

## **RESTRICTED**

### **ABSTRACT**

1. Recent years, there are increasing numbers of Sri Lankan Army personnel detected with high blood cholesterol levels. Most of the officers are taking medicines from the Army hospital Narahenpita. Military officers should be physically and mentally healthy and fit because it directly affects to the efficiency of the military service. Therefore, it is required to maintain good health for having high efficiency in the military service.

2. Main objective of this research is to identify the most influential lifestyle and dietary factors for high blood cholesterol level among the middle grade officers in Sri Lanka Army and to find a solution. The research study was based on independent variables known as, dietary patterns, alcohol consumption, smoking, physical inactivity, stress, family history, sleep apnea and diabetes.

3. Middle grade army officers (220) aged between 25 years to 40 years were selected using non-probability convenience sampling methods during the period of three months. Primary data was collected through questionnaires and secondary data was collected from the army hospital. Microsoft Excel 2013 and Statistical Package for the Social Sciences (SPSS 18 Version) software were used to analyse the primary data.

4. After analysing the data, it was identified that taking unhealthy diet and unbalanced diet are the most influential dietary factors, which cause to the high blood cholesterol level and alcohol consumption, smoking, stress and physical inactivity are the most influential life style risk factors cause to the high blood cholesterol level. Genetic factors like family history, sleeping disorders and diabetic condition are not severely related to increase the high blood cholesterol level among the middle grade army officers. Finally, suitable recommendations were discussed to prevent the high blood cholesterol level.