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ANTHROPOMETRIC AND BEHAVIORAL RISK FACTORS FOR CHRONIC NON COMMUNICABLE DISEASES: AN URBAN COMMUNITY BASED SURVEY IN DELHI, INDIA

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The burden of Non-Communicable Diseases(NCDs) is increasing worldwide largely due to prevalence of various risk factors, which can be controlled. Monitoring of these risk factors for NCDs over a period of time would be useful to make an indirect assessment of the actual disease burden. A cross-sectional survey was done among adults aged 25-65 years, to study the prevalence of anthropometric and behavioral risk factors of NCDs. Information was collected on the socio demographical factors, tobacco use, alcohol intake, diet, salt consumption, and physical activity, using a predesigned and pretested interview schedule. Anthropometric measurements were taken. A study found that 26% were consuming alcohol and 17% were smoking. A sedentary lifestyle was present among 19% of the men. Consumption of fruits and vegetables atleast 3 times a week was only 12%. Majority (77.5%) had a raised waist circumference, and more than two-thirds were either overweight or obese. More males were found to be overweight in comparison to females, but in contrast, obesity and raised waist circumference were more common in females. Tobacco use was more common in lower class, whereas obesity was commoner in the upper socio-economic class. Most of the subjects were not aware of the risk factors leading to NCDs. Screening and IEC activities need to be strengthened and hence that diagnosis and preventive measures can be implemented at an early stage of life.

Biography

Ruchira Pangtey has completed her MBBS and internship from G.S.V.M. Medical College, C.S.J.M. University, Kanpur, Uttar Pradesh. Currently, she is pursuing her Post Graduate degree in Community Medicine and Public Health from one of the reputed college of India, Maulana Azad Medical College, University of Delhi. She has participated in conference (international and national) and CMEs. She has presented poster in international conference and national conference. She is doing her thesis on "Prevalence of risk factors for chronic non communicable diseases".

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