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Lifestyle modification during Covid-19 lockdown and health related quality of life post Covid 19 lockdown among the geriatric patients in Chennai 🛒

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The study intended to explore in what way COVID-19 affected the Health-related quality of life (HRQoL) amongst the geriatric populations in Chennai. In order to understand how healthy habits can be altered through a period of restrictions and determine the impact on older people's health, it is essential to realize how restrictions inevitably modify healthy habits. **OBJECTIVE:** To examine perceived modifications (before vs. during social lockdown) to a range of eating behavior and physical activities among elderly patients during the social lockdown, March 2020-April 2021. **METHOD:** The health-related behavior and HRQoL data were collected via face-to-face surveys from 103 geriatric patients (participants 80% geriatric preoccupied with the apprehensive mind of getting coronavirus infection) who had been in lockdown for an average of fourteen-months. **RESULTS:** Above 50% of the respondents conveyed that their time involved in day-by-day physical activity is declined, at the same time as sedentary behavior time expanded in comparison with that beforehand the lockdown. Only 33% of the respondents conveyed engaging in temperate to vigorous PA, and 71.4% of the Geriatric population reported modifications in their eating behavior than before home isolation. **CONCLUSION:** The 14-months of home isolation have shown blended results in the Geriatric population's health behavior. The individuals had been determined to have focused additional on their consumption quality, which impacted their QoL. However, geriatric

populations must be advocated to workout at home-based constrained areas to keep a typically wholesome daily life all through an extended quarantine.

Topics

[Diseases and conditions](#), [Coronaviruses](#)

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