

**IMPACT OF LIFESTYLE INTERVENTIONS ON NUTRITIONAL STATUS,
PHYSICAL ACTIVITY AND SLEEP PATTERN OF OVERWEIGHT AND OBESE 18
TO 25 YEAR OLD WOMEN DURING COVID-19**

Thesis Submitted in Partial Fulfilment of the Requirements for the
Degree of Doctor of Philosophy in Food Science and Nutrition

By

**NITA ANN JOHNSON
(18PHFNF011)**

Supervisor

DR. S. KOWSALYA

**Department of Food Science and Nutrition
Avinashilingam Institute for Home Science and Higher Education for Women,
Coimbatore – 641 043**

FEBRUARY 2024

80_Recommendations

- Future treatments of the global epidemic i.e., obesity should prioritise lifestyle modifications, especially through improving physical activity and mindful eating instead of recommending diets solely focused on calorie restriction.
- Studies can examine the effect of long-term physical exercise and mindful eating on weight loss and over nutrition among the national as well as international populations across other age groups of the human lifecycle.
- The interdisciplinary nature of community health asserts the need to investigate relationships between nutritional status, stress, mental health and interventions aimed at lifestyle changes.
- Recommending the findings to the policy makers of the State of Tamil Nadu, and the Government of India through educational modules to promote awareness regarding the management of obesity in educational institutions and places of work to reduce the incidence of overnutrition in the country.
- Further, the concept of sustainable lifestyle changes at the individual level will go a long way towards conquering this public health concern to ensure healthier future generations for a healthier planet.