



PREVALENCE OF SELECTED CHRONIC DISEASES IN URBAN INDIA-A CROSS SECTIONAL SURVEY

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ABSTRACT

The researcher conducted a Community Based Cross Sectional Study On Prevalence of selected Chronic Diseases In Urban Varanasi UP, with an objective to find out the prevalence of the selected chronic diseases. The study was conducted among 400 purposefully selected people in urban areas of Varanasi India to assess the prevalence of chronic disease in the selected research participants. After organizing and analyzing the data the study shows that Out of the 400 sample, 8 demographic details were collected and as the table 8 depicts 32.5% were both male and female age group 30-40yrs, 52.75% were gender are female, 94.75% are the Hindu religion, 56.25% of people are belonging from nuclear family, 62.75% people were educated at primary level., 36.25% of population have own business, 49% of population having no any exposure on sunlight and chemical area and 32% of population are unemployed. On assessing the sample on a prevalence of selected chronic disease 12.25% have cardiac diseases, 0.5% has cancer, 7.5% have diabetes, 5% have asthma, 0.5% tuberculosis and 2.25% have kidney disease. The study concludes that it is a known fact that chronic disease is prevalent in the community for ages and the motto health for all by the world health authorities and the countries planning authorities are working hard, yet to understand the prevalence of the chronic disease, its early diagnosis and treatment and health education on these topics is the need of the hour.

Keywords: Prevalence, Chronic disease, Survey

INTRODUCTION

A disease is a particular abnormal condition that negatively affects the structure or function of all or part of an organism, and that is not due to any immediate external injury. At first sight, the answer to “What is a disease?” is straightforward. Most of us feel we have an intuitive grasp of the idea, reaching mentally to images or memories of colds, cancer or tuberculosis. But a look through any medical dictionary soon shows that articulating a satisfactory definition of disease is surprisingly difficult. And it is not much help defining disease as the opposite of health, given that definitions of health are equally tricky.

An estimated 1.8 crores people died from CVDs in 2016, representing 31% of all global deaths. Of these deaths, 85% are due to heart attack and stroke. Out of the 1.7 crores premature deaths (under the age of 70) due to non-communicable diseases in 2015, 82% are in low- and middle-income countries, and 37% are caused by CVDs. In India the age-adjusted CVD mortality rates are 349/100,000 in men and 265/100,000 in women. These rates are >2-3 times greater than in the United States, where rates are 170/100,000 in men and 108/100,000 in women.

A neoplasm and malignant tumor are other common names for cancer. Cancer is the second leading cause of death globally, accounting for an estimated 96 lac deaths, or one in six deaths, in 2018. According to WHO, India has a cancer mortality rate of 79 per 100,000 deaths and accounts for over 6 percent of total deaths [18]. These numbers are very close to those of high-income countries. Further, the cancer mortality in India is projected to increase to over 900,000 deaths by the end of this decade.

In 2019, approximately 46.3 crores adults (20-79 years) were living with diabetes; by 2045 this will rise to 70 crores. The proportion of people with type 2 diabetes is increasing in most countries. 79% of adults with diabetes were living in low- and middle-income countries. Feb 12, 2020 There are estimated 7.3 crores cases of diabetes in adult population of India. The prevalence in urban areas ranges between 10.9% and 14.2% and prevalence in rural India was 3.0-7.8% among population aged 20 years and above with a much higher prevalence among individuals aged over 50 years

.According to WHO estimates, there were 417,918 deaths due to asthma at the global level and 2.4 crores DALYs attributable to Asthma in 2016. It was estimated that more than 34 crores people had Asthma globally in 2016. (1) It is a common disease among children.

An estimated 113 crores people worldwide There are around 76.2 crores Indians ≥ 18 years of age in India, 16 which means there are currently 23 crores adults with hypertension have hypertension, most (two-thirds) living in low- and middle-income countries. Sep 13, 2019.

A total of 1.4 million people died from TB in 2019 (including 208 000 people with HIV). Worldwide, TB is one of the top 10 causes of death and the leading cause from a single infectious agent (above HIV/AIDS). In 2019, an estimated 10 million people fell ill with tuberculosis (TB) worldwide. IN India also, TB kills about 480,000 persons every year and more than 1400 every day. Vision of the National TB Control Programme is TB-Free India with zero deaths, disease and poverty due to TB.

Kidney disease is a non-communicable disease (NCD) and currently affects around 85 crores people worldwide. One in ten adults has chronic kidney disease (CKD). The global burden of CKD is increasing, and is projected to become the 5th most common cause of years of life lost globally by 2040. Similarly, in India, CKD is one of the common non-communicable diseases and results in high morbidity, mortality, and economic burden [3, 15] . In India, the number of CKD related mortalities was about 52 lac in 2008 and may rise to 76 lac by 2020

METHODOLOGY

The researcher conducted a Community Based Cross Sectional Study On Prevalence of selected Chronic Diseases In Urban Varanasi UP, with an objective to find out the prevalence of the selected chronic diseases. The study was conducted among 400 purposefully selected people in urban areas of Varanasi India to assess the prevalence of chronic disease in the selected research participant. A checklist on pervasiveness of the leucorrhoea, its associated symptoms and the health seeking behavior was formulated. Before using the checklist to the study population, the face validity of the checklist was censured by a committee of experts in research methodology, Medical Surgical Nursing, Community health Nursing and Sociology. On calculating the sample size with one sample study method (dichotomous) with confidence level 99%, Margin of error 5%, Population Proportion 40%, and a population size 2000, the sample size was calculated to 372 samples with 10% attrition rate the sample size was finalized to 372±30 samples. Around 400 samples were conveniently selected for the study after obtaining informed consent from the study participants. Before the collection of data, permission was obtained from the principal of Apex College of Nursing and Gram Pradhan (Sarpanch) of selected village of Varanasi District. The researchers then introduced themselves, took required oral and written consent from the study samples and gave instructions regarding the checklist. Each sample was asked for 5-10 mins of their time to finish the checklist. The data was summarized, organized, tabulated & analyzed according to the objectives of the study by using descriptive (frequency and percentage) statistics.

