

ABSTRACT

Introduction: College life is a critical period where students develop independent dietary habits and lifestyle behaviours. Although many students possess basic knowledge about nutrition and health, this knowledge does not always translate into healthy practices. Poor dietary patterns such as junk food consumption, meal skipping, and sedentary lifestyle are increasingly observed among college students, leading to long-term health risks. Therefore, assessing the knowledge, attitude, and practices (KAP) towards diet and health is essential to identify gaps and promote healthy behaviours.

Aim: To assess the level of knowledge, attitude, and practices towards diet and health among college students of Brainware University.

Methods: A quantitative research approach with a descriptive cross-sectional design was adopted for the study. The study was conducted among 150 law students of Brainware University, West Bengal.

A non-probability purposive sampling technique was used. Data collection was conducted through Google Forms, and analysis was done using descriptive statistics (frequency and percentage).

Results: The findings revealed that:

- **Knowledge:** Majority of students (66%) had excellent knowledge, while only 2% had poor knowledge.
- **Attitude:** Most participants (83.3%) showed a favourable attitude towards diet and health, and none had an unfavourable attitude.
- **Practice:** A large proportion (88%) demonstrated poor dietary *and* health practices, with no participants in the good practice category.

These results indicate a significant gap between knowledge/attitude and actual practices among students.

Conclusion: The study comes to the conclusion that while college students have great attitudes and high understanding about nutrition and health, their actions are nonetheless subpar. To close the gap between knowledge and practice, this emphasises the necessity of successful health education initiatives, behavioural therapies, and awareness campaigns. Encouraging students to make sensible lifestyle adjustments is crucial to enhancing their general health and wellbeing.

Key words: Knowledge, Attitude, Practice, College