

**METABOLIC SYNDROME IN RELATION TO
BODY COMPOSITION AND LIFESTYLE ADAPTATION AMONG
SELECTED ADULTS RESIDING IN BENGALURU**

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

By

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80_Recommendation

- The study was confined to one centre and those visiting the hospital for preventive health checkups were only screened. The study may be extended to a larger population and can conduct a multicentric study in various parts of Bengaluru or districts of Karnataka or interstate in South India or across various states in India.
- The study can be extended in duration. On periodic review, the health parameters of the subjects if monitored will give a better insight on public health and their awareness.
- Body composition analysis in the current research was done only for those who had metabolic syndrome. The body composition analysis can be done for the larger group of those with and without metabolic syndrome.
- The Knowledge, Attitude and Practice (KAP) scores when studied on a larger group and for a longer duration can give some valuable insights on how the preventive measures can be implemented better to reduce the risk of metabolic syndrome.
- In long-duration studies with periodic reviews; the impact on the quality of life or efficiency while doing the job/ occupation among those who reduced their metabolic syndrome criteria or became non- metabolic syndrome can be studied.
- The adolescent age group of boys and girls have altered dietary habits and are more exposed to lifestyle changes. Hence, it is recommended to study the prevalence rate of metabolic syndrome and address through lifestyle counselling intervention. This helps in preventing future metabolic syndrome or other NCD's and allow to adopt a better lifestyle, to build a healthier community.