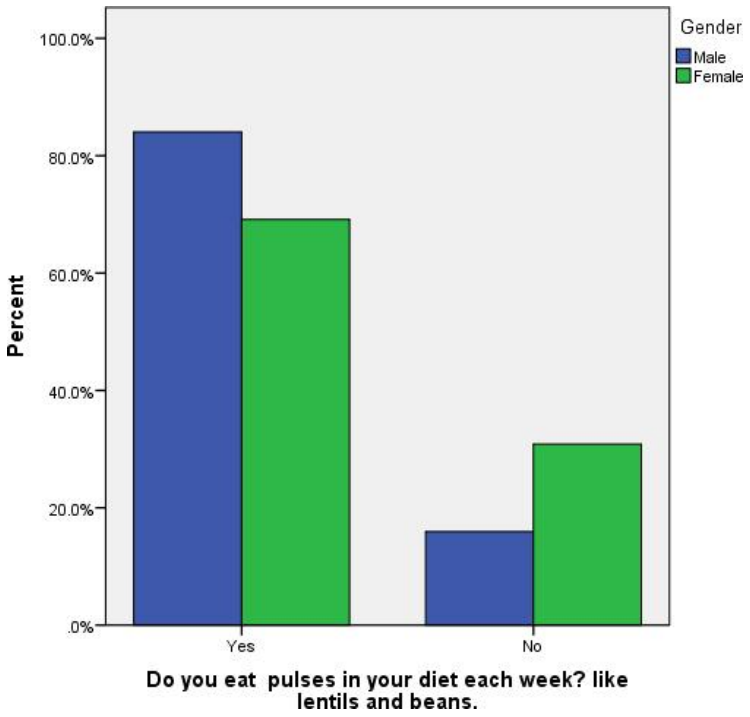
Frequency and percentage distribution of respondents with respect to you eat pulses in your diet each week? Like lentils and beans.

Do you eat pulses in your diet each week? Like lentils and beans.					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	114	76.0	76.0	76.0
	No	36	24.0	24.0	100.0
	Total	150	100.0	100.0	

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189

http://amresearchreview.com/index.php/Journal/about



According to the above table, 76.0 percent of respondents answered yes to you eat pulses in your diet each week? Like lentils and beans, 24.0 percent of respondents were no with that you eat pulses in your diet each week? Like lentils and beans. This ratio show that the majority of respondents were yes with that you eat pulses in your diet each week? Like lentils and beans. Frequency and percentage distribution of respondents with respect to you regularly eat cakes, sweets, chocolates or biscuits at work. (Fig. 6).

Table No. 7

Frequency and percentage distribution of respondents with respect to you regularly eat cakes, sweets, chocolates or biscuits at work

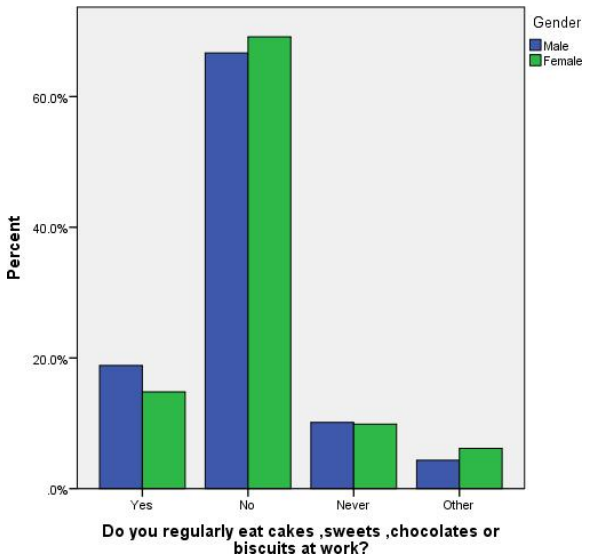
Do you regularly eat cakes, sweets, chocolates or biscuits at work?					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	25	16.7	16.7	16.7
	No	102	68.0	68.0	84.7

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189

http://amresearchreview.com/index.php/Journal/about

	Never	15	10.0	10.0	94.7
	Other	8	5.3	5.3	100.0
	Total	150	100.0	100.0	



According to the above table, 16.7 percent of respondents were yes that you regularly eat cakes, sweets, chocolates or biscuits at work, 68.0 percent respondents were no that you regularly eat cakes, sweets, chocolates or biscuits at work, 10.0 percent respondents were never with that you regularly eat cakes, sweets, chocolates or biscuits at work, 5.3 percent respondents were other with that you regularly eat cakes, sweets, chocolates or biscuits at work. This ratio shows that the majority of respondents were not with that you regularly eat cakes, sweets, chocolates, or biscuits at work. (Fig. 7).

