

A Comprehensive Lifestyle Diseases Survey Among Women of Ranchi, Jharkhand

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Abstract

Introduction and Rationale

Diseases linked to our way of life are growing, in every country of the world. Lack of proper knowledge, inadequate time, faulty eating habits, no exercise, smoking are all to blame for lifestyle diseases particularly for household women who are neglected the most. This study was carried out mainly to estimate prevalence of lifestyle diseases for predicting the future burden of cardiovascular, cerebrovascular diseases etc as well as to undertake preventive measures among women where there is hardly any data regarding lifestyle diseases.

Objective:

(i) To assess the prevalence of obesity, diabetes (DM) and hypertension and to co-relate risk factors associated if any among women of Ranchi, Jharkhand. (ii) To carry out lecture cum discussion to increase their knowledge and teach them simple preventive measures based on the prevalence of lifestyle diseases

Materials and Methods

A cross-sectional study was carried out among all the women staying in a particular community of Ranchi city.

Data was collected among 1373 women who consented for the study using a pre-tested self-administered structured questionnaire and relevant investigations were carried out.

Results

The mean age of the participants was 29.01 with SD of 5.71. Majority (63.4%) of them basically belonged to urban areas. 65 % of them had a family monthly income of less than 20,000 while 2.5 % had above 40,000/-. 65 % were having mild anemia, while 9 % and 1% had moderate and severe anemia respectively. The prevalence of DM was 0.30% while 2 % were pre-diabetic. 16 % were obese and 38% were overweight. 6 % were found to be hypertension who needed further evaluation. Obesity was significantly associated with DM ($P=0.041$) and hypertension ($P=0.000$). Similarly income was significantly associated with obesity ($P=0.00$), DM ($P=0.010$) and hypertension ($P=0.000$). Chi-square trend analysis also showed increasing trend of lifestyle diseases with income and DM, hypertension with obesity. An intensive lecture cum discussion and video display was carried out with regards to lifestyle diseases preventive measures which were appreciated by all.

Conclusion

Prevalence of lifestyle diseases was high even though no baseline data exists. Intensive information, education, communication (IEC) activities involving simple preventive measures targeted to household women and frequent check on lifestyle diseases is the need of the hour. Lifestyle pattern and local environmental factors may play an important role which needs to be studied in detail.

Keywords: Obesity, Diabetes (DM), Hypertension

Prevalence And Determinants Of Hypertension Among Adults In A Rural Area In Trivandrum-A Cross Sectional Study

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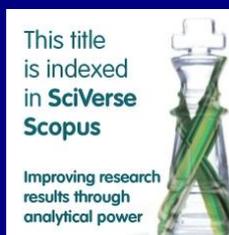
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Abstract

Introduction and Rationale

Hypertension is a major public health problem in Kerala.

Objective:

1. To determine the prevalence of hypertension among adults in Nellanad Panchayath, a rural area in Trivandrum.
2. To determine the factors associated with hypertension among adults.

Materials and Methods

Cross-sectional study was conducted among 300 adults (≥ 18 years) in Nellanadu Panchayth, a rural area in Trivandrum, South India. Data collected by a house-to-house survey with the help of a pretested proforma after taking informed consent. Subjects with systolic blood pressure ≥ 140 mmHg and or diastolic blood pressure ≥ 90 mm of Hg and or subjects on anti- hypertensive medication, were classified as having hypertension. Study variables were age, gender, BMI, waist circumference, waist

hip ratio, exercise, alcohol consumption, and smoking.

Statistical Analysis: The SPSS 20.0 was used for statistical analyses. The level $P < 0.05$ was considered as the cut-off value for significance.

Results

The mean age of the study population is 47.58. The prevalence of hypertension among adults was 36.0% (95% CI : 30.7-41.3%) and pre-hypertension was 49.3%. The mean systolic BP among males was significantly high ($p=0.04$, t test) compared to females. ANOVA test showed that there is significant difference in systolic BP between different age group ($p=0.001$). Waist circumference and WHR had a positive correlation with systolic blood pressure. In Multivariate analysis, the risk of hypertension was 3.57 (95% CI: 1.9-6.7) times more in subjects with high Waist circumference (≥ 90 cm for men, ≥ 80 cm for women) compared to others. High WHR was associated with hypertension (OR 1.99, 95% CI 1.1-3.6).

