

ABSTRACT

Health status based on lifestyle-related disease is a concern in many developing countries, including Kenya. Factors related to such disease conditions, are important in ensuring economic sustainability in future. Currently there is limited research in this area. The main objective of this study was to determine the relationship between physical activity patterns, dietary intake and health status of lecturers at the University of Nairobi. The study adopted a cross-sectional survey design. Proportionate and simple random sampling techniques were used to select a sample of 120 lecturers as study participants. Data collection included the use of a questionnaire with a physical activity checklist based on 7-day recall, 24-hour food recall, anthropometric and blood pressure measurements, and also diabetes-related questions. Descriptive statistics mainly means, percentages and correlations were used to analyze data. Inferences were made using chi-square statistics, which revealed a significant relationship between health status and physical activity ($\chi^2 = 27.54$, $N=118$ $p < 0.05$) and that lecturers who had at least one of the health problems consumed averagely higher amounts of proteins, fat, carbohydrates and kilocalories compared those without any of the health problems. In conclusion, results indicated that the health status of lecturers tended to be more contingent upon physical activity patterns than dietary intake