

## LIST OF TABLES

SR NO	TITLE	PAGE NO.
	<i>SECTION I</i>	
1a	Socio demographic information of the subjects from the free living population.	92
2a	Mean anthropometric measurements of the subjects from the free living population	93
3a	Percentage of subjects (45 years and above) from the free living population habituated to the type of dietary pattern	96
4a	Types of oil and fat consumed by the subjects (45 years and above) from the free living population	97
5a	Mean consumption of various nutrients by men (45 years and above) from the free living population	99
6a	Percentage consumption of different nutrients at various levels of percent RDA by men (45-59 years)	101
7a	Percentage consumption of different nutrients at various levels of percent RDA by men (60 years and above)	102
8a	Mean nutrient intake of women (45 years and above) from free living population	103
9a	Percentage consumption of different nutrients at various levels of percent RDA by women (aged 45-59 years)	106
10a	Percentage consumption of different nutrients at various levels of percent RDA by women (60 years and above) from free living population	107
11a	Mean food intake of men and women (aged 45 years and above)	108
12a	Mean dietary antioxidants intake of subjects (aged 45 years and above) from the free living population in relation to the educational status	111
13a	Percentage of subjects (aged 45 years and above) from the free living population consuming additional fat / oil as a topping.	114
14a	Percentage of subjects (45 years and above) from the free living population reporting frequent consumption of various foods	116
15a	Activity pattern of the subjects (aged 45 years and above) from the free living population	122

16a	Addiction pattern reported by the subjects from the free living population	123
17a	Duration and frequency of cigarette and bidi smoking in men (45 years and above) from the free living population	125
18a	Duration and frequency of alcohol consumption by men from the free living population.	126
19a	Duration and frequency of tobacco consumption by men from the free living population	127
20a	Percentage of men and women (aged 45 years and above) reporting stress, anxiety and angry temperament	128
21a	Percentage of subjects (aged 45 years and above) reporting different health problems	129
<b>SECTION II</b>		
1b	Types of CVD diagnosed among the subjects (aged 45 years and above)	146
2b	Socio demographic information of men and women (aged 45 years and above) with and without CVD.	147
3b	Mean anthropometric measurements of men and women (aged 45 years and above) with and without CVD	148
4b	Percentage of men and women (aged 45 years and above) with and without CVD habituated to the type of dietary pattern	151
5b	Types of oil and fat consumed by men and women (aged 45 years and above) with and without CVD	152
6b	Mean consumption of various nutrients by men (45 years and above) with and without CVD	155
7b	Percentage consumption of different nutrients at various levels of percent RDA by men (45-59 years) with and without CVD	158
8b	Percentage consumption of different nutrients at various levels of percent RDA by men (60 years and above) with and without CVD	159
9b	Mean nutrient intake of women (45 years and above) with and without CVD	160
10b	Percentage consumption of different nutrients at various levels of percent RDA by women (aged 45-59 years) with and without CVD	163
11b	Percentage consumption of different nutrients at various levels of percent RDA by women (60 years and above) with and without CVD	165

12b	Mean intake of GLVs and fruits by men (aged 45 years and above) with and without CVD	165
13b	Mean intake of GLVs and fruits by women (aged 45 years and above) with and without CVD	166
14b	Antioxidants intake in relation to CVD risk in men and women (aged 45 years and above).	169
15b	Percentage of the men and women (aged 45 years and above) with and without CVD consuming additional fat / oil as a topping	153
16b	Percentages of men (45 years and above) with and without CVD reporting frequent consumption of various foods	171
17b	Percentages of women (45 years and above) with and without CVD reporting frequent consumption of various foods	174
18b	Activity pattern of men and women (aged 45 years and above) with and without CVD	178
19b	Addiction pattern reported by men and women (aged 45 years and above) with and without CVD	179
20b	Duration and frequency of cigarette and bidi smoking by men (aged 45 years and above) with and without CVD	181
21b	Duration and frequency of alcohol consumption by men (aged 45 years and above) with and without CVD	182
22b	Duration and frequency of tobacco chewed by men (aged 45 years and above) with and without CVD	183
23b	Percentage of men and women (aged 45 years and above) reporting stress, anxiety and angry temperament.	184
24b	Percentage of men and women (aged 45 years and above) with and without CVD reporting different health problems	185
25b	Mean value of lipid profile of men and women (aged 60 years and above) with and without CVD.	186
26b	Antioxidants profile of men and women (aged 60 years and above) with and without CVD	187
27b	Mean intake of selected nutrients in relation to CVD risk in a sub-group of men and women with and without CVD	190

