

Prevalence of behavioural risk factors of non-communicable diseases among undergraduate medical students in Raipur city: Reg No: 435_

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ABSTRACT

Introduction: In 2021, non-communicable diseases (NCDs) caused 43 million deaths worldwide, including 18 million premature deaths, mostly in low- and middle-income countries. Studies in India show high prevalence of NCD risk factors among young adults. Medical students, despite their role in promoting health, are prone to unhealthy lifestyles. This makes their risk factor assessment essential to guide interventions for the well-being of the future healthcare workforce. **Methodology:** A cross-sectional study was conducted among 384 undergraduate medical students in Raipur City during the period of 2024-25, who were selected by simple random sampling. A self-administered questionnaire adapted from the WHO-STEPPS instrument was used to assess risk factors. **Results:** Out of 384 students, 54.9% were males and 45.1% were females. The mean age of study participants was 21.23±1.96 years. The majority of students (65.4%) followed a mixed diet. Only 3.4% of students met the WHO recommendation of intake of ≥5 servings of fruits and vegetables/day. Frequent intake (≥3 days/week) of sugary drinks, fast food, and sweets/chocolates was reported by 20.3%, 33.3%, and 31.5%, respectively. Almost 15% of students reported regular consumption of extra salt. Around 69.5% of students engaged in adequate physical activity (≥150 minutes/week). Ever use of tobacco and alcohol was reported by 10.2% and 16.1% of students, respectively. More than half (54.16%) of the participants had one risk factor. **Conclusion:** There is a high prevalence of behavioural risk factors for NCDs among undergraduate medical students in Raipur city. These findings highlight the need for regular screening and targeted lifestyle counselling among college students.

KEYWORDS

Non-communicable diseases, risk factors, medical students