

Impact of Lockdown on the Dietary Habit of People of Different Age Groups From Pune City (Mahaashtra)

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Abstract:

The Covid-19 pandemic led to lockdown all parts of the world and, hence, changed some daily habits, including social interactions, the ability to perform sports, and— possibly— diet. The government of India established and promulgated lockdown policies on 19 March 2020. Nearly, 23.9% of responders did not substantially modify their diet during the lockdown; however, 76.1% of them reported that they changed their eating habit during lockdown, and 47.33% have gained their weight.. Nearly 41.66% of responders reported an increase in bread, chocolate, ice-cream, cakes, etc. Interestingly, 30.55% of responders increased their consumption of fresh fruit and vegetables in order to increase their immunity. Only 30.5% of those who declared decreased consumption attributed this change of diet to lower availability and ease of purchasing such items. Equally interesting, over 83.33% of responders, admitted that Aayurvedik Kadha is very good in lockdown while 88.8% gives the preference to eat C vitamin content fruits.

Keywords: Covid-19; diet; dietary habits; immunity; lockdown

Introduction

The Covid-19 pandemic led to lockdowns in several parts of the world and, hence, changed several daily habits, including social interactions, the ability to perform sports, and— possibly— diet. Diet being one of the foremost contributors to health, it is conceivable that a situation in which food availability, access to it, and a shift from eating out to mandatory in-house consumption could have change the dietary profiles of several people. Interesting research is suggesting that the easier it is to purchase healthful foods, the easier it is to follow appropriate diets. Food accessibility may be impaired during lockdown, which could easily impact the overall diet quality. Moreover, the impending possibility of job losses, reduced incomes, and uncertainties regarding the future might speculatively lead some people to reduce their expenditures, including those for food. Finally, lockdowns greatly reduce the amount of physical activity and created vicious cycles by which sub-optimal diets increase the noxious health effects of sitting at home. This situation is aggravated by severe restraints, such as anxiety, mental stress or often experience psychological distress. Indeed, some authors are proposing prospective neuropsychiatric monitoring of individuals exposed to SARS-CoV-2 at various points in the life course. Even though the neuropsychiatric burden of this pandemic is currently unknown, it is likely to be significant. Diets are being proposed as having positive effects on mood, possibly because they provide vitamins, proteins, etc. On the other hand, dietary choices are strongly influenced by psychological factors in addition to the environment where we live or our beliefs. In short, it is conceivable that lockdowns bring about dietary changes whose long-term health effects are unknown and also worth investigating. The Indian government established and promulgated lockdown policies from 19 March 2020.

The study area

The Pune Municipal Corporation (PMC) administers the city. The Pune Municipal Corporation (PMC) was established on 15th February 1950. The PMC controls the entire administration of Pune. For administrative convenience, the Municipal Corporation of Pune city has been divided into four zones which include 14 Ward Offices (having 144 wards). Each ward office includes more than 9 sub wards. The present work measures the food habit of Pune citizens change during lockdown period.

Objectives

The broad objectives of the present study are as follow:

- i) To study the impact of Covid 19 on change of food habits of people in the Pune city
- ii) To evaluate the impact of Covid 19 on different age groups

Method and Data collection

Data was collected from the citizens by means of a questionnaire that was generated and received through google documents for which the link were circulated through what's app. For the purpose of present study thirty -six samples from different age groups from Pune Municipal Jurisdiction were selected and these sample were distributed over 5 age groups (less than 12 years, 12 to 23 years, 24 to 40 years, 40 to 60 years and above 60 years).

Result:

Overall observation is showing in the figure A that 76% people are saying they modified their food habit due to Covid 19 (Figure A). Nearly 30.55%, because of greater difficulty to find certain product, 8.33% because of increase price of certain product, 33.33% because of increase stress to go out to buy and 30.55% people just change their diet because to increase immunity (Figure B). During the lockdown the outside situation was terrible due to Covid 19 hence 72.22% people went for the Healthy Food may be just because to increase their immunity, then 5.56% prefer junk food which is the less people prefer this type of food as the 22.22% people went for the both healthy plus junk food (Figure C).