Conclusion

The prevalence of hypertension and pre-hypertension is high in the rural area. Age group, Waist circumference and WHR are determinants in hypertension.

Keywords: hypertension, prevalence, Kerala

Prevalence Of Hypertension And Its Determinants Among Bangladeshi Type-2 Diabetic Subjects

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Abstract

Introduction and Rationale

Hypertension, an important risk factors for cardiovascular diseases, is known to be more prevalent in diabetic patients; however the prevalence and its determinants vary substantially from population to population. The present study was undertaken to investigate the prevalence and determinants of hypertension in a group of Bangladeshi type-2 diabetes mellitus subjects.

Objective:

This study was aimed to investigate prevalence of hypertension and its determinants among Bangladeshi type-2 diabetic subjects.

Materials and Methods

A cross-sectional study was conducted among 18697 subjects 11917 diabetic and 6780 non diabetic purposively from selected 16 diabetic hospitals health centre located in the capital, Dhaka and in northern part of Bangladesh. Data were collected using a pre-tested, semi-structured questionnaire by face to face interview. Anthropometric measurement and biochemical analysis were done by standard techniques. Hypertension was diagnosed using IDF

criteria for this population. Data were analyzed by univariate as well as bivariate analysis. Logistic regression was applied to estimate the odds ratio (OR) and corresponding 95% confidence intervals (CI) for the different explanatory variables.

Results

42% of the subjects were male and 58% were female. The mean age (\pm SD), years of the non diabetic and diabetic subjects was 46 (\pm 14) and 57% respectively. The corresponding BMI values were 23.7(\pm 3.8) and 25.4 (\pm 3.9). The diabetic group had a substantially higher proportion of hypertensive subjects compare to the non diabetic group (38% vs 7%). On logistic regression analysis, hypertension was found to have strongly significant ($p < 0.001$) association with increasing age, urban resident, higher socioeconomic status, smoking, higher BMI and waist hip ratio and high total cholesterol.

Conclusion

Bangladeshi type 2 diabetes mellitus subjects are about 7 times were prone to hypertension compared to their non diabetic counter parts. Irrespective of the presence of diabetes age, urbanization, high-low economic status, generalized and central obesity and hypercholesterolemia an independent risk factors of hypertension in this population.

Keywords: hypertension; type 2 diabetes; Bangladeshi

AWARENESS ON ILL EFFECTS OF SMOKING AMONG SMOKING WOMEN AT GALESHWORCHOWK, RAMBAZAAR-15, POKHARA

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Abstract

Introduction and Rationale

Objective:

1. To determine the knowledge of smoking women on ill effects of smoking.
2. To associate the knowledge with the selected socio demographic variables.

Materials and Methods

The survey design was used because investigators wanted to describe the status of ill effects of smoking in regard to knowledge and attitude among smoking women. The sample consisted of 50 smoking women at Galeshworchowk, Rambazaar, Pokhara. Samples were selected by purposive sampling method by structured interview questionnaire technique. The instruments used for data collection were Demographic Proforma and Knowledge Questionnaire. Data were collected and analyzed based on the study objectives using descriptive and inferential statistics.

Results

Most of the participant were of age group 51 years and above (42%) and all were female (100%), most of them were Hindu (80%), as least as the single women is about (2%) falls under marital status and married women about (70%), rest are separated and widows majority live in nuclear family (52%), majority of them were farmers (60%), most of them under the family history of smoking (66%), majority of them are taking less than 5 numbers of cigarettes per day i.e about (62%), and having this habit more than 4 years for about (70%).