Table No. 8

Frequency and percentage distribution of respondents with respect to you regularly add salt to meals at the table.

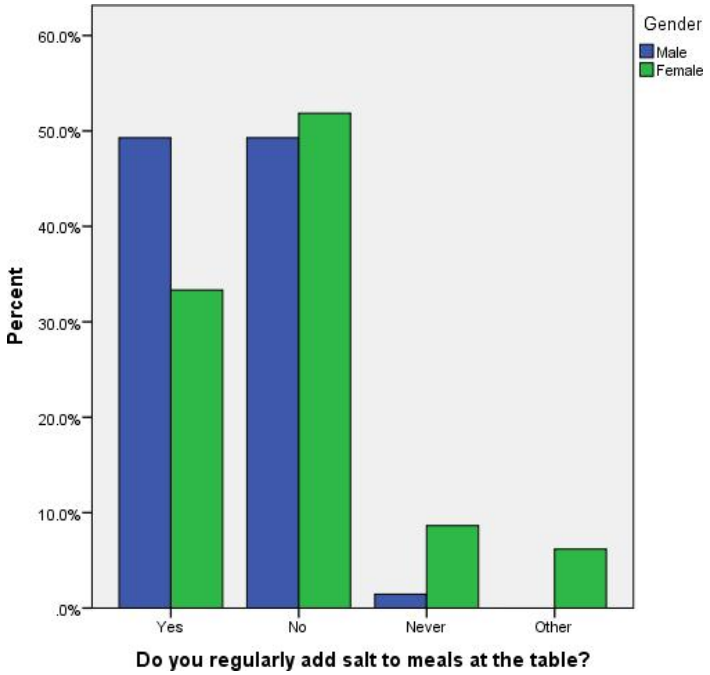
Do you regularly add salt to meals at the table?					
		Frequency	**Percent**	**Valid Percent**	**Cumulative Percent**
Valid	**Yes**	61	40.7	40.7	40.7

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189

http://amresearchreview.com/index.php/Journal/about

	No	76	50.7	50.7	91.3
	Never	8	5.3	5.3	96.7
	Other	5	3.3	3.3	100.0
	Total	150	100.0	100.0	



According to the above table, 40.7 percent of respondents were yes that you regularly add salt to meals at the table, 50.7 percent of respondents were no that you regularly add salt to meals at the table, 5.3 percent respondents were never with that you regularly add salt to meals at the table, 3.3 percent respondents were other with that you regularly add salt to meals at the table. This ratio shows that the majority of respondents did not regularly add salt to meals at the table. (Fig. 8).

Table No.9

Frequency and percentage distribution of respondents with respect to you drink plenty of fluids at regularly intervals during the working day.

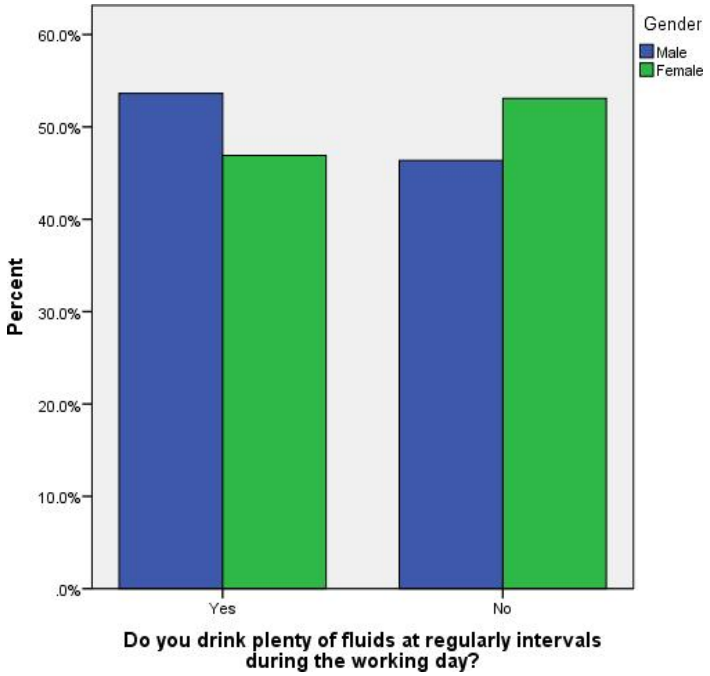
Do you drink plenty of fluids at regularly intervals during the working day?

