

# **HINDRANCE FACTORS TOWARDS A HEALTHY LIFESTYLE AMONG THE MEDICAL AND THE NON MEDICAL HIGHER LEARNING STUDENTS OF ILALA DISTRICT, DARESALAAM 2014**

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## **ABSTRACT**

Background The occurrence and progress of chronic non-communicable diseases (NCDs) is associated with unhealthy lifestyles and behaviours. The purpose of this study was to identify barriers to adhere to physical activity and healthy diet among university students as a preventive strategy to NCDs risk factors. Materials and Methods: This cross sectional comparative study involved 130 students from CBE (Male, N=74, Female, N=56), 145 from IFM (Male, N=103, Female, N= 42) and 115 from HKMU (Male, N=66, Female, N=49). In addition to demographics, level of knowledge, lifestyle practice and barriers to adhere to physical activity and healthy diet were identified in a self-reported physical activity and dietary habits questionnaires also several physical measurements were taken such as BMI, blood pressure, and fasting blood glucose. The findings revealed that higher awareness levels did not positively influence neither physical activity nor dietary practices since participants from HKMU were significantly more inactive ( $p < 0.00$ ), consumed fast food ( $p = 0.028$ ), bottle beers ( $p = 0.002$ ), wine glasses ( $p = 0.002$ ), less fruits ( $p = 0.01$ ) and less fish ( $p = 0.00$ ). Under barriers, lack of resources, lack of time, lack of energy and lack of will power were more reported under physical activity whereas lack of time, lack of social influence and lack of willpower were mostly reported as barriers to healthy diet. From these findings it is concluded that longitudinal studies be done to explore the relationship between healthy and unhealthy behaviours. Intervention studies are also suggested to improve health-related behaviours and quality of life among university students.