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Screening for non-communicable disease risk factors at a workplace in corporate organization, Delhi, India**Kunda Mendhekar, Sushil kumar Shrivastav, Naveen kumar Gupta and Gajendar Singh**
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Background: Non-communicable diseases (NCDs) account for two-thirds of all deaths globally. Health check-up camp and Health Tips have the requisite expertise to initiate and lead NCD risk factor screening and prevention programs. The workplace can provide an ideal setting for Health check-up camps to screen for risk factors and implement prevention programs.

Objective: This study was designed to identify the common modifiable risk factors for NCD among employees of a corporate institution.

Methods: A cross-sectional study of NCD risk factors was conducted in corporate institution, Delhi, India. Employees were evaluated using the World Health Organization STEPS Instrument (Steps I and II). The prevalence of risk factors was expressed as frequencies and percentages.

Results: A total of 1086 employees (response rate 36.2%) participated in the study. Poor dietary habits, suboptimal blood pressure, random blood sugar level and physical inactivity were identified as the most common modifiable NCD risk factors in this population.

Conclusion: Knowledge of NCD risk factors can be used by health care workers to implement health promotion programs in the workplace as a means of reducing NCD-related economic and social burdens in organization.

Biography

Kunda Mendhekar has her expertise in assessing the magnitude of communicable and non-communicable disease in the community and to assess the community to adopt preventive and curative measure for the same and to demonstrate the professional skill to the community. She has completed her MBA in Health Care Administration from Faculty of Management Studies (FMS), Delhi (2014-2016), Master of Public Health (Epidemiology) at National Institute of Communicable Disease, Delhi (2006 to 2008) and completed her MBBS from Seth GS Medical College, Mumbai in 1991.

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