

## APPENDIX - I

# QUESTIONNAIRE ON SOCIOECONOMIC, DIETARY HABITS, HEALTH, LIFE STYLE PATTERN AND NUTRITIONAL STATUS

### SECTION A

#### Socio-economic Information

- 1.0. Name :
- 1.1. Age :
- 1.2. Sex :
- 1.3. Education Qualification :
- 1.4. Occupation :
- 1.5. Type of Activity :
- 1.5.1. \_\_\_\_ Sedentary
- 1.5.2. \_\_\_\_ Moderate
- 1.5.3. \_\_\_\_ Heavy
- 1.6. Type of Family :
- 1.6.1. \_\_\_\_ Joint Family
- 1.6.2. \_\_\_\_ Nuclear Family
- 1.7. Monthly Income of the family :
- 1.7.1. \_\_\_\_ Low Income
- 1.7.2. \_\_\_\_ Middle Income
- 1.7.3. \_\_\_\_ High Income

### SECTION B

#### Dietary Habits

##### **2.0 .Type of diet**

- \_\_\_\_ 1) Vegetarian
- \_\_\_\_ 2) Non Vegetarian
- \_\_\_\_ 3) Ova Vegetarian

##### **2.1. Daily Meals**

On the average how many meals do you consume per day?

- \_\_\_\_ 1) 3 meals with "healthy" snacks
- \_\_\_\_ 2) 3 meals
- \_\_\_\_ 3) 2 meals or less
- \_\_\_\_ 4) No regular eating pattern

## 2.2. Consumption of grain/bread products

On the average, indicate the type and amount of grain products you normally consume per day.

**NOTE:** A serving is 1 sl. bread, 1/3 cup beans / peas, 1/3 cup oatmeal, rice or other grain products.

- \_\_\_\_\_ 1) Whole grains at least 6 to 11 servings per day
- \_\_\_\_\_ 2) Whole grains 6 servings or fewer servings per day
- \_\_\_\_\_ 3) Refined grains such as white bread/rolls/processed flour at least 6 to 11 servings per day
- \_\_\_\_\_ 4) Refined grains such as white bread/rolls/processed flour 6 or less servings per day
- \_\_\_\_\_ 5) Rarely consume grain products

## 2.3. Consumption of vegetables

On the average, how many servings of vegetables do you consume per day? Note: A serving is approximately 1 cup of raw or 1/2 cup of cooked.

- \_\_\_\_\_ 1) At least 3 to 5 servings per day
- \_\_\_\_\_ 2) Less than 3 servings per day
- \_\_\_\_\_ 3) Rarely consume vegetables

## 2.4. Consumption of fruits

On the average, how many servings of fruit do you consume per day? Note: A serving is approximately 1 piece of fruit.

- \_\_\_\_\_ 1) At least 2 to 4 servings per day
- \_\_\_\_\_ 2) Less than 2 servings
- \_\_\_\_\_ 3) Hardly ever consume fruit

## 2.5. Daily consumption of dairy products

On the average, how many servings of dairy products do you consume per day? Note: A serving is approximately 1 cup of milk or 1 oz. of cheese.

- \_\_\_\_\_ 1) At least 2 servings per day
- \_\_\_\_\_ 2) Less than 2 servings
- \_\_\_\_\_ 3) Hardly ever consume dairy products

## 2.6. Type of Dairy products

Indicate the type of dairy products you consume.

- \_\_\_\_\_ 1) Non-fat selections only
- \_\_\_\_\_ 2) Both low fat and nonfat about the same
- \_\_\_\_\_ 3) Low fat only
- \_\_\_\_\_ 4) Usually high fat selections
- \_\_\_\_\_ 5) Do not consume dairy products

## 2.7. Daily consumption of meats and meat products

Indicate the type of meat you normally consume.

- \_\_\_\_\_ 1) Do not consume meat or meat products
- \_\_\_\_\_ 2) Consume daily
- \_\_\_\_\_ 3) Consume twice a week
- \_\_\_\_\_ 4) Consume once in a week
- \_\_\_\_\_ 5) Consume rarely

## 2.9. Consumption of water

On the average, how many glasses of water do you consume per day? Note: A serving is one 8-oz. glass of water only; do not include coffee, soda or other beverages.

- \_\_\_\_\_ 1) At least 8 glasses per day
- \_\_\_\_\_ 2) About 4 to 8 glasses per day
- \_\_\_\_\_ 3) Less than 4 glasses per day
- \_\_\_\_\_ 4) Seldom consume water

## 2.10. Convenience and snack food consumption

On the average how many times per day do you eat convenience foods or forms of fast food?

- \_\_\_\_\_ 1) Never
- \_\_\_\_\_ 2) Less than 1 time per day
- \_\_\_\_\_ 3) More than 1 time per day

## 2.11. Types of oils and fats used in cooking

S.No	Type of fats and oils	Quantity (gm)	Frequency				
			Daily	Twice	Weekly	Fornightly	Monthly
1.	Butter						
2.	Ghee						
3.	Dalda						
4.	Gingelly oil						
5.	Groundnut oil						
6.	Palmolein oil						
7.	Sunflower oil						
8.	Refined groundnut oil						
9.	Rice bran oil						
10.	Red palm oil						
11.	Coconut oil						
12.	Olive oil						
13.	Any other						

## **SECTION C**

### **Lifestyle Pattern**

#### **Alcohol/Caffeine/Tobacco Consumption**

##### **3.0. Consumption of alcohol**

How often do you consume alcohol?