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189

http://amresearchreview.com/index.php/Journal/about

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	75	50.0	50.0	50.0
	No	75	50.0	50.0	100.0
	Total	150	100.0	100.0	



According to the above table, 50 percent of respondents were yes that you drink plenty of fluids at regular intervals during the working day, and 50 percent of respondents were no that you drink plenty of fluids at regular intervals during the working day. This ratio shows that respondents share the same responses with that you drink plenty of fluids at regular intervals during the working day. (Fig. 9).

Table No. 10

Frequency and percentage distribution of respondents with respect to you avoid sugary fizzy drink.

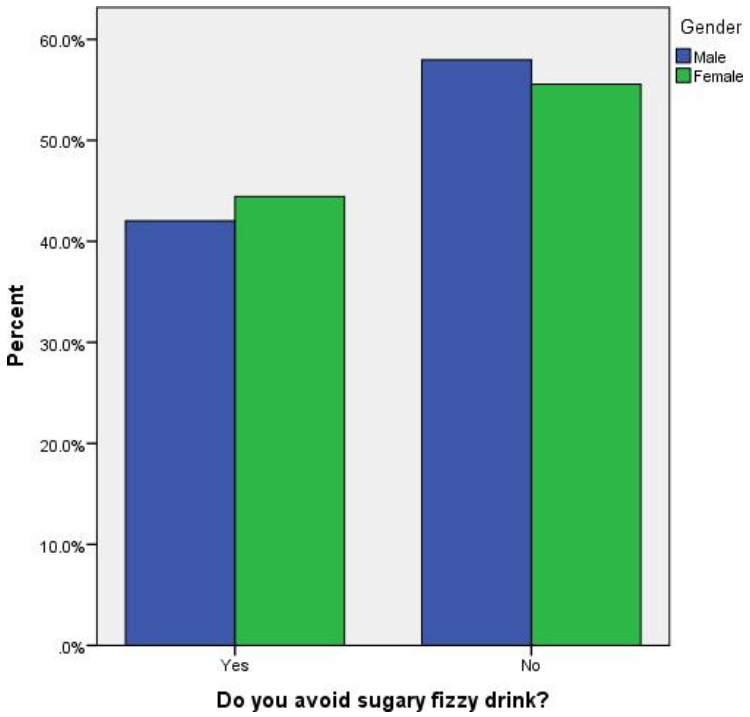
Do you avoid sugary fizzy drink?				
	Frequency	Percent	Valid Per	Cumulative Percent

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189

http://amresearchreview.com/index.php/Journal/about

				cent	
Valid	Yes	65	43.3	43.3	43.3
	No	85	56.7	56.7	100.0
	Total	150	100.0	100.0	



According to the above table, 43.3 percent of respondents were yes with that you avoid sugary fizzy drinks, and 56.7 percent of respondents were not avoiding sugary fizzy drinks. (Fig. 10).

Table No. 11

Frequency and percentage distribution of respondents with respect to you do any snacking while using internet.

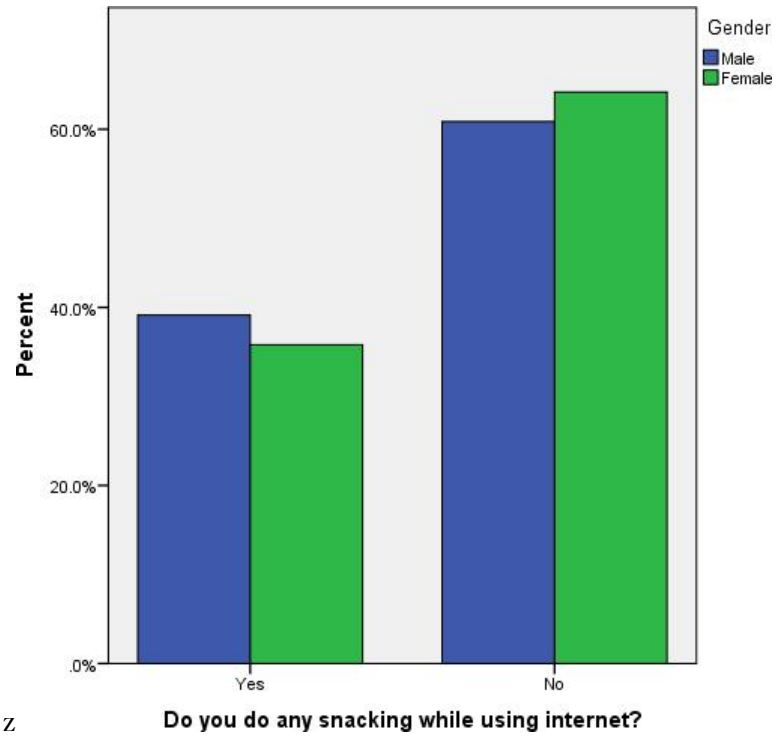
Do you do any snacking while using internet?

