

## Assessment of Risk Factors for Non Communicable Diseases

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### Introduction

Non communicable diseases are 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 a leading cause for mortality and morbidity .so a systematic approach towards these modifiable risk factors and their assessment is required.

### Objectives

1. To study the socio demographic profile of the study population. 2. To assess the core risk factors for non-communicable diseases among the Study population.

### Methodology

#### *Study setting*

urban residential colony of Visakhapatnam city.

#### *Study population*

individuals between age of 18-65 yrs.

#### *Sample size*

Two hundred fifty study tools: WHO step up approach questionnaire.

Step-1 and step- 2

Measuring tape, B.P apparatus, weighing scale.

#### *Study variables*

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 of 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 outside regularly. 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 alcoholic an indicative for us to make that a target age group and try to educate them. sedentary life style has high impact. Regular exercise like jogging ,gym and yoga are found to be more effective .The people who have a 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