

**Assessment of Healthy Living Practices among Residents of Eti-Osa East Local Council  
Development Area , Lagos State**

**Esther Bukola OLADUNNI  
LCU/PG/002172**

**Being a MPH Thesis Submitted to the Department of Public Health, Faculty of Basic  
Medical and Applied Sciences, Lead City University, Ibadan, Oyo State, Nigeria**

**In Partial Fulfilment of the Requirements for the Award of Master of Public Health  
Degree (MPH) in Public Health**

**2023**

### Certification

This is to certify that Esther Bukola, OLADUNNI with matriculation number **LCU/PG/002172** carried out this research work titled “Assessment of Healthy Living Practices Among Residents of Eti-Osa East Local Council Development Area, Lagos State “in the Department of Public Health, Faculty of Basic Medical and Health Sciences, Lead City University, Ibadan for the award of Master’s Degree (MPH) in Public Health and this has not been previously submitted.

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**Dr. Tubosun Olowolafe**  
Supervisor

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Date

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**Dr. Tubosun Olowolafe**  
Head of Department

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Date

## **Dedication**

This work is dedicated to the Almighty God.

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## Acknowledgement

I give all thanks to Almighty God for giving me grace and opportunity and for his provision to all my needs to complete this course.

I want to acknowledge the professional support from my supervisor and the HOD Dr. Olowolafe Tubosun for his kin touch, understanding and painstaking while going through the project. The tutelage I enjoyed from him has made me to realize that it is possible to excel in life.

I want to acknowledge my loving husband ACP Ayoola Oladunni for his words of encouragement, moral and financial support and also my loving children Daniel, Testimony, Tioluwalase Oladunni for your support. I also want to acknowledge the support and assistance received from my colleagues and friends: Olayiwola Bolanle, Jekayinfa Olubunmi, Akinbobola Joannah, Bankole Samuel, Adegbite Zainab. Also to my wonderful boss Dr Oyebanji, The community health extension workers Eti Osa East LCDA, Mrs Bunmi Ajiboye I say a very big thank you to you all.

I am greatly indebted to the various writers whose writings and work I have taken help to complete this study.

Thank you all, and God bless.

## Abstract

A healthy lifestyle is essential to maintaining great health and a full life. Unhealthy lifestyle practices, including sedentary behavior, unhealthy dietary patterns, and substance abuse, contribute to the burden of cardiovascular diseases (CVD). CVD are largely preventable, yet it remains the leading cause of death worldwide. Understanding the current state of healthy lifestyles among residents of Eti-Osa East LCDA is crucial for formulating targeted interventions and policies to address the identified gaps and promote healthier behaviors. This study assessed the healthy lifestyles among residents of Eti Osa East LCDA, Lagos state. A cross-sectional study design was adopted and a two-stage convenient sampling technique was used to select 448 residents. An adapted questionnaire containing socio-demographic, healthy lifestyles such as eating habit and physical activities was used as instrument. Frequency, proportion and chi-square were used to achieve the objectives. The mean age of the respondent was  $46.7 \pm 18.3$ . Almost 40% of the respondents are married, 43.5% had tertiary education and 35.9 % were self-employed. About 55.8 % of the participants had healthy eating habit, 56.2% engaged in moderate physical activities, 20.4% were smokers and 31.4% consumed alcohol as at the time of the study. Overall, only 7.8% had good healthy living practices. Age, sex, educational level, marital status, employment status were associated with healthy living practices. Unhealthy healthy lifestyles was prevalent in this study. Healthy lifestyles such as healthy eating habit, adequate sleep, physical activities, non-smoking and no alcohol consumption need attention to prevent CVD and maintain good health.

**Keywords:** Healthy Lifestyles, Physical activity, Eating habit, Smoking, Alcohol consumption

**Word Count:** 253

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## List of Acronyms

| Abbreviation | Meaning                        |
|--------------|--------------------------------|
| NCD          | Non Communicable Disease       |
| CVD          | Cardio Vascular Disease        |
| LCDA         | Local Council Development Area |
| WHO          | World Health Organization      |

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