It was observed that nearly 41.46% people prefer mostly the bread, chocolate, ice-cream, cakes, etc . When the pandemic situation was going on, maximum people gave preference to take some Ayurvedic Kadha (83.33%), Arsenic Album (55.55%), Tab. Vitamin C (16.66%) and C- Vitamin Contain fruits (88.87%) in order to increase their immunity (Figure E). When the survey was going on regarding to change in food habits then most of the citizens are also gave the maximum preference to drinking beverages, like, tea, coffee, buttermilk, alcohol, juice, etc. then the result like almost half of the responders saying, Yes, I have increase it (52.77%), while 13.88% responders saying it is decreasing and 33.33% responders saying No, it is as usual. (Figure F). People who were sitting at their home and could not go outside as well not go to their offices so it was asked whether they are eating more as they fulltime in the home so the result is, 47.22% responders are in favour of a bit more they are eating while 8.33% people eating much more. (Figure G). As the food habit of the citizens changed a lot and people are eating more while sitting at home hence the next observation is on the basis of their weight, hence 47.33% responders gained their weight while 50% people not changing their weight. (Figure H). During lockdown almost all people as well as kids are at home and also closing of all the restaurants and outside food, so the women have to cook maximum time and in a huge amount with variety of food and some women get some time to learn new dishes. Below graphical presentations are showing how the lockdown have brought the huge change in the food habits of the Pune citizens.

