

# **Health Implications Of Dietary Patterns And Lifestyle Among Working Women**

Dissertation for the Degree of Doctor of Philosophy In  
Home Science

A Thesis For the Degree of Doctor of Philosophy in Home Science

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**Abstract:** The study titled "Health Implications of Dietary Patterns and Lifestyle Among Working Women" explores the intricate relationship between dietary habits, lifestyle choices, and health outcomes among working women. It delves into the various factors influencing these women's nutritional intake and lifestyle behaviors, highlighting significant health implications arising from their dietary patterns. The research identifies predominant dietary preferences, including vegetarian, non-vegetarian, and ovo-vegetarian diets, and examines common meal patterns and snacking habits. The study reveals that many working women experience irregular meal patterns, often skipping meals due to busy schedules, leading to reliance on less nutritious snack options. This dietary behaviour is linked to increased risks of chronic diseases such as obesity, diabetes, and cardiovascular conditions. The research also assesses physical activity levels and mental health status, noting a substantial prevalence of low physical activity and varying degrees of depression, anxiety, and stress. The findings underscore the significant impact of work schedules on food preferences and lifestyle choices, with many women adapting their diets based on work commitments and emotional states. Blood test results indicated common deficiencies in vitamins and other critical nutrients, highlighting the need for regular health monitoring. Mental health assessments showed significant levels of depression, anxiety, and stress, often exacerbated by work-related pressures. Recommendations include implementing workplace policies to ensure access to healthy meals and snacks, organizing health workshops, and promoting physical activity through wellness programs. The study advocates for stress management strategies and flexible work policies to enhance overall well-being. Principal findings confirmed significant differences in calorie, protein, and fat intake compared to recommended dietary allowances, underscoring the need for dietary interventions. Significant relationships between mental health scores and health outcomes emphasize the importance of addressing psychological well-being. The study concludes that a multifaceted approach involving workplace wellness programs, stress management strategies, and nutritional education is essential for promoting healthier lifestyles and reducing long-term health risks among working women.

**Keywords:** Health implications, Dietary patterns, Lifestyle choices, Working women, Nutritional intake, Physical activity, Health outcomes, Work-life balance, Body Composition Analysis, Mental health, Nutritional deficiencies.

