

## **KAP STUDY ABOUT CARBONATED DRINKS CONSUMPTION AMONG MEDICAL COLLEGE STUDENTS IN A TERTIARY CARE HOSPITAL**

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### **ABSTRACT**

Carbonated drink consumption has become a highly visible and controversial public health and public policy issue. The present study has been undertaken to assess the knowledge, attitude and practices (KAP) of students regarding health hazards of excess carbonated drinks consumption. Population comprised of 200 undergraduate medical college students and interns. A self administered questionnaire designed for the study was distributed among the students. The results showed that 95% of students are aware about the ingredients of carbonated water. 194 (97%) of students are well aware about the ill effects associated with long term consumption of carbonated water and 110(55%) of students are ready to stop the consumption if suitable alternatives are available. Health education would be the best way to adopt healthy life style and to combat the problems associated with the consumption of carbonated drinks.

**KEYWORDS:** Carbonated Water, Dental Caries, Refreshment, Media Advertisement