28b	Age adjusted association of frequent consumption of GLVs by men and women (aged 45years and above) with and without CVD	192
29b	Age adjusted association of frequent consumption of vegetables rich in $\beta$ -carotene by men and women with and without CVD	193
30b	Age adjusted association of frequent consumption of vegetables rich in isoflavanoids by men and women with and without CVD	194
31b	Age adjusted association of frequent consumption of fruits rich in $\beta$ -carotene by men and women with and without CVD	196
32b	Age adjusted association of frequent consumption of fruits rich in vitamin C by men and women with and without CVD	197
	<i>SECTION III</i>	
1c	Socio demographic information of men (aged 45 years and above) with and without oral cancer	219
2c	Mean anthropometric measurements and BMI cutoffs of cases and controls (aged 45 years and above) with and without oral cancer	221
3c	Type of food normally consumed by men (45 years and above) with and without oral cancer	222
4c	Types of oil and fat consumed by men (aged 45 years and above) with and without oral cancer	223
5c	Mean consumption of various nutrients by men (45 years and above) with and without oral cancer	224
6c	Percentage consumption of different nutrients at various levels of percent RDA by men (45-59 years) with and without oral cancer	228
7c	Percentage consumption of different nutrients at various levels of percent RDA by men (60 years and above) with and without oral cancer	230
8c	Mean intake of GLVs and fruits by men (aged 45 years and above) with and without oral cancer	232
9c	Frequent consumption of various foods by the cases and the controls.	234
10c	Activity pattern of cases and controls (aged 45 years and above) with and without oral cancer	238
11c	Addiction pattern reported by cases and controls (aged 45 years and above) with and without oral cancer	239

12c	Percentage of men (aged 45 years and above) with and without oral cancer reporting addiction to bidi smoking.	242
13c	Percentages of men (45 years and above) with and without oral cancer reporting alcohol addiction	243
14c	Percentages of men (45 years and above) with and without oral cancer reporting addiction to tobacco chewing,	244
15c	Percentages of men (45 years and above) with and without oral cancer reporting various personality traits.	245
16c	Percentage of men (aged 45 years and above) with and without oral cancer reporting different health problems	246
17c	Percentage of men (aged 45 years and above) with and without oral cancer reporting use of various medium for oral care.	246
18c	Mean value of lipid profile of men (aged 60 years and above) with and without oral cancer.	247
19c	Mean value of antioxidants profile of men (aged 60 years and above) with and without oral cancer	248
20c	Frequent consumption of GLVs by men (aged 45 years and above) with and without oral cancer	250
21c	Frequent consumption of vegetables rich in $\beta$ -carotene by men (aged 45 years and above) with and without oral cancer	252
22c	Frequent consumption of vegetables rich in isoflavanoids by men (aged 45 years and above) with and without oral cancer	253
23c	Frequent consumption of fruits rich in $\beta$ - carotene by men (aged 45 years and above) with and without oral cancer	255
24c	Frequent consumption of fruits rich in vitamin C by men (aged 45 years and above) with and without oral cancer	256
	<b>SECTION IV</b>	
1d	Percentage of caregivers reporting knowledge regarding health and nutritional status of elderly	275
2d	Percentage of caregivers reporting actual practices regarding health and nutritional status of elderly	278