

A Descriptive Survey to Assess the Incidence of Health Indicators among the Public at Selected Area, Thrissur

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Abstract

A descriptive survey method was carried out among 286 samples to assess the incidence of hypertension and obesity and also to compare the incidence of hypertension and obesity among males and females. The result depicts that 43.35%(124) were hypertensive, and 9.09%(26) were having obesity. While comparing the incidence of hypertension among the males and females, 48.63%(71) were males and 37.85%(53) were females, and in obesity, 5.47%(8) were males and 12.85%(18) females. The result concludes that hypertension is more among males than that of females and obesity is more among females when comparing to males.

E-mail: BMI;Health Indicators; Hypertension and Obesity.

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Introduction

Most of our diseases are caused by life style. Chronic diseases frequently defined as a major component of non-communicable diseases usually affects the middle or old age individuals after prolong exposure to an unhealthy life style relating mainly to economic transition, rapidurbanization, tobacco use, harmful consumption of alcohol, unhealthy fast food diet, insufficient physical activity etc. The World Health Organization (WHO) suggested that around 57 million deaths occurred worldwide in the year 2008 of which millions of deaths—almost two third—were because of non-communicable diseases involving cardiovascular disease, diabetes, cancer etc. The leading non communicable risk factor globally in terms of attributable deaths are high blood pressure, obesity, lack of physical activity. Nowadays, life style disorders are becoming more common, affecting

younger population. A life style lack of physical activity often referred as sedentary life style is one of the leading cause of preventable mortality worldwide. Such type of physiologically stressed life style results in increased levels of risk factors like hypertension, diabetes, obesity so on. So it is essential to conduct awareness programme in order to reduce the preventable mortality rates [1].

Statement of the Problem

A descriptive survey to assess the incidence of health indicators among the public at selected area, Thrissur.

Objectives

- To assess the incidence of hypertension among the public at selected area, Thrissur.
- To assess the incidence of obesity among the public at selected area, Thrissur.
- To compare the incidence of obesity and hypertension among males and females.
- To educate the public on awareness of prevention of hypertension and obesity.

Operational Definitions

- Health indicators: Health indicators including

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screening of BMI and blood pressure of public at selected area Thrissur.

- Public: Those who visit the zoo on 12/5/16 between 10am-3pm.

Research Methodology

Research Approach

Quantitative research

Research Design

Descriptive survey method

Setting

The study was carried out in the zoo Chembukavu Thrissur. The study was conducted in relation to Nurse’s day celebration.

Population

Population selected for the present study is the visitors of the zoo.

Sample Size: 286

Inclusion Criteria

- Those who are willing to participate in the study

Exclusion Criteria

- People below 18 years are excluded from the study.

Sampling technique

Non probability convenient sampling

Tools and technique

- Demographic profile consists of age, gender.
- Health parameters including BMI, blood pressure.
- Health education on prevention of hypertension and obesity.

Result

A descriptive survey method was carried out among 286 samples to assess the incidence of hypertension and obesity and also to compare the incidence of hypertension and obesity among males and females. The results will be discussed under the following headings.

Table 1: Frequency and percentage distribution of sample according to gender N=286

Age groups / Gender	Young Adult		Middle Adult		Old Adult	
	N	F (%)	N	F (%)	N	F (%)
Male	57	19.9	77	26.9	12	4.19
Female	68	23.7	55	19.2	17	5.9

N-Total number of sample, f- frequency percentage

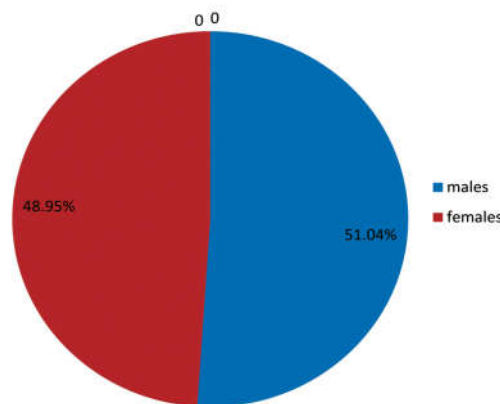


Fig. 1: Pie diagram showing distribution of sample according to gender

Table 2: Frequency and percentage distribution of sample according to arterial blood pressure N=286