It shows that the knowledge on ill effects of smoking in smoking adult women. 3 (6%) were with inadequate knowledge, 43 (86%) women had moderate knowledge and 4 (8%) were with adequate knowledge. The overall mean of knowledge on ill effects of smoking among smoking adult women was 15.12 and the standard deviation was 3.95. With this data the knowledge level of the whole study population was found to be 50.4

Conclusion

Smokers thought less actively about smoking intervention than current non-smokers. Awareness of lung cancer by tobacco use and other risk factors varied with socioeconomic status amongst residents of Pokhara. Despite their awareness of smoking as a risk factor for lung cancer, most of them still continue to smoke. Government and NGOs should gear up a population based counselling programme in this community.

Keywords: Smoking, Women

Study of clinical profile of patients with hepatic encephalopathy in a tertiary care centre in North Kerala

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Abstract

Introduction and Rationale

Hepatic encephalopathy (HE) is an extrahepatic complication of liver disease. The clinical manifestations of this syndrome range from subtle abnormalities detectable only by psychometric testing to deep coma. In Kerala, there is a recent increase in the incidence of liver disease, may be due to increase in alcohol consumption and life style changes of the society.

Objective:

This study aims to detect the clinical profile of patients with cirrhosis of liver admitted with hepatic encephalopathy

Materials and Methods

This study is done as an in-hospital prospective study for a duration of 18 months from 1st of January 2012 to 30th of June, 2013, at ACME, Pariyaram, Kannur. All patients admitted in the Medical and Gastroenterology units who fulfill the diagnostic criteria of hepatic encephalopathy (West Haven criteria) and giving consent for the study were included in this study. Those with primary central nervous system disease, clinically suspected alcohol withdrawal, preexisting psychiatric illness, metabolic/toxic encephalopathies were excluded from the study. Patients fulfilling the inclusion criteria are subjected to a detailed

history and clinical evaluation, necessary investigations were done and the findings were recorded in a well structured proforma.

Results

Most common etiology for HE in chronic liver disease was found to be Alcoholic liver disease with cirrhosis and portal hypertension, followed by cryptogenic cirrhosis. In patients with HE and chronic liver disease, the precipitants in the decreasing order of prevalence were: Anaemia(57%), Constipation (53%), GI bleed (47%), Hypokalaemia (40%), CNS depressants (37%), Interventional procedures (30%), Infections (22%), Hyponatraemia (17%), Azotaemia (15%), Hypoglycaemia (13%). A statistically significant association was seen with the presence of infections and a poor outcome. No other precipitating factors are out to have a significant association with the outcome or duration of hospital stay.

Conclusion

Alcoholic liver disease is the most common cause of hepatic encephalopathy in the present study. Cryptogenic cirrhosis is becoming a major entity, with more patients being admitted with hepatic encephalopathy than chronic viral hepatitis.

Keywords: Hepatic encephalopathy, cirrhosis of liver, precipitants

PREVALENCE OF MULTIPLE CONDITIONS AMONG ELDERLY AND ITS IMPACT ON FAMILY CARE GIVERS

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Principal component analysis index of care giving is constructed to see the effect of giving care on care providers.

Results

Prevalence of single chronic condition among age group 45-65 is 25.74 while 13.98% are suffering from 2 or more than two chronic condition. In 65 and above age group the prevalence is 22.80 and 16.13% respectively.

Abstract

Keywords: older population, multiple chronic conditions, care givers, SAGE (WAVE-1) data, India

Introduction and Rationale

Pattern of diseases and even their occurrence has changed; prevalence of multiple chronic conditions is now increasing specially among older population. As life expectancy increases number of morbidity free life has decreases and it has direct consequences on family member s, those who give care to them physically, financially, emotional and social. So it is necessary to take some initial stapes to help both of them to lead happy and satisfied life.

Objective:

1. To find prevalence of single and multiple chronic condition among 45 and above population and also try to analyze the implication on family care givers to being a care provider to the chronically ill older person in household.

