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**FOOD HABITS AMONG COLLEGE GOING GIRLS IN SHIMOGA DISTRICT
KARNATAKA- A CASE STUDY**

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Abstract

According to the World Health Organization the entire world is moving towards public health disaster as approximately 16 million people annually fall victim to lifestyle diseases prematurely. The urbanization and development have resulted in remarkable improvements in health care and living standards. However food habit related diseases and health behaviors are a major concern among college going girls in India. Very limited information exists regarding food habits and health behaviors in college going girls. This study involves over 100 female students (Avg. age of 19.63 years) from various degree colleges in Shimoga district. The survey questionnaires were set to collect the information regarding food habits and health awareness. The study shows that the majority of students feel that the good food habits form important basis for the better health, and are aware of it. However the survey reveals that in practice they ignore the healthy behavior and are prone to lifestyle diseases. The study stresses on need for creation of awareness regarding lifestyle diseases and how simple modification in lifestyle leads to healthy life, among college going girls.

Key words: lifestyle, food habits, diseases, behaviors, awareness, college going girls.

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