- \_\_\_\_\_ 1) Never drink
- \_\_\_\_\_ 2) 2 days or less per week
- \_\_\_\_\_ 3) 3 days per week
- \_\_\_\_\_ 4) 4 or more days per week

##### **3.1. Number of alcoholic beverages**

On the days you drink, on the average how many drinks do you have?

- \_\_\_\_\_ 1) Never drink
- \_\_\_\_\_ 2) 1 to 2 drinks
- \_\_\_\_\_ 3) 3 to 4 drinks
- \_\_\_\_\_ 4) 5 or more drinks

##### **3.2. Caffeine**

How often do you consume caffeine in your diet including coffee, tea, cola or chocolate?

- \_\_\_\_\_ 1) Never
- \_\_\_\_\_ 2) Occasionally but not every day
- \_\_\_\_\_ 3) 1 to 3 servings daily
- \_\_\_\_\_ 4) 3 to 5 servings daily
- \_\_\_\_\_ 5) More than 5 servings daily

##### **3.3. Smoking status**

Indicate which of the following best represents your current status. **NOTE:** Check all that apply.

- \_\_\_\_\_ 1) Have never smoked
- \_\_\_\_\_ 2) Quit smoking less than 5 years ago
- \_\_\_\_\_ 3) Quit smoking more than 5 years ago
- \_\_\_\_\_ 4) Smoke pipe or cigar
- \_\_\_\_\_ 5) Smoke less than 1 pack of cigarettes per day
- \_\_\_\_\_ 6) Smoke more than 1 pack of cigarettes per day

##### **3.4. Smokeless Tobacco**

Do you use smokeless tobacco?

- \_\_\_\_\_ 1) Yes

\_\_\_\_ 2) No

**Exercise Pattern**

**3.5.** Occupation; please explain your position along with the physical and mental responsibilities involved.

.....

**3.6.** Do you have an ergonomically set up desk/workstation?

.....

**3.7.** How many hours do you spend in front of a computer?

.....

**3.8.** How much time do you spend in a seated position?

.....

**3.9.** On a scale of 1 to 10 (1=not active, 10=very active) please rate how active you are on a daily basis?

.....

**3.10.** How many hours sleep do you get every day?

.....

**3.11.** Do you consider yourself to be under stress? If yes provide details.

.....

**3.12.** Are you currently involved in any exercise program? If yes please list how long and what type of exercises.

.....

.....

**3.13.** Have you ever had a personal trainer? If yes provide details of when and for how long?

.....

**3.15.** Do you smoke? Yes  No  If yes, how many per day

.....

**3.16.** Do you follow, or have you recently followed, any specific dietary intake plan, and in general how do you feel about your nutritional habits?

.....

.....



.....  
4.9. Do you stress or strain? (Job/home/outside)      Yes  No  If yes give details.

.....  
4.10. What is your "chief complaint"?

.....  
4.11. Date of onset & duration

.....  
4.12. What incident do you feel may have caused the problem?

.....  
4.13. Treatment to date

.....  
4.14. Previous diagnoses

.....  
4.15. Does your "chief complaint" affect you on a day-to-day basis? Yes  No  If yes give details

.....  
4.16. Are the symptoms brought on by certain activities?      Yes  No  If yes give details.

.....  
4.17. Do specific activities or positions alleviate your symptoms? Yes  No  If yes give details.  
When is the pain worse?

.....  
4.18. Do you experience fatigue or lack of energy? If yes provide details.

.....  
4.19. What is your current weight?

.....  
4.20. Have you had any of the following: physical therapy, osteopathy, chiropractic, massage therapy, other? Please elaborate.

.....  
4.21. Please list any medications you are currently taking.

## **Family History**

### **4.22. Family history of Coronary Heart Disease occurring before 60 years old.**

Indicate the number of members of your direct family who have died or been diagnosed with Coronary Heart Disease before the age of 60. **NOTE:** Father/Mother/Sister/Brother

- \_\_\_\_\_ 1) None
- \_\_\_\_\_ 2) 1 person
- \_\_\_\_\_ 3) More than 1

### **4.23. Family history of Coronary Heart Disease occurring after 60 years old.**

Indicate the number of members of your direct family who have died or been diagnosed with Coronary Heart Disease after the age of 60. **NOTE:** Father/Mother/Sister/Brother

- \_\_\_\_\_ 1) None
- \_\_\_\_\_ 2) 1 person
- \_\_\_\_\_ 3) More than 1

### **4.24. Family history of Diabetes and Coronary Heart Disease**

Indicate the number of members of your direct family who have been diagnosed with diabetes.  
**NOTE:** Father/Mother/Sister/Brother

- \_\_\_\_\_ 1) None
- \_\_\_\_\_ 2) 1 person

### **4.25. Family history of Strokes or Cerebral Vascular Disease.**

Indicate the number of members of your direct family who have died or been diagnosed with Strokes or Cerebral Vascular Disease. **NOTE:** Father/Mother/Sister/Brother

- \_\_\_\_\_ 1) None
- \_\_\_\_\_ 2) 1 person
- \_\_\_\_\_ 3) More than 1

### **4.26. Personal history of cancer**

Have you ever been diagnosed with any type of cancer?