Materials and Methods

The Study on Global Ageing and Adult Health (SAGE) wave-1 data is used for analysing the objective of the study. SAGE is run by WHO in various countries as a part of the Longitudinal Study Programme which provides data on various domains and it helps to understand the process of global ageing. In India WAVE 1 was collected during 2007–09 with the 12198 sample size. Cross tab and simple regression analysis is use to find results and with help of

PREVALENCE OF MYOPIA IN MBBS STUDENTS OF A PRIVATE COLLEGE IN CENTRAL KERALA

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Abstract

Introduction and Rationale

Myopia is a common ocular disease. Increase in myopia prevalence rates is posing a threat to the health and economy of the developing countries. There is ample evidence in the literature to support the classic view of association of myopia with learned people and there is also a suggestion with regard to the possible role of environmental, nutritional and hereditary factors and work association for this increase in myopia.

Objective:

1. To determine the prevalence of myopia among MBBS students in a medical college
2. To find out the possible risk factors associated with the disease.

Materials and Methods

A cross – sectional study was done among the medical students of a college in Central Kerala to assess the visual acuity of all the students using Snellen's chart. The data were collected using a pre –tested questionnaire with prior consent which contains data regarding socio demographic data, family history, and other risk factors.

Results

Out of 100 students, 44% (6% newly detected) had myopia. It was found that, 46% of the females and 36% of the males had myopia. There was no significant association between the risk factors and prevalence of myopia. Therefore an in-depth study is required to find out the causative factors.

Conclusion

The prevalence of myopia among MBBS students is very high, so an in-depth study is required to find out actual factors contributing to the causation of myopia among medical students.

Keywords: Myopia, prevalence, risk factors, medical students

PATTERN OF URINARY ALBUMIN EXCRETION IN NON-DIABETIC FIRST-DEGREE RELATIVES OF TYPE 2 DIABETES MELLITUS PATIENTS

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Abstract

Introduction and Rationale

Urinary albumin excretion has been found to be a risk factor for development of Type 2 Diabetes Mellitus (DM), hypertension, cardiovascular and renal disease. Abnormalities in UAE have also been reported in non-diabetic individuals with genetic predisposition to diabetic nephropathy, and it has been found to vary with race and comorbidity

Objective:

1. To determine the pattern of urinary albumin excretion among non-diabetic first-degree relatives of patients with Type 2 DM residing in United Arab Emirates and to relate it to the socio-demographic profile, certain biochemical parameters, and family history of chronic diseases.

Materials and Methods

Participants were first-degree relatives of patients with Type 2 DM recruited through patients attending the Gulf Medical College Hospital and Research centre or the employees, and reporting to be non-diabetic, non-pregnant with no known renal or urinary complaints. Data was collected using a pilot tested, interviewer administered questionnaire including socio-demographic factors, medical and family history, factors influencing ACR, blood pressure,

anthropometric and biochemical parameters. Fasting blood sugar (FBS) and Urinary Albumin/Creatinine Ratio (ACR) were measured for all participants and other biochemical parameters for a subsample of those with lower ACR and all those with ACR >10mg/g. Data was analyzed using SPSS 20.0 software.

Results

Among the 219 participants, 67.6% were males; 36.1% more than 35 years of age. Forty three (19.3%) had ACR more than 10mg/g, of whom 11 had >30mg/g. An increasing trend was seen with age significantly more among males. Participants from Middle East and African origin had the highest proportion (47.1%) with ACR >10mg/g. Among those with FBS >125, 52% had ACR >10mg/g. Median ACR was higher among those from Middle East and African countries, females, and those with family history of hypertension, with significant difference in distribution in the latter two. ACR was significantly associated with BMI and in females higher waist-hip ratio. In the subsample, median FBS, HbA1C, TG, and VLDL were higher with higher ACR and difference in distribution significant; median HDL and LDL were minimally less in the group having higher ACR.

Conclusion

Among the first-degree relatives of Type 2 DM patients, urinary albumin excretion level was higher among females and in the older age group, with higher systolic blood pressure, higher BMI and in females higher waist-hip ratio. Fasting blood sugar, HbA1C, TG, and VLDL were higher with higher ACR.

Keywords: Urinary albumin excretion, Type 2 diabetes mellitus, first degree relatives, United Arab Emirates

EFFECTIVENESS OF JACOBSON'S PROGRESSIVE MUSCLE RELAXATION TECHNIQUE ON STRESS AMONG ELDERLY HYPERTENSIVE INMATES IN SELECTED OLD AGE HOMES OF DAKSHINA KANNADA DISTRICT.