1. Food Habit Changed During Covid 19



FIGURE – A

2. The Main Reasons for Changing the Diet Pattern

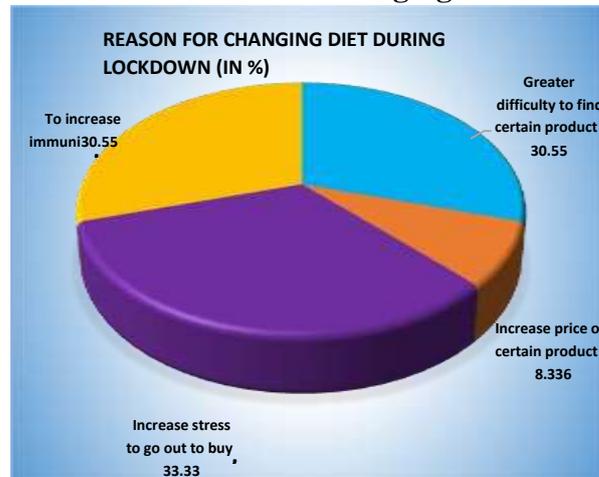


FIGURE – B

3. Preferences of Food Eating During the Lockdown

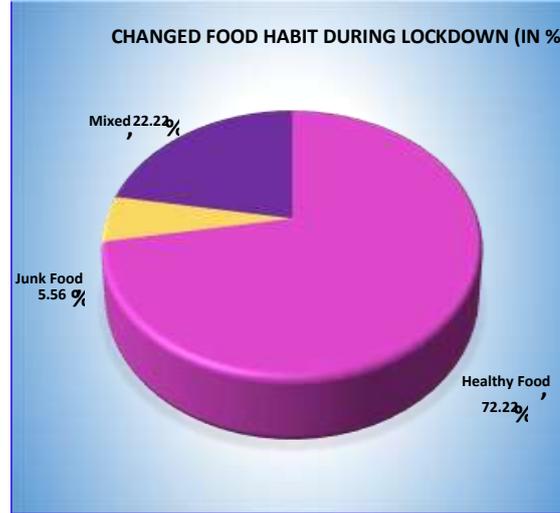


FIGURE – C

4. Change in Other Type of Food Consumption (Bread, Chocolate, Ice-Cream, Cakes, Etc.)

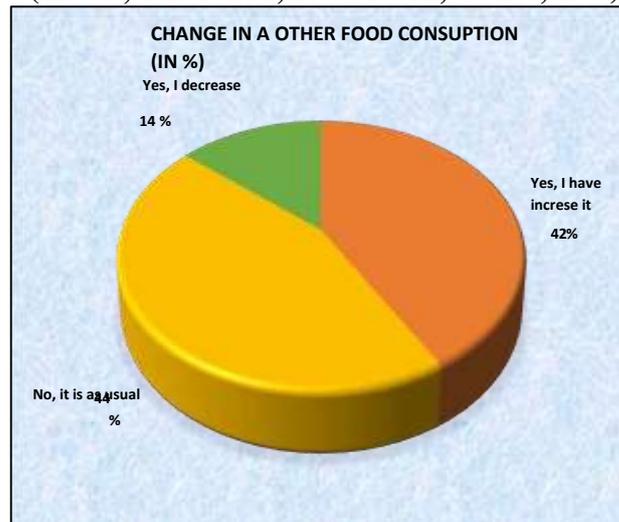


FIGURE – D

5. Food for Increase the Immunity (Ayurvedik Kadha, Arsenic Album Homeopathic Tablets, Tab. Vitamin C, Vitamin C - Contain Fruits)