- \_\_\_\_\_ 1) Yes
- \_\_\_\_\_ 2) No

### **4.27. Personal history of heart disease**

Have you ever been diagnosed with any form of heart disease?

- \_\_\_\_\_ 1) Yes
- \_\_\_\_\_ 2) No

#### 4.28. Signs and symptoms

- Weakness
- Dizziness
- Fatigue
- Palpitations
- Backache
- Shortness of breath
- Change in consciousness
- Vomiting, nausea, chills
- Anxiety

#### 4.29. Complications

- High blood pressure
- High cholesterol levels (fatty deposits which block the arteries)
- High blood sugar
- Heart attack
- Heart failure
- Stroke
- Aneurysm
- Peripheral artery disease
- Sudden cardiac arrest

### SECTION E

#### Nutritional Status

##### Anthropometry

- 5.0 Weight (kg) :
- 5.1. Height (cm) :
- 5.2. BMI :
- 5.3. Waist circumference (cm) :
- 5.4. Hip circumference (cm) :
- 5.5. Waist/Hip Ratio :
- 5.6. 24 hr Dietary recall method :

S.No	Meals	Item	Quantity
1	Early Morning		
2	Breakfast		
3	Mid Morning		
4	Lunch		
5	Evening		
6	Dinner		
7	Bed Time		

**Biochemical**

- 1.15 Cholesterol :
  - 1.15.1 \_\_\_\_\_ Before
  - 1.15.2 \_\_\_\_\_ After
- 1.16 LDL :
  - 1.16.1 \_\_\_\_\_ Before
  - 1.16.2 \_\_\_\_\_ After
- 1.17 HDL :
  - 1.17.1 \_\_\_\_\_ Before
  - 1.17.2 \_\_\_\_\_ After
- 1.18 Triglycerides :
  - 1.18.1 \_\_\_\_\_ Before
  - 1.18.2 \_\_\_\_\_ After

**Address :**

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**Phone / Mobile :**

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All information on this form is correct to the best of my knowledge and I have sought, and followed, any necessary medical advice.

**Client's Signature:** ..... **Date:** .....

**APPENDIX - II**

**ANTHROPOMETRIC MEASEAUREMENTS OF FAW GROUP BEFORE AND AFTER THE INTERVENTION PERIOD**

S.No	Initial			Final			WHR	
	Weight (kg)	Height (m)	BMI	Weight (kg)	Height (m)	BMI	Initial	Final
<b>Female</b>								
1	72.0	1.60	28.13	70.5	1.60	27.54	0.97	0.97
2	64.0	1.57	25.96	61.0	1.57	24.75	0.89	0.90
3	57.5	1.60	22.46	56.5	1.60	22.07	0.89	0.90
4	85.5	1.61	32.98	84.0	1.61	32.41	1.04	1.02
5	56.0	1.50	24.89	52.4	1.50	23.29	0.84	0.86
6	61.0	1.57	24.75	58.0	1.57	23.53	0.88	0.89
7	60.5	1.60	23.63	57.5	1.60	22.46	1.02	1.01
8	53.0	1.65	19.47	50.5	1.65	18.55	0.94	0.85
9	67.0	1.45	31.87	66.5	1.45	31.63	0.97	0.98
10	56.5	1.44	27.25	55.0	1.44	26.52	0.92	0.95
11	74.0	1.57	30.02	70.5	1.57	28.60	1.01	0.97
12	85.0	1.60	33.20	81.0	1.60	31.64	0.87	0.87
13	73.5	1.59	29.07	72.0	1.59	28.48	1.05	1.02
14	76.0	1.62	28.96	74.5	1.62	28.39	0.86	0.85
15	85.0	1.58	34.05	83.5	1.58	33.45	0.90	0.92
16	49.0	1.57	19.88	45.0	1.57	18.26	0.87	0.88
17	87.0	1.60	33.98	85.0	1.60	33.20	0.89	0.90
18	87.5	1.45	41.62	84.5	1.45	40.19	1.04	1.03
19	40.0	1.55	16.65	39.0	1.55	16.23	0.94	0.93
20	48.5	1.45	23.07	46.0	1.45	21.88	0.96	0.94
<b>Male</b>								
21	76.0	1.62	28.96	74.5	1.62	28.39	0.96	0.95
22	84.5	1.68	29.94	82.0	1.68	29.05	0.97	0.98
23	84.0	1.72	28.39	80.0	1.72	27.04	0.95	0.96
24	70.5	1.63	26.53	67.5	1.63	25.41	0.88	0.88
25	98.5	1.74	32.53	96.0	1.74	31.71	1.06	1.07
26	72.0	1.68	25.51	69.5	1.68	24.62	0.82	0.82
27	64.5	1.62	24.58	62.5	1.62	23.81	0.86	0.83
28	64.0	1.61	24.69	61.0	1.61	23.53	0.88	0.87
29	94.5	1.70	32.70	92.0	1.70	31.83	0.85	0.84
30	90.0	1.78	28.41	87.0	1.78	27.46	1.14	1.13