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Abstract

Introduction and Rationale

Hypertension is an important public health problem. Studies found a correlation between stress and hypertension. Relaxation technique is an important method for the stress management. The study is aimed at reducing stress by using JPMRT in elderly hypertensives.

Objective:

1. Assess the pretest level of stress among experimental and control group.
2. Compare the effectiveness of Jacobson's progressive muscle relaxation technique on stress between experimental group and control group.
3. Compare the effectiveness of Jacobson's progressive muscle relaxation technique on stress between experimental group and control group.
4. Find out the association between pretest stress score and selected demographic variables among both the groups.

Materials and Methods

An evaluative method with quasi-experimental non-equivalent control group design was used. The conceptual framework was from "General System Model" (Bertalanffy). Non-probability purposive sampling was used for the selection of samples. Sample size was 40. Data collected from the sample were analyzed by both descriptive and inferential statistics.

Results

Mean percentage of pre-test stress score was 82.74% and mean percentage of post-test was 38.57% among the experimental group. The same of the control group was 82.86% and 79.05% respectively. Effectiveness of JPMRT on stress was highly significant between the mean pre-test and post-test stress score ($t_{(cal)} = 42.93$, $t_{(38)} = 2.09$, $p < 0.05$). The study showed that there was no significant association between pre-test stress scores and selected demographic variables ($\chi^2_{(1)} = 3.84$; $p < 0.05$).

Conclusion

To conclude, JPMRT was effective in reducing the stress among elderly hypertensives.

Keywords: Jacobson's progressive muscle relaxation technique; elderly hypertensive inmates; stress



EFFECTS OF COOKING FUELS ON ACUTE RESPIRATORY INFECTION IN CHILDREN IN KERALA

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Abstract

Introduction and Rationale

Biomass fuel use is the major cause of indoor air pollution in developing countries. Since biomass fuels are the dirtiest fuels, their composition which mainly takes place in poorly functioning indoor stoves leads to high levels of a number of health damaging pollutants such as particulate matter; carbon monoxide, nitrogen oxides, formaldehyde, polycyclic aromatic hydrocarbons and many other toxic compounds. Exposure to these pollutants in developing countries is reported to be higher in woman and children.

Objective:

The principal objective of the study was to analyze the effects of cooking fuels on likelihood of ARI in children under five years old in Kerala.

Materials and Methods

National Family Health Survey (NFHS)-3 under taken in 2005-2006 were used for the analysis. To assess the effect of cooking fuels on ARI, logistic regression analysis was conducted using SPSS.

Results

The results showed that prevalence in children from homes

cooking on biomass fuels and from homes using kerosene or charcoal was more or less the same but a little higher among children from biomass fuels using homes.

Conclusion

Logistic regression analysis in this study clearly revealed the effects of biomass fuels and cleaner fuels on ARI. The implications of the findings are very remarkable and important in health planning.

Keywords: Biomass fuels, Prevalence.

HYPERTENSION STATUS AND AWARENESS AMONG GERIATRIC POPULATION LIVING IN URBAN SLUM

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Abstract

Introduction and Rationale

Hypertension is an important public health problem worldwide. Subjects with hypertension are known to have two-fold higher risk of developing coronary artery disease (CAD), and seven times higher risk of cerebrovascular disease and stroke compared to normotensive subjects. Limited/No data exists regarding lifestyle diseases particularly on hypertension in urban slums.

Objective:

To study the prevalence of hypertension and its associated risk factors and awareness regarding hypertension in urban slum

Materials and Methods

A Cross Sectional study was carried out amongst people with age 60 years in an urban slum of Pune on the occasion of World Health Day 2013 based on the theme "High Blood Pressure". Simple random sampling method was adopted to select subjects. Taking the hypertension prevalence 65% in old age sample size calculated was 112, considering non response rate as 10% finally we studied 127 subjects. A pre tested questionnaire was used to record risk factors and

blood pressure of study subjects was measured by mercury sphygmomanometer.

