

Assessment of Risk Factors for Non Communicable Diseases in an Urban Ward of Visakhapatnam

Krishnaveni

Andhra Medical College, Visakhapatnam, India
E-mail: vankasagar7@gmail.com

Background

Non communicable diseases are the major, emerging and growing public health threats which have been silently creeping down our public health care system. If the current trend continues, NCD'S are expected to account for 73% of the deaths and 63% of the global disease burden, thus becoming the leading cause for mortality and morbidity. So a systematic approach towards these modifiable risk factors and their assessment is required.

Aims & Objectives

To study the socio demographic profile of the study population and to assess the core risk factors for non-communicable diseases among the study population

Material & Methods

Study Setting	:	urban residential colony of Visakhapatnam city
Study Population	:	individuals between age of 18-65 yrs
Sample Size	:	250
Study Tools	:	WHO step up approach questionnaire(step-1 and step-2)
Study Variables	:	Measuring tape, B.P apparatus, weighing scale, Age, Alcohol, BMI, Blood pressure, Dietary pattern, Gender, physical activity, Smoking
Statistical Analysis	:	Data will be analyzed using SPSS PACKAGE and relevant statistical

tests will be applied

Results

In our study, 62% are males and 38% are females .The minimum age of the study population is 18 years and the maximum is 65 years.61% are married.69% are hindus,25% Christians, and 6% Muslims.37% belong to the upper income group , 54% to the middle income group and 9% to the lower income group.1/3 rd of the study population are smokers and the mean age at which they started smoking was found to be 21 years.30% of the study population are alcoholics and the mean age at which they started alcohol was found to be 22.nature of work of 62%of population is sedentary. Regarding dietary habits,6% take extra salt in their food.13% take red meat regularly.43%take fruits only once a month or not even that.38% take food from outsideregularly.27% of study population are diabetics,24% are hypertensives,7% have heart problems and 29% are pre-obese ,28% are obese.

Conclusions

Even among the urban population the incidence of these risk factors was found to be very high .The higher and middle income groups are equally effected by them .The mean age at which they started smoking or consuming alcohol is an indication for us to make them the target age group and try to educate them. Sedentary life style has strong impact. Regular exercise in the form of jogging ,gym or yoga is found to be more effective .People who have family history of these NCDs are more vulnerable and they have to be educated .The varying BMI and waist hip ratio patterns are indicative of increased threat of these risk factors which have to be modified.