

Non communicable diseases

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Introduction

The increasing burden of Non Communicable Diseases (NCD), particularly in developing countries including India, threatens to overwhelm already stretched health services. Because of developmental transition and changing pattern of life style, the risk factors of NCD are on rise. This study is carried out based on the felt need to quantify the risk factors in our area. Objectives: To carry out risk assessment for non-communicable diseases among health care employees in VIMS, Bellary. Materials and methods: A cross-sectional study was carried out on 200 health care employees of VIMS Bellary. A pretested predesigned proforma for NCD risk assessment developed by ICMR

was administered on individuals aged above 20 years. Data analysis was analyzed using SPSS 17. Results: The study population comprised of 132 males and 68 females. About 45% of the subjects were in the age group of 31-49 years. Majority of the study subjects were graduates (69%) and married (75.5%). Nearly 17% of the respondents had high NCD risk score. High NCD risk score was noticed in males (65.7%) and individuals aged above 50 years (40%) which was statistically significant (P value >0.00). about 60 % of married persons (p value >0.05) and 65% of the graduates had high risk score.

Conclusion

Substantially high NCD risk score suggests an urgent need for life style modification. The increased risk observed among the younger generation calls for urgent corrective steps and measures for long-term monitoring of all major risk factors.