

9th International Congress on

Nutrition & Health

February 20-21, 2017 Berlin, Germany

A pilot study prevalence of non-communicable disease urban population in Udaipur (Rajasthan)

Jaishree S Mehta and Sh Ushaben M Patel
M D College, India

Non-communicable diseases continue to be important public health problems in India, being responsible for sizeable mortality and morbidity. Demographic changes and changes caused in the environment and the economy are the major reasons for shift against a predominantly communicable diseases scenario. A pilot study, consisting of a total sample of 568 comprising both male (40.49%) and female (59.51%) subjects of age ≥ 18 years, was conducted. All subjects lived in Udaipur district of Rajasthan. Blood glucose levels, blood pressure, height, weight, waist girth and hip circumference was measured. The prevalence of type 2 diabetes was 7.8% among male and 7.1% in female individuals. Prevalence of pre-hypertension and hypertension was found to be 34.4% and 19.7% among males and 24.5% and 17.5% in females. The risk for diabetes was equal in both men (6.1%) and women (6.5%), while that for high blood pressure was higher in females (22.9%) as compared to males (17.8%). The percentage of individuals with BMI with age 23-25 males was 12.1% and for >25 was 18.7%. Among the females the percentage of individuals with BMI with age 23-25 was 16.0% and for >25 it was 20.1%. Females were found to have a higher BMI as compared to males. Prevalence of liquor consumption was (57.6%) among male individuals. The results of our screening suggest that long exposure to an unhealthy lifestyle involving cigarette smoking, obesity, and sedentary lifestyle, consumption of diets rich in highly saturated fats, sugars and salt, typified by "fast foods" to increase higher levels of risk factors, such as hypertension, dyslipidemia, diabetes, obesity, coronary and other vascular disease.

jayshreemehta@gujaratvidyapith.org