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189

http://amresearchreview.com/index.php/Journal/about

		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Yes	56	37.3	37.3	37.3
	No	94	62.7	62.7	100.0
	Total	150	100.0	100.0	



z

According to the above table, 37.3 percent of respondents were yes to whether you do any snacking while using the internet, 62.7 percent of respondents said not that you do any snacking while using the internet. This ratio shows that the majority of respondents were not with that you do any snacking while using the internet. (Fig. 11).

Table No.12

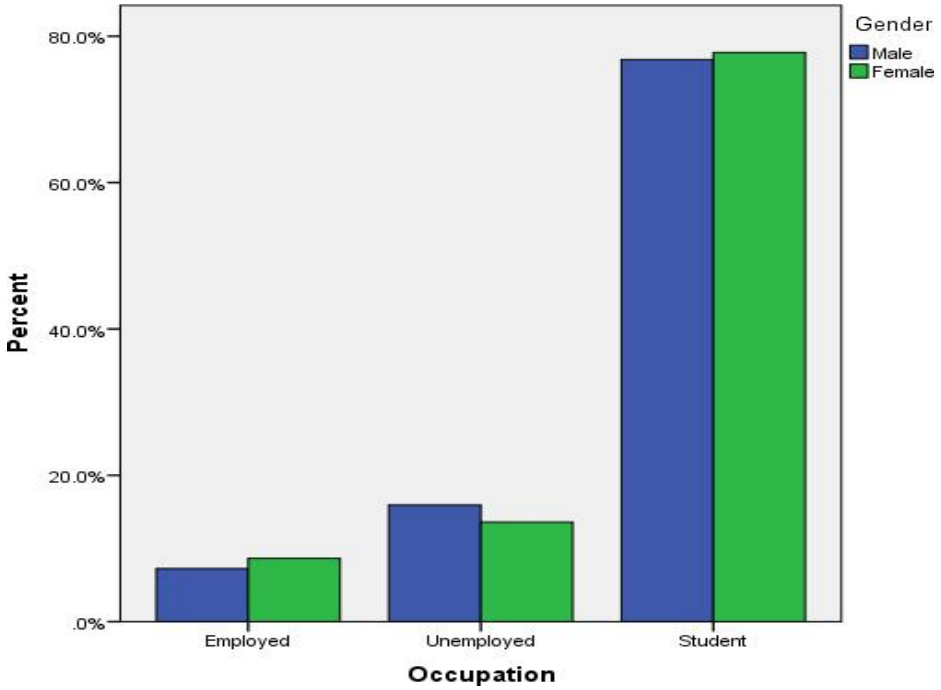
Frequency and percentage distribution of respondents with respect to their Occupation.

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189

http://amresearchreview.com/index.php/Journal/about

Occupation					
		Frequency	Percent	Valid Percent	Cumulative Percent
Valid	Employed	12	8.0	8.0	8.0
	Unemployed	22	14.7	14.7	22.7
	Student	116	77.3	77.3	100.0
	Total	150	100.0	100.0	



According to the above table, 8.0 percent of respondents were employed, 14.7 percent were Unemployed, and 77.3 percent were Students. This ratio shows that the majority of respondents were Students.(Fig. 12).

Discussion

The data presented reveal intriguing insights into the demographics, habits, and dietary patterns of the respondents. Starting with the gender distribution, 46

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189
http://amresearchreview.com/index.php/Journal/about

percent of the respondents were male and 54 percent were female, indicating that the majority of the survey participants were female. This slight skew towards female respondents can potentially influence the findings, particularly in aspects where gender-specific behaviors or preferences are considered.

