

HEALTH MISTAKES OF SCHOOL STUDENT'S LEADING TO NON-COMMUNICABLE DISEASES (NCDs)

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Non-communicable diseases (NCDs) are a significant health burden hindering the achievement of sustainable development goals. NCDs are a result of modifiable risk factors, and unmodifiable risk factors like age, sex, and genetics. This review considers modifiable risk factors that can be changed with the person's behaviors, especially focusing on school students (age 5 – 17y). NCD has significant threat to school-aged children and many NCD roots are in childhood. Hence, the objectives of this review were to identify health mistakes done by school-age children and the contribution of such mistakes to NCDs later in their lives, to distinguish main behavioural risk factors that may affect school children and identify high risk NCD among school students. Google Scholar, PubMed, and Research Gate online resources were searched with keywords. Fifteen articles reviewed quantitatively and qualitatively for content analysis. Eleven out of 15 articles revealed that unhealthy diets are the most prevalent behaviour and health mistakes among school students. Unhealthy diet (11/15). Physical inactivity (7/11), smoking (2/15), and mental stress (3/15) were identified as four main risk factors. Diabetes showed a stronger association with school children's dietary mistakes. Cardiovascular diseases, cancers, and respiratory diseases also identified as diseases likely to affect most school children. A key finding is that risk factors have unique underlying causes, such as high sugar intake, which are often health mistakes made by school children. The causes may differ across various socioeconomic groups worldwide. For instance, while junk food consumption is a global issue, certain mistakes like reusing cooking oil and experiencing mental stress may be country-specific. Therefore, this study recommends that identifying the health mistakes of school students in country-wise is crucial to prevent NCD and to take early intervention, since school students represent the health of the country.

Keywords: Behaviour, Health mistakes, Non-communicable diseases, School children