**APPENDIX - III**

**ANTHROPOMETRIC MEASUREMENTS OF AW BEFORE AND AFTER THE INTERVENTION PERIOD**

S.No	Initial			Final			WHR	
	Weight (kg)	Height (m)	BMI	Weight (kg)	Height (m)	BMI	Initial	Final
<b>Female</b>								
1	65.0	1.57	26.37	60.5	1.57	24.54	0.97	0.97
2	50.5	1.45	24.02	45.0	1.45	21.40	0.95	0.97
3	57.0	1.52	24.67	55.0	1.52	23.81	0.88	0.89
4	87.0	1.55	36.21	82.5	1.55	34.34	0.90	0.90
5	84.5	1.45	40.19	80.0	1.45	38.05	0.82	0.83
6	58.0	1.57	23.53	55.0	1.57	22.31	0.86	0.86
7	59.0	1.52	25.54	56.5	1.52	24.45	0.88	0.88
8	71.5	1.60	27.93	68.5	1.60	26.76	0.85	0.81
9	55.0	1.54	23.19	51.5	1.54	21.72	1.03	1.03
10	62.0	1.51	27.19	58.0	1.51	25.44	1.03	1.02
11	69.5	1.53	29.69	67.0	1.53	28.62	0.93	0.93
12	65.0	1.59	25.71	63.0	1.59	24.92	0.90	0.90
13	73.5	1.42	36.45	70.0	1.42	34.72	0.92	0.93
14	68.0	1.68	24.09	66.0	1.68	23.38	0.92	0.90
15	77.0	1.60	30.08	73.0	1.60	28.52	0.93	0.92
16	52.0	1.45	24.73	50.0	1.45	23.78	0.96	0.98
17	65.0	1.42	32.24	61.5	1.42	30.50	0.85	0.84
18	77.5	1.58	31.04	74.5	1.58	29.84	0.96	0.97
19	60.5	1.56	24.86	58.0	1.56	23.83	0.94	0.95
20	87.0	1.54	36.68	83.0	1.54	35.00	0.89	0.90
<b>Male</b>								
21	64.5	1.62	24.58	61.0	1.62	23.24	1.03	1.03
22	80.0	1.72	27.04	76.5	1.72	25.86	0.93	0.92
23	82.5	1.50	36.67	80.0	1.50	35.56	0.90	0.90
24	64.0	1.70	22.15	61.5	1.70	21.28	1.05	1.08
25	66.5	1.60	25.98	63.0	1.60	24.61	0.92	0.91
26	80.0	1.52	34.63	78.5	1.52	33.98	0.93	0.92
27	67.0	1.65	24.61	65.5	1.65	24.06	0.86	0.86
28	77.5	1.70	26.82	75.0	1.70	25.95	0.90	0.89
29	70.0	1.68	24.80	68.0	1.68	24.09	1.04	1.04
30	69.5	1.60	27.15	67.0	1.60	26.17	0.89	0.90

**APPENDIX - IV**

**ANTHROPOMETRIC MEASUREMENTS OF FG GROUP BEFORE AND AFTER THE INTERVENTION PERIOD**

S.No	Initial			Final			WHR	
	Weight (kg)	Height (m)	BMI	Weight (kg)	Height (m)	BMI	Initial	Final
<b>Female</b>								
1	80.0	1.55	33.30	76.5	1.55	31.84	0.82	0.79
2	94.5	1.70	32.70	90.5	1.70	31.31	0.96	0.96
3	55.0	1.68	19.49	52.5	1.68	18.60	0.94	0.92
4	57.0	1.45	27.11	54.5	1.45	25.92	0.87	0.87
5	59.5	1.52	25.75	54.5	1.52	23.59	0.85	0.85
6	80.0	1.62	30.48	75.0	1.62	28.58	0.94	0.93
7	57.5	1.65	21.12	56.5	1.65	20.75	0.93	0.96
8	68.0	1.57	27.59	66.0	1.57	26.78	0.94	0.96
9	54.0	1.52	23.37	51.0	1.52	22.07	0.93	0.94
10	38.5	1.50	17.11	35.5	1.50	15.78	0.87	0.89
11	72.0	1.65	26.45	68.0	1.65	24.98	0.82	0.85
12	75.0	1.66	27.22	70.5	1.66	25.58	0.96	0.93
13	45.5	1.45	21.64	42.5	1.45	20.21	0.94	0.93
14	72.5	1.60	28.32	69.5	1.60	27.15	0.87	0.86
15	105.0	1.70	36.33	98.0	1.70	33.91	1.01	1.00
16	65.0	1.71	22.23	60.5	1.71	20.69	1.10	1.07
17	72.0	1.77	22.98	69.0	1.77	22.02	0.92	0.91
18	79.0	1.63	29.73	77.5	1.63	29.17	0.93	0.89
19	59.5	1.60	23.24	57.0	1.60	22.27	0.86	0.88
20	94.0	1.65	34.53	92.0	1.65	33.79	0.90	0.90
<b>Male</b>								
21	61.5	1.72	20.79	58.5	1.72	19.77	1.04	1.03
22	74.0	1.71	25.31	72.0	1.71	24.62	0.86	0.86
23	67.0	1.52	29.00	65.5	1.52	28.35	0.89	0.90
24	73.5	1.50	32.67	70.0	1.50	31.11	0.89	0.89
25	70.0	1.62	26.67	66.5	1.62	25.34	1.04	1.02
26	93.0	1.70	32.18	90.5	1.70	31.31	0.84	0.86
27	85.0	1.78	26.83	81.5	1.78	25.72	1.08	1.06
28	64.5	1.62	24.58	63.0	1.62	24.01	1.08	1.08
29	90.0	1.78	28.41	86.5	1.78	27.30	0.85	0.84
30	50.0	1.68	17.72	49.0	1.68	17.36	0.92	0.93