Regarding dietary habits, 17.3 percent of respondents reported skipping breakfast more than once a week, while a majority, 57.3 percent, did not skip breakfast frequently. Another

17.3 percent never skipped breakfast, and 8 percent fell into the 'other' category. These findings suggest that a significant portion of the respondents prioritize breakfast, which is considered a crucial meal for maintaining metabolic health and cognitive function throughout the day.

When it comes to lunch, 20 percent reported skipping it more than once a week, while a majority, 60 percent, did not skip lunch frequently. A smaller percentage, 18.7 percent, never skipped lunch, and 1.3 percent fell into the 'other' category. These responses highlight that lunch is a more consistently consumed meal compared to breakfast among the respondents, possibly reflecting its perceived importance in daily nutrition.

Dinner habits showed that 19.3 percent of respondents skipped evening meals more than once a week, with a significant majority, 67.3 percent, not skipping dinner frequently. Additionally, 8 percent never skipped evening meals, and 5.3 percent were categorized as 'other'. This pattern indicates that dinner is the most regularly consumed meal, which aligns with common dietary practices where dinner often serves as a primary meal of the day.The consumption of fruits and vegetables revealed that 53.3 percent of respondents ate at least five portions of fruits and/or vegetables every day, while 46.7 percent did not meet this recommendation. This finding shows a moderately good adherence to dietary guidelines promoting fruit and vegetable intake, which is crucial for maintaining overall health. Additionally, 62.7 percent reported consuming more than four different varieties of fruit each week, and 82.7 percent ate more than four different varieties of vegetables. These behaviors suggest a diverse and balanced diet among the majority, which is beneficial for

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189
http://amresearchreview.com/index.php/Journal/about

providing a wide range of nutrients.

Low-fat product choices were preferred by 88.7 percent of respondents, indicating a high level of health consciousness regarding fat intake. Only 11.3 percent did not choose low- fat options, reflecting a strong inclination towards healthier dietary choices within the sample.Fish consumption data showed that 56 percent of respondents ate oily fish last week, indicating a moderate level of adherence to dietary recommendations that promote the consumption of omega-3 rich foods. On the other hand, 44 percent did not consume oily fish, suggesting room for improvement in meeting dietary guidelines.Wholegrain consumption was reported by 79.3 percent of respondents, demonstrating a high awareness and adherence to the benefits of wholegrains. Only 20.7 percent did not regularly consume wholegrains. Similarly, 76 percent of respondents included pulses in their weekly diet, emphasizing the inclusion of protein-rich legumes in their meals. The intake of sugary snacks such as cakes, sweets, chocolates, or biscuits at work was low, with only 16.7 percent reporting regular consumption, while 68 percent did not partake in these snacks frequently. This low consumption of sugary snacks indicates a general awareness of the health impacts of excessive sugar intake.

Salt addition at the table was not a common practice among the respondents, with 50.7 percent reporting they did not add salt regularly, and 40.7 percent did. This finding suggests a balanced approach to salt intake, which is crucial for managing blood pressure and cardiovascular health. Hydration habits were evenly split, with 50 percent of respondents reporting regular fluid intake during the working day and 50 percent not. This equal split indicates varied hydration practices, potentially influenced by individual preferences or lifestyle constraints.Avoidance of sugary fizzy drinks was reported by 43.3 percent of respondents, while 56.7 percent did not avoid them. This indicates a significant portion of the population still consumes sugary drinks, which could have implications for public health given the association of these beverages with various health issues. Lastly, snacking while using the internet was not a widespread habit, with 62.7 percent reporting they did not snack during internet use. This behavior suggests a degree of mindfulness about unhealthy snacking habits associated with sedentary activities.

Annual Methodological Archive Research Review
http://amresearchreview.com/index.php/Journal/about
Volume 3, Issue 12 (2025)

Online ISSN 3007-3197
Print ISSN 3007-3189
http://amresearchreview.com/index.php/Journal/about

The data reflects a youthful, predominantly female and student-oriented respondent pool with varied dietary habits and lifestyle behaviors. While there is a general trend towards healthy eating, such as regular consumption of fruits, vegetables, wholegrains, and low-fat products, certain areas like sugary drink consumption and hydration habits show room for improvement. These insights can inform targeted interventions and educational campaigns aimed at promoting healthier lifestyle choices within these demographic behaviors suggest a diverse and balanced diet among the majority, which is beneficial for providing a wide range of nutrients.