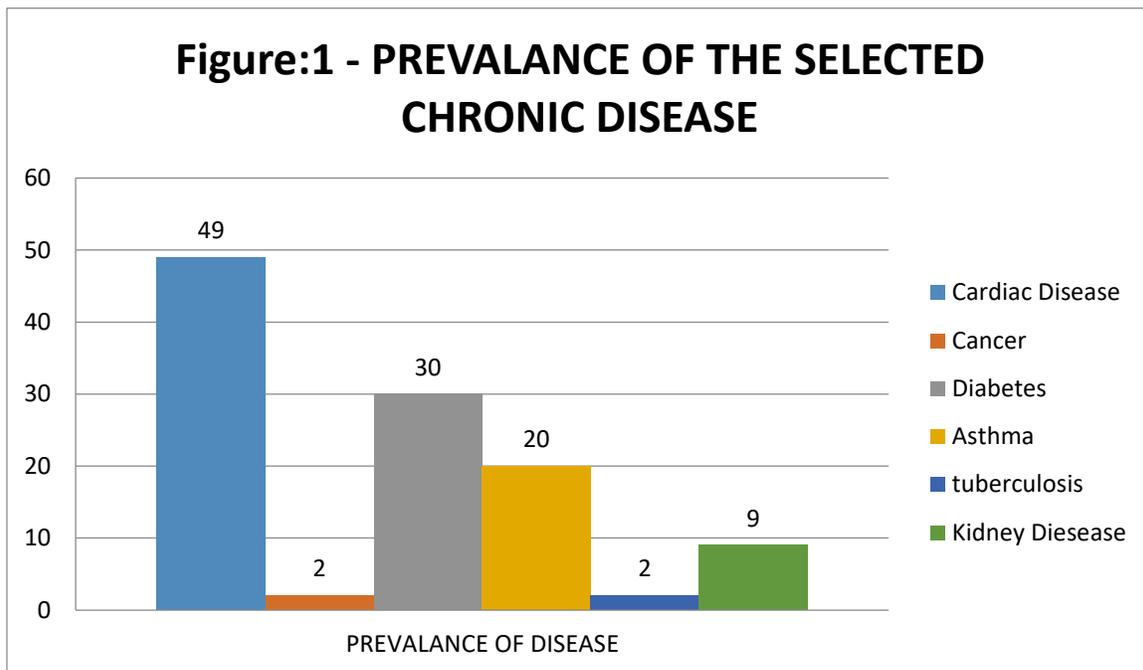
RESULTS

Out of the 400 sample, 8 demographic details were collected and as the table 8 depicts 32.5% were both male and female age group 30-40yrs, 52.75% were gender are female, 94.75% are the hindu religion, 56.25% of people are belonging from nuclear family, 62.75% people were educated at primary level., 36.25% of population have own business, 49% of population having no any exposure on sunlight and chemical area and 32% of population are unemployed.

Table:1 – DISTRIBUTION OF DEMOGRAPHIC DATA N=400

Sl. No	Demographic variable	Options	Numbers	Percentage (%)
1	Age	30-40	130	32.5%
		41-50 yrs	104	26.5%
		51-60	61	15.25%
		Above 60 yrs	105	26.25%
2	Gender	Male	189	47.25%
		Female	211	52.75%
3	Religion	Hindu	379	94.75%
		Muslim	19	4.75%
		Christian	2	0.5%
		Others	0	0%
4	Types of family	Nuclear family	225	56.25%
		Joint family	175	43.75%
5	Education	Primary	251	62.75%
		High school	59	14.75%
		Intermediate	55	13.75%
		Graduate	33	8.25%
6	Occupation	Post graduate	2	0.5%
		Own business	145	36.25%
		Private	35	8.75%
		Government employ	20	5%
7	Nature of occupation	Unemployed	200	50%
		Exposure of sunlight	204	51%
		Chemical	0	0%
8	Income	Others	196	49%
		Less than 10000	155	38.75%
		10000-15000	55	13.75%
		15000-20000	15	3.75%
		Above 20000	34	8.5%
	Unemployed	128	32%	

On assessing the sample on a prevalence of selected chronic disease 12.25% have cardiac diseases, 0.5% have cancer, 7.5% have diabetes, 5% have asthma, 0.5% tuberculosis and 2.25% have kidney disease.



CONCLUSION:

The study concludes that it is a known fact that chronic disease is prevalent in the community for ages and the motto health for all by the world health authorities and the countries planning authorities are working hard, yet to understand the prevalence of the chronic disease, its early diagnosis and treatment and health education on these topics is the need of the hour.

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