**APPENDIX - V**

**ANTHROPOMETRIC MEASUREMENTS OF FS GROUP BEFORE AND AFTER THE INTERVENTION PERIOD**

S.No	Initial			Final			WHR	
	Weight (kg)	Height (m)	BMI	Weight (kg)	Height (m)	BMI	Initial	Final
<b>Female</b>								
1	88.0	1.62	33.53	86.5	1.62	32.96	0.87	0.89
2	72.0	1.55	29.97	70.0	1.55	29.14	0.89	0.89
3	71.5	1.46	33.54	68.0	1.46	31.90	1.04	1.06
4	87.0	1.60	33.98	85.5	1.60	33.40	0.95	0.96
5	66.0	1.61	25.46	63.0	1.61	24.30	1.08	1.07
6	62.0	1.59	24.52	60.0	1.59	23.73	0.90	0.90
7	50.5	1.50	22.44	48.0	1.50	21.33	0.82	0.82
8	45.0	1.40	22.96	44.0	1.40	22.45	0.86	0.87
9	73.0	1.68	25.86	69.5	1.68	24.62	0.89	0.88
10	81.0	1.70	28.03	78.5	1.70	27.16	0.89	0.90
11	80.5	1.69	28.19	77.0	1.69	26.96	1.04	1.04
12	64.0	1.64	23.80	61.5	1.64	22.87	0.84	0.84
13	99.5	1.72	33.63	93.0	1.72	31.44	0.88	0.86
14	76.0	1.70	26.30	73.0	1.70	25.26	0.85	0.85
15	49.5	1.50	22.00	46.0	1.50	20.44	0.85	0.84
16	58.0	1.54	24.46	55.5	1.54	23.40	0.92	0.93
17	81.0	1.69	28.36	78.5	1.69	27.49	0.92	0.91
18	65.0	1.67	23.31	63.0	1.67	22.59	0.93	0.90
19	69.5	1.70	24.05	66.0	1.70	22.84	0.94	0.92
20	85.0	1.70	29.41	81.0	1.70	28.03	1.10	1.11
<b>Male</b>								
21	93.0	1.78	29.35	90.0	1.78	28.41	0.92	0.92
22	73.5	1.72	24.84	70.5	1.72	23.83	0.99	1.00
23	74.0	1.65	27.18	71.5	1.65	26.26	0.93	0.91
24	71.0	1.66	25.77	68.0	1.66	24.68	0.89	0.88
25	79.5	1.68	28.17	77.0	1.68	27.28	0.82	0.82
26	76.0	1.69	26.61	73.5	1.69	25.73	0.96	0.96
27	64.0	1.62	24.39	61.5	1.62	23.43	0.94	0.94
28	81.5	1.70	28.20	78.0	1.70	26.99	0.93	0.93
29	85.0	1.72	28.73	82.5	1.72	27.89	0.86	0.83
30	68.5	1.68	24.27	66.0	1.68	23.38	1.03	1.03