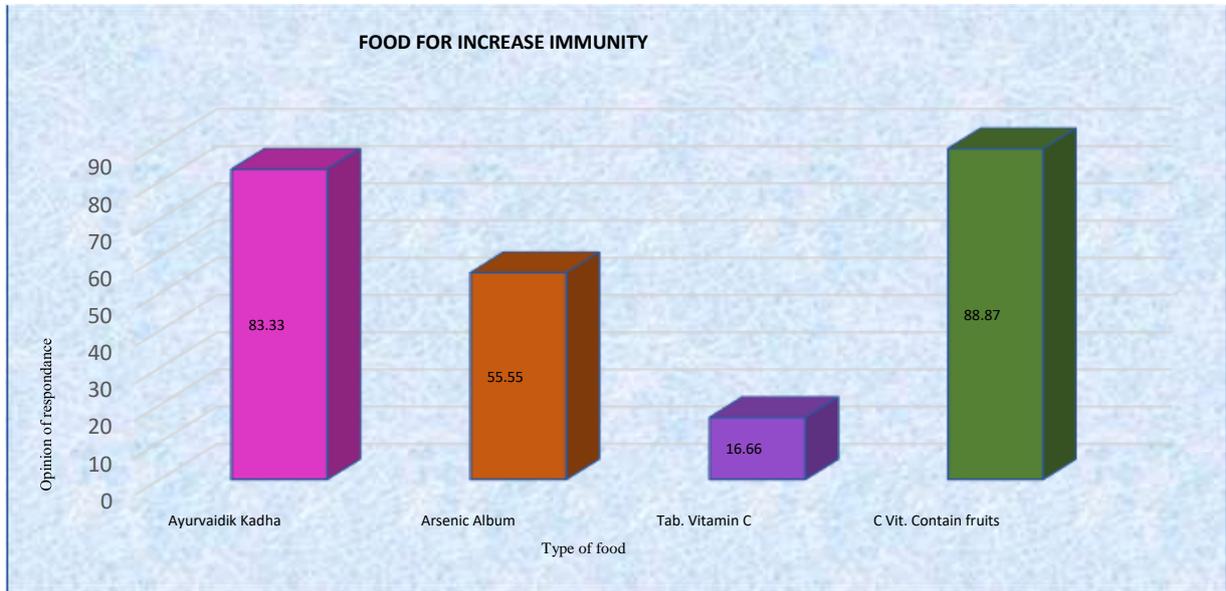


FIGURE – E

5. Change in the Beverage Drinking Pattern (Tea, Coffee, Buttermilk, Alcohol, Juice, Etc.)



FIGURE – F

7. Eating More during the Lockdown

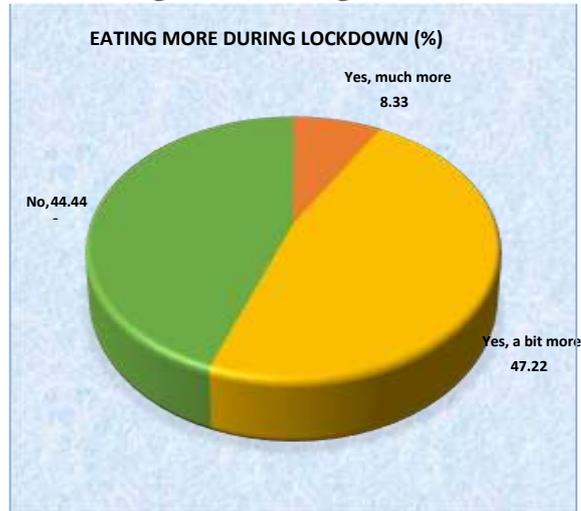


FIGURE – G

8. Weight gained during lockdown

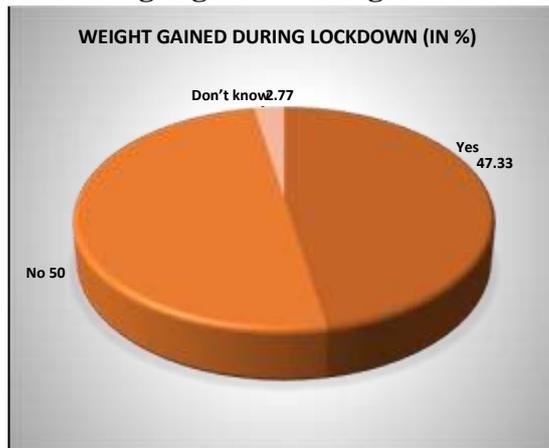


FIGURE – H

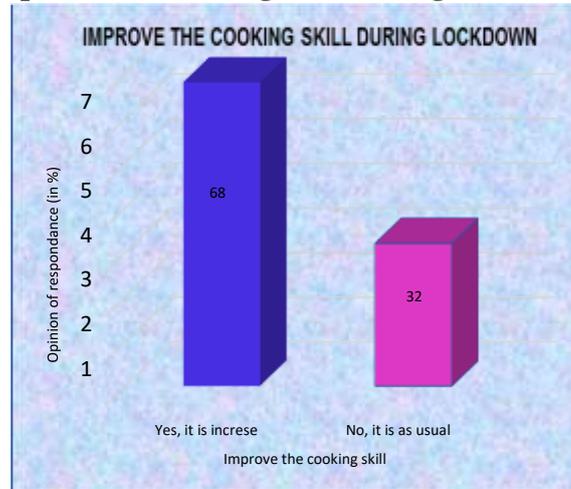
9. Improve the Cooking Skill during the Lockdown

FIGURE – I

Conclusion

Covid-19 has negative impact on our lives, more than any other event in recent memory. The impact on our behavior will be on a scale never seen before. There are two major influences on our behaviour – staying at home and stockpiling.

In the present study, we looked at how Covid-19 has changed our eating habits, using estimates from World panel that look at the potential rise per week of meals consumed during lockdown. This research has analyzed this data to give a thorough overview of the impact across key sectors so far and the possible ramifications going forward.

It looks at what the impact would be each week while the PMC is in a hard lockdown and which sectors are likely to see an impact as the home becomes the ‘restaurant hub’ for all the family. These predictions relate to the current hard lockdown scenario faced by consumers, depending on how stringently lockdown measures are enforced, we can expect to see a range of changes for a prolonged period.

The perception of weight gain was observed in 47.33% of the population, whereas a slight increased healthy food has been reported in 72.22% of respondents, especially for leaf vegetables and fruits. Interestingly, the population group aged 24 - 40 years resulted to have a higher adherence to the hot beverage when compared to the younger and the elder population.

Moreover, 83% of respondents turned to drink ayurvedic Kadha, especially in the North and Centre of Pune. Another positive result is the percentage reduction in smokers by 3per cent.

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