Age group / Arterial Blood pressure	Gender		Young Adult	Middle Adult	Old Adult	Total	
Hypotension	Males	n	7	5	2	14	
		f(%)	2.44	1.74	0.69		
	Females	n	27	3	3	33	
		f(%)	9.44	1.04	1.04		
	Normal	Males	n	27	31	2	60
			f(%)	9.44	10.8	0.69	
Females	n	28	20	7	55		
	f(%)	9.79	6.9	2.44			
Pre hypertension	Males	n	18	21	1	40	
		f(%)	6.29	7.34	0.34		
	Females	n	10	14	1	25	
		f(%)	3.49	4.89	0.34		
Stage-1 Hypertension	Males	n	5	16	5	26	
		f(%)	1.74	5.59	1.74		
	Females	n	3	16	6	25	
		f(%)	1.04	5.59	2.09		
Stage-II Hypertension	Males	n	-	3	2	5	
		f(%)	-	1.04	0.69		
	Females	n	-	3	-	3	
		f(%)	-	1.04	-		

N-Total number of sample, f-frequency percentage

Table 3: Frequency and percentage distribution of sample according to BMI N=286

Age group / BMI	Gender		Young Adult	Middle Adult	Old Adult	Total
Under weight	Males	n	3	1	-	4
		f(%)	1.04	0.34	-	
	Females	n	7	-	-	7
		f(%)	2.44	-	-	
Normal	Males	n	26	37	5	68
		f(%)	9.09	12.93	1.74	
	Females	n	25	19	8	52
		f(%)	8.74	6.64	2.79	
Over weight	Males	n	25	36	5	66
		f(%)	8.74	12.58	1.74	
	Females	n	29	25	9	63
		f(%)	10.13	8.74	3.14	
Obese	Males	n	3	3	2	8
		f(%)	1.04	1.04	0.69	
	Females	n	7	11	-	18
		f(%)	2.44	3.84	-	
Morbid obese	Males	n	-	-	-	-
		f(%)	-	-	-	
	Females	n	-	-	-	-
		f(%)	-	-	-	

N-Total number of population, f-frequency percentage

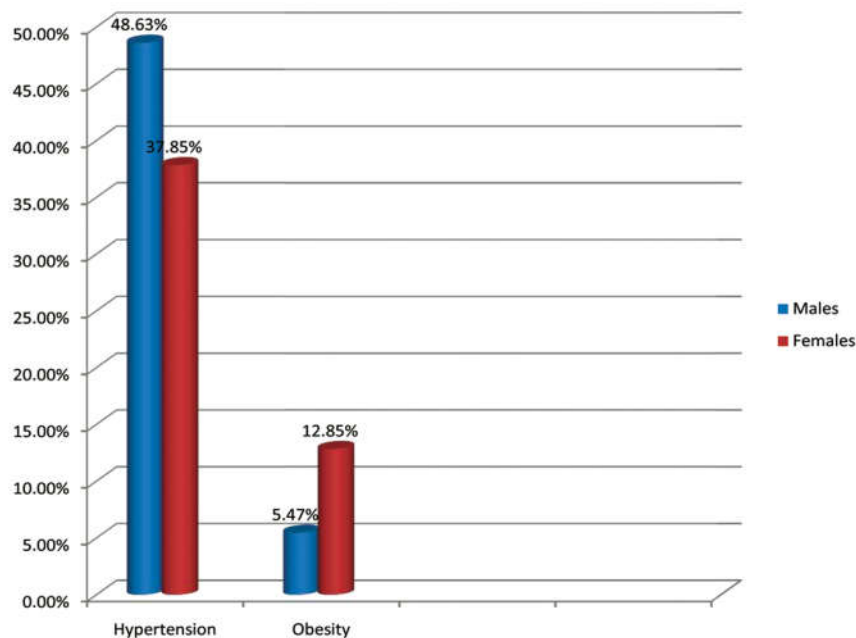


Fig. 2: Stacked cylinder diagram showing the distribution of hypertension and obesity among males and females

Based on the first objective the incidence of hypertension showed that 43.35% (124) were hypertensive, based on the second objective the result showed that 9.09% (26) were having obesity. While comparing the incidence of hypertension and obesity in males and females showed that 48.63%(71) males and 37.85% (53) females were hypertensive and 5.47% (8) males and 12.85% (18) females having obesity.

Discussion

The study showed that 43.35 % (124) are hypertensive, and the result in BMI shows that 9.09%(26) are having obesity. While comparing the incidence of hypertension and obesity in males and females shows that 48.63 % (71) males and 37.85 % (53) females are hypertensive, and 5.47%(8) males and 12.85%(18) females having obesity. The result shows that the prevalence of hypertension is more among males than that of females and obesity is more among females when comparing to males. Thus the study conclude that primordial prevention is necessary to prevent the life style related diseases like obesity, hypertension etc.

Acknowledgement

I praise and thank the Almighty god for his abundant graces and blessings. I extends my sincere thanks to Prof. Nandini.M, Vice Principal, HOD Child health Nursing Aswini College Of Nursing for being the source of inspiration and providing valid suggestions. My heartfelt thanks to Mrs. Sunitha.P P, Lecturer, Aswini College Of Nursing for her guidance and suggestions.

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