**APPENDIX – VI**

**ANTHROPOMETRIC MEASUREMENTS OF CONTROL GROUP BEFORE AND AFTER THE INTERVENTION PERIOD**

S.No	Initial			Final			WHR	
	Weight (kg)	Height (m)	BMI	Weight (kg)	Height (m)	BMI	Initial	Final
<b>Female</b>								
1	86.0	1.73	28.73	85.0	1.73	28.40	0.82	0.83
2	91.5	1.66	33.21	91.0	1.66	33.02	0.96	0.95
3	70.5	1.65	25.90	70.0	1.65	25.71	0.94	0.92
4	92.0	1.70	31.83	88.0	1.70	30.45	0.93	0.90
5	83.5	1.55	34.76	83.5	1.55	34.76	0.86	0.84
6	66.0	1.58	26.44	65.5	1.58	26.24	0.90	0.90
7	72.0	1.67	25.82	71.5	1.67	25.64	0.87	0.89
8	55.5	1.54	23.40	56.0	1.54	23.61	1.04	1.01
9	59.0	1.63	22.21	60.0	1.63	22.58	0.84	0.87
10	61.5	1.65	22.59	63.0	1.65	23.14	0.88	0.87
11	73.0	1.70	25.26	72.0	1.70	24.91	0.85	0.87
12	53.0	1.56	21.78	55.0	1.56	22.60	0.94	0.96
13	56.5	1.54	23.82	55.5	1.54	23.40	0.97	0.96
14	74.0	1.67	26.53	75.0	1.67	26.89	0.93	0.93
15	68.0	1.65	24.98	68.0	1.65	24.98	0.94	0.95
16	59.5	1.68	21.08	59.5	1.68	21.08	0.89	0.92
17	72.0	1.66	26.13	70.0	1.66	25.40	0.82	0.85
18	61.0	1.68	21.61	61.0	1.68	21.61	0.96	0.92
19	80.0	1.71	27.36	79.5	1.71	27.19	0.94	0.92
20	60.5	1.61	23.34	60.5	1.61	23.34	0.93	0.93
<b>Male</b>								
21	100.0	1.75	32.65	98.0	1.75	32.00	0.87	0.86
22	66.5	1.68	23.56	66.0	1.68	23.38	1.04	1.03
23	70.0	1.62	26.67	71.0	1.62	27.05	0.84	0.84
24	67.0	1.68	23.74	67.0	1.68	23.74	0.88	0.87
25	67.5	1.67	24.20	65.5	1.67	23.49	0.85	0.87
26	82.0	1.65	30.12	81.0	1.65	29.75	0.94	0.94
27	70.0	1.78	22.09	69.5	1.78	21.94	0.97	0.96
28	60.0	1.70	20.76	59.5	1.70	20.59	1.00	1.00
29	70.5	1.72	23.83	70.0	1.72	23.66	0.94	0.96
30	85.0	1.79	26.53	86.0	1.79	26.84	0.89	0.89

**APPENDIX - VII**

**LIPID PROFILE OF FAW GROUP BEFORE AND AFTER THE INTERVENTION PERIOD**

S.No	Total cholesterol (mg/dl)		LDL cholesterol (mg/dl)		HDL cholesterol (mg/dl)		Triglycerides (mg/dl)		VLDL cholesterol (mg/dl)		TC/HDL ratio	
	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	276	214	169	113	46	50	305	255	61	51	6.0	4.3
2	260	199	172	116	41	45	235	189	47	38	6.3	4.4
3	280	244	196	160	43	51	207	167	41	33	6.5	4.8
4	281	232	196	155	43	45	210	160	42	32	6.5	5.2
5	264	216	153	120	39	36	364	300	72	60	6.8	6.0
6	278	246	188	132	45	65	225	248	45	49	6.2	3.8
7	286	229	183	137	41	44	312	242	62	48	7.0	5.2
8	242	182	138	68	43	63	307	257	61	51	5.6	2.9
9	287	228	198	136	41	52	242	200	48	40	7.0	4.4
10	247	197	156	92	42	64	247	205	49	41	5.9	3.1
11	294	259	195	172	42	41	283	233	57	46	7.0	6.3
12	285	247	194	163	42	48	244	178	49	36	6.8	5.1
13	269	176	176	78	42	58	256	200	51	40	6.4	3.0
14	268	217	180	135	39	43	243	198	49	39	6.9	5.0
15	246	193	153	98	38	46	275	246	55	49	6.5	4.2
16	254	172	166	89	46	46	212	189	42	37	5.5	3.7
17	263	236	175	156	37	41	253	199	51	39	7.1	5.8
18	279	240	198	167	32	40	245	166	49	33	8.7	6.0
19	267	246	184	170	43	47	200	147	40	29	6.2	5.2
20	255	221	174	142	33	42	240	186	48	37	7.7	5.3
21	262	195	185	124	38	40	194	154	39	31	6.9	4.9
22	278	218	168	98	46	66	322	272	64	54	6.0	3.3
23	282	243	198	160	40	47	221	179	44	36	7.1	5.2
24	294	265	190	158	45	58	294	244	59	49	6.5	4.6
25	246	206	151	98	38	61	288	238	57	47	6.5	3.4
26	289	236	185	146	45	49	297	205	59	41	6.4	4.8
27	264	236	181	150	39	51	222	174	44	35	6.8	4.6
28	262	202	176	104	41	63	223	174	45	35	6.4	3.2
29	283	242	199	154	40	51	221	186	44	37	7.1	4.7
30	287	238	212	162	35	42	198	173	40	34	8.2	5.7