Results

The mean age of the study participants was 64.93(\pm 5). 32% were male and 68 % were female. 27% were illiterate and 73% were literate. The prevalence of hypertension among elderly people was (n=70) 55% (CI : 47%-62%) out of which (n=15) 21% were unaware of their hypertensive status. The Mean systolic and diastolic BP was 145.73+22mmHg and 85.9+9 mmHg respectively. The odds of having BMI >25 among hypertensive's was 2.2(CI-1.1-4.6) compared to non-hypertensives which was statistically significant (p <0.05). However the odds ratio for other variables like sex, alcohol, tobacco even though more than 1 but was not statistically significant. Awareness among study subjects was very low. 38.5% of the urban slum study subjects don't know what hypertension means and 57% & 54% of urban slum study subjects were not aware about the risk factors and complications of hypertension respectively.

Conclusion

One in every two elderly persons is suffering from high blood pressure and also hypertensive elderly who are unaware of their status was very high and these people will end up with more complications and high mortality so primary prevention towards younger population and secondary & tertiary prevention towards elderly should be fastened. At the same time awareness campaign should be carried out particularly for slum target population.

PREVALENCE OF OBESITY AND ITS DETERMINANTS AMONG SCHOOL CHILDREN – A CROSS SECTIONAL STUDY FROM WESTERN NEPAL

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Abstract

Introduction and Rationale

Prevalence of obesity in children has been increased in an alarming rate all over the world. Obesity is also associated with other metabolic syndrome and cardiovascular disorders.

Objective:

The objective of the present study was to assess obesity among 6-12 year old school children, in Western Nepal

Materials and Methods

This cross-sectional study was conducted on 865 elementary school children (536 boys and 329 girls). Students were selected through multiple-cluster sampling. For the determination of overweight and obesity the percentile of CDC was used. Analysis was done by SPSS software version 16, t test and chi-square test were used as

statistical tests at the 0.05 significant level.

Results

5.78% children (5.59% of boys and 6.07% of girls) were overweight and 2.89% of total children (i.e. 2.79% of boys and 3.03% of girls) were obese. Most of the cases of obesity, consumption of junk food, use of computer and relatively higher socioeconomic background were responsible.

Conclusion

Although in elementary school children, obesity is less prevalent, but it is recommended that families should be provided with necessary information with respect to correcting life-style to prevent obesity.

Keywords: Obesity, Nepal, Overweight, Students

SPORTS INJURIES AMONG MEDICAL STUDENTS: A STUDY FROM A PRIVATE MEDICAL COLLEGE OF NEPAL

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Abstract

Introduction and Rationale

Sport injury is a common problem among medical students.

Objective:

The main objective of the study was to find the different type of sport injuries commonly found among Medical students, with an idea to reduce the disease burden with proper interventions in Western Development region of Nepal.

Materials and Methods

This cross sectional retrospective study was carried out at Manipal Sanjeevani Clinic, Pokhara, Nepal from Dec 2011-March 2012. Chi square test were used for analytical purpose. P-value < 0.05 was considered to be statistically

significant.

Results

It was found that out of 282 preclinical students, 164 students participated in the sport activities in the annual event. Out of 164 students, 46 students (28.04%) suffered from sport injuries. Males were 31(67.39%) and females were 15(32.60%). Contusions (26/46) 56.52%, sprains (16/46)34.78% and fracture (4/46) 8.69%were the most common type of injuries. Lower limb (28/46) was more commonly involved in 60.86%cases. Ankle joint (19/46)41.30% was most commonly involved as compared to other sites of the body. Highest injury was found in football (17/46) 36.95% followed by basketball (12/46) 26.08% cricket (11/46) 23.91%, volleyball (4/46) 8.69%and badminton (2/46) 4.34%. Hospitalization was required in cases 12 cases (26.08%).

Conclusion

It is evident from the finding that sports injuries are commonly found in games like football and it affects the lower limb in general and the ankle joint in particular. With proper interventions such injuries can be prevented and can reduce the disease burden among the students in future.

Keywords: Sport injuries, Nepal, Medical students.