Summary

The study investigated the intricate relationship between lifestyle factors and nutritional status, emphasizing the significance of dietary habits. Through a cross-sectional quantitative approach involving 150 participants from Iqra University, the research explored diverse dietary and lifestyle behaviors among predominantly youthful and female respondents. Key findings highlighted a trend towards healthier eating habits, albeit with areas for improvement, particularly concerning sugary drink consumption and hydration habits. The study underscored the importance of promoting balanced diets rich in fruits, vegetables, and whole grains while limiting processed foods and sugary beverages. Additionally, recommendations were made to encourage regular physical activity, support adequate sleep and stress management, address socioeconomic disparities, tailor interventions to cultural contexts, enhance the built environment, improve nutrition education, advocate for policy changes, engage communities, and ensure continuous monitoring and evaluation of public health interventions. These insights offer valuable guidance for stakeholders seeking to promote optimal nutritional health and well-being within diverse populations.

Recommendation

- Empower customary feast designs and teach the significance of not skipping dinners.
- Advance everyday utilization of something like five bits of leafy foods.
- Advocate for the utilization of low-fat items and entire grains.
- Feature the nourishing advantages of heartbeats like lentils and beans.
- Foster systems to decrease unfortunate eating.

References

Castetbon, K., et al. (2009). "Dietary intake, physical activity and nutritional status in adults: the French nutrition and health survey (ENNS, 2006–2007)." British Journal of Nutrition **102**(5): 733-743.

Coutinho, S. R., et al. (2023). "Neighborhood deprivation, built environment, and

Online ISSN 3007-3197
Print ISSN 3007-3189
http://amresearchreview.com/index.php/Journal/about

overweight in adolescents in the city of Oslo." BMC Public Health **23**(1): 812.

Duan, C., et al. (2020). "Removal of heavy metals from aqueous solution using carbon-based adsorbents: A review." Journal of Water Process Engineering **37**: 101339.

Huang, C., et al. (2020). "Clinical features of patients infected with 2019 novel coronavirus in Wuhan, China." The lancet **395**(10223): 497-506.

Kim, J.-h., et al. (2018). "2017 thyroid radiofrequency ablation guideline: Korean Society of Thyroid Radiology." Korean journal of radiology **19**(4): 632-655.

Monterrosa-Castro, Á., et al. (2020). "Estrés laboral, ansiedad y miedo al COVID-19 en médicos generales colombianos." MedUNAB **23**(2): 195-213.

Neufingerl, N. and A. Eilander (2021). "Nutrient intake and status in adults consuming plant-based diets compared to meat-eaters: a systematic review." Nutrients **14**(1): 29.

Nicklett, E. J., et al. (2021). "Food access, diet quality, and nutritional status of older adults during COVID-19: a scoping review." Frontiers in Public Health **9**: 763994.

Patel, M., et al. (2019). "Pharmaceuticals of emerging concern in aquatic systems: chemistry, occurrence, effects, and removal methods." Chemical reviews **119**(6): 3510-3673.

Seid, A. M. and N. F. Babbel (2022). "Prevalence of malnutrition among old age people in Africa." Frontiers in Aging **3**: 1002367.

Shao, T., et al. (2021). "Physical activity and nutritional influence on immune function: an important strategy to improve immunity and health status." Frontiers in physiology **12**: 751374.

Shaw, B. J., et al. (2020). "The peri-urbanization of Europe: A systematic review of a multifaceted process." Landscape and Urban Planning **196**: 103733.

Théry, C., et al. (2018). "Minimal information for studies of extracellular vesicles 2018 (MISEV2018): a position statement of the International Society for Extracellular Vesicles and update of the MISEV2014 guidelines." Journal of extracellular vesicles **7**(1): 1535750.

Victora, C. G., et al. (2021). "Revisiting maternal and child undernutrition in low-income and middle-income countries: variable progress towards an unfinished agenda." The lancet **397**(10282): 1388-1399.

Yee, J., et al. (2020). "Novel coronavirus 2019 (COVID-19): Emergence and implications for emergency care." Jacep Open **1**(2): 63-69.