APPENDIX - VIII

LIPID PROFILE OF AW GROUP BEFORE AND AFTER THE INTERVENTION PERIOD

S.No	Total cholesterol (mg/dl)		LDL cholesterol (mg/dl)		HDL cholesterol (mg/dl)		Triglycerides (mg/dl)		VLDL cholesterol (mg/dl)		TC/HDL ratio	
	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	281	232	192	143	43	50	233	196	46	39	6.5	4.6
2	286	250	199	153	41	58	231	194	46	39	7.0	4.3
3	283	247	190	157	39	44	270	231	54	46	7.3	5.6
4	243	206	159	107	42	64	209	176	42	35	5.8	3.2
5	244	211	139	106	45	53	302	262	60	52	5.4	4.0
6	282	253	195	151	39	62	239	202	48	40	7.2	4.1
7	291	248	182	147	46	47	313	173	63	54	6.3	5.3
8	286	248	196	155	44	54	231	198	46	39	6.5	4.6
9	281	224	182	110	42	65	284	248	57	49	6.7	3.4
10	243	220	167	131	41	60	176	145	35	29	5.9	3.7
11	241	191	150	85	39	61	262	224	52	45	6.2	3.1
12	287	267	200	179	42	56	228	162	45	32	6.8	4.8
13	242	198	163	123	38	40	207	176	41	35	6.4	5.0
14	268	236	175	147	39	46	274	219	54	43	6.9	5.1
15	282	259	184	174	45	45	267	200	53	40	6.3	5.8
16	241	196	155	110	42	49	221	188	44	37	5.7	4.0
17	246	211	171	130	37	50	194	156	38	31	6.6	4.2
18	268	236	192	158	36	49	200	145	40	29	7.4	4.8
19	290	266	204	174	38	53	240	195	48	39	7.6	5.0
20	270	226	178	126	39	51	268	245	53	49	6.9	4.4
21	289	260	189	163	44	49	281	243	56	48	6.6	5.3
22	258	232	178	137	39	60	207	175	41	35	6.6	3.9
23	283	254	189	149	40	59	271	232	54	46	7.1	4.3
24	275	245	180	148	46	46	296	256	49	51	6.0	5.3
25	296	244	198	150	41	45	287	247	57	49	7.2	5.4
26	242	200	151	120	39	37	258	218	52	43	6.2	5.4
27	254	203	173	127	44	45	186	155	37	31	5.8	4.5
28	290	259	188	167	46	52	280	200	56	40	6.3	5.0
29	275	229	187	147	42	45	233	185	46	37	6.5	5.1
30	273	240	175	145	43	49	278	233	55	46	6.3	4.9

APPENDIX - IX

LIPID PROFILE OF FG GROUP BEFORE AND AFTER THE INTERVENTION PERIOD

S.No	Total cholesterol (mg/dl)		LDL cholesterol (mg/dl)		HDL cholesterol (mg/dl)		Triglycerides (mg/dl)		VLDL cholesterol (mg/dl)		TC/HDL ratio	
	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	245	215	179	141	40	52	128	110	26	22	6.1	4.1
2	260	243	194	172	41	49	126	111	25	22	6.3	5.0
3	264	224	202	148	39	59	116	86	23	17	6.8	3.8
4	255	232	190	163	41	49	119	100	24	20	6.2	4.7
5	279	250	210	177	43	48	132	125	26	25	6.5	5.2
6	292	272	218	184	46	66	140	110	28	22	6.3	4.1
7	252	229	185	158	42	54	124	89	25	17	6.0	4.2
8	241	201	175	121	39	59	135	105	27	21	6.2	3.4
9	245	180	180	98	39	60	129	111	26	22	6.3	3.0
10	244	230	176	166	41	45	136	99	27	19	6.0	5.1
11	251	214	174	138	38	47	197	145	39	29	6.6	4.6
12	249	199	185	130	41	52	114	88	23	17	6.1	3.8
13	261	206	202	142	37	45	113	97	22	19	7.1	4.6
14	266	217	198	144	40	53	143	100	28	20	6.7	4.1
15	271	236	209	163	39	54	118	99	23	19	6.9	4.4
16	263	222	203	147	38	55	111	103	22	20	6.9	4.0
17	251	197	186	122	34	49	156	132	31	26	7.4	4.0
18	241	184	175	101	41	57	129	134	25	26	5.9	3.2
19	264	170	192	97	42	51	151	112	30	22	6.3	3.3
20	274	236	211	159	37	57	132	100	26	20	7.4	4.1
21	249	209	182	129	40	60	133	103	27	20	6.2	3.5
22	243	200	174	127	45	47	121	130	24	26	5.4	4.3
23	263	226	195	149	43	51	125	132	25	26	6.1	4.4
24	244	204	175	121	44	64	126	96	25	19	5.5	3.2
25	245	200	179	123	40	53	132	120	26	24	6.1	3.8
26	258	218	191	137	39	59	142	112	28	22	6.6	3.7
27	263	244	194	176	42	48	136	104	27	20	6.3	5.1
28	257	247	192	166	41	55	122	130	24	26	6.3	4.5
29	249	207	178	132	43	47	144	140	28	28	5.8	4.4
30	256	218	190	145	42	49	121	120	24	24	6.1	4.4

**APPENDIX - X**

**LIPID PROFILE OF FS GROUP BEFORE AND AFTER THE INTERVENTION PERIOD**

S.No	Total cholesterol (mg/dl)		LDL cholesterol (mg/dl)		HDL cholesterol (mg/dl)		Triglycerides (mg/dl)		VLDL cholesterol (mg/dl)		TC/HDL ratio	
	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	284	262	220	185	42	62	108	78	22	15	6.8	4.2
2	241	212	175	143	41	40	126	145	25	29	5.9	5.3
3	249	198	181	129	40	50	138	97	28	19	6.2	4.0
4	256	210	182	143	48	46	131	109	26	21	5.3	4.6
5	248	176	179	107	45	49	119	101	24	20	5.5	3.6
6	247	187	183	111	40	57	119	99	24	19	6.2	3.3
7	243	195	176	118	41	59	131	93	26	18	5.9	3.3
8	275	250	208	180	42	54	126	81	25	16	6.5	4.6
9	262	245	197	174	41	47	119	120	24	24	6.4	5.2
10	261	221	196	143	40	60	124	94	25	18	6.5	3.7
11	248	215	180	138	45	60	117	85	23	17	5.5	3.6
12	245	205	181	127	40	60	121	91	24	18	6.1	3.4
13	259	265	198	205	35	40	131	100	26	20	7.4	6.6
14	252	245	187	170	37	57	141	92	28	18	6.8	4.3
15	245	198	180	129	39	50	132	97	26	19	6.3	4.0
16	270	187	195	116	45	50	154	106	30	21	6.0	3.7
17	271	202	203	131	42	52	132	98	26	19	6.5	3.9
18	255	165	190	94	41	48	122	115	24	23	6.2	3.4
19	241	168	178	101	40	49	119	90	23	18	6.0	3.4
20	257	156	199	91	38	45	101	100	20	20	6.8	3.5
21	290	250	199	146	46	66	224	194	45	38	6.3	3.8
22	240	201	179	139	40	45	105	87	21	17	6.0	4.5
23	242	199	178	124	40	55	121	100	24	20	6.1	3.6
24	249	215	182	128	41	58	130	145	26	29	6.1	3.7
25	246	175	177	103	42	49	136	118	27	23	5.9	3.6
26	271	246	194	163	41	53	180	153	36	30	6.6	4.6
27	263	231	194	161	44	50	124	100	25	20	6.0	4.6
28	267	240	188	151	42	59	185	150	37	30	6.4	4.1
29	249	215	177	140	41	45	156	150	31	30	6.1	4.8
30	244	185	173	104	45	52	132	147	26	29	5.4	3.6

**APPENDIX - XI**

**LIPID PROFILE OF CONTROL GROUP BEFORE AND AFTER THE INTERVENTION PERIOD**

S.No	Total cholesterol (mg/dl)		LDL cholesterol (mg/dl)		HDL cholesterol (mg/dl)		Triglycerides (mg/dl)		VLDL cholesterol (mg/dl)		TC/HDL ratio	
	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final	Initial	Final
1	281	278	187	186	42	40	261	260	52	52	6.7	7.0
2	290	286	177	175	43	41	353	350	70	70	6.7	7.0
3	277	276	188	189	40	38	249	248	49	49	6.9	7.3
4	260	268	194	198	43	46	114	124	23	24	6.0	5.8
5	243	245	178	176	43	46	109	119	22	23	5.7	5.3
6	246	206	179	134	43	46	122	132	24	26	5.7	4.5
7	283	291	215	224	43	41	123	133	25	26	6.6	7.1
8	278	286	186	196	43	41	247	248	49	49	6.5	7.0
9	245	238	166	152	39	57	201	146	40	29	6.3	4.2
10	249	279	181	206	42	45	133	143	26	28	5.9	6.2
11	268	275	177	190	41	45	251	200	50	40	6.5	6.1
12	272	270	212	201	38	46	110	115	22	23	7.2	5.9
13	247	250	179	177	42	45	131	140	26	28	5.9	5.6
14	268	281	195	213	40	38	169	150	33	30	6.7	7.4
15	295	299	217	215	38	44	203	200	40	40	7.8	6.8
16	260	289	159	190	42	40	295	295	59	59	6.2	7.2
17	253	266	187	199	41	39	129	140	25	28	6.2	6.8
18	256	249	186	178	47	46	116	126	23	25	5.4	5.4
19	252	250	190	179	40	47	114	124	22	24	6.3	5.3
20	255	291	186	223	49	47	103	105	20	21	5.2	6.2
21	288	286	197	198	43	41	239	238	48	47	6.7	7.0
22	279	276	187	186	41	39	257	258	51	51	6.8	7.1
23	283	280	197	197	41	39	223	220	45	44	6.9	7.2
24	269	292	170	196	46	44	264	260	53	52	5.8	6.6
25	263	216	189	146	41	39	163	158	33	31	6.4	5.5
26	258	256	187	181	44	47	133	143	27	28	5.9	5.4
27	245	253	177	180	43	46	127	137	25	27	5.7	5.5
28	243	241	174	168	44	47	124	134	25	26	5.5	5.1
29	242	261	169	183	48	51	126	136	25	27	5.0	5.1
30	243	231	174	157	40	43	147	157	29	31	6.1	5.4