

3rd Indo-Global Summit & Expo on **Healthcare**

October 05-07, 2015 New Delhi, India

Knowledge of the risk factors of common non-communicable diseases (NCDs) amongst college students in Delhi, India

Geetanjali Sharma
WiseApple Health Consultancy, India

Introduction: India is passing through an epidemiological health transition with high rates of urbanization which although has led to economic improvement with consequences of increased food consumption, tobacco-use and decreased physical activity.

Aim & Method: The study was part of a health promotion program conducted amongst 106 (56 female and 50 male students) undergraduate university students and 6 teaching staff members in an urban setting in Delhi to assess their knowledge of the risk factors of the common NCDs using a self-administered questionnaire.

Results: Overall only 46% students correctly knew the risk factors for high BP and 63.2% could correctly tell the value of normal BP. Eating out at least once a week was reported by 41% students whereas none reported smoking (2% informed using smokeless tobacco-gutka). While 52% correctly reported that low physical activity is risk factor for high BP, Diabetes, some forms of cancers, almost 1/4th (~24%) reported not performing any form of exercise or doing it on less than a fortnight basis. Although the knowledge of risk factors amongst the staff members was fairly well however, practices in terms of low physical activity and frequent eating out were observed more amongst this group. 62% students elicited normal BMI whereas 67% staffs were found to be overweight.

Conclusion: There is an imperative need to raise the level of awareness amongst the youngsters regarding the prevention and control of common NCDs. Health promotion programs focused on common risk factors will make substantial impact on mitigating the mortality and morbidity due to NCDs.

Biography

Geetanjali Sharma is a Public Health Professional with Postgraduate specialization in Public Health. With over 15 years of experience in dealing with community health issues, she has vast experience of working with various health promotion and health control programs in India such as immunization program, maternal and child health programs, polio eradication, Tuberculosis control etc. She has worked with World Health Organization (WHO) and the Ministry of Health (Government of India) for control of Tuberculosis in India. Her work involved close coordination with international donors such as USAID, World Bank, Global Fund for AIDS/HIV, TB and Malaria (GFATM). At International Union against TB and Lung Disease (IUATLD), she has worked on medical research and training programs on TB, tobacco and Asthma. "Wiseapple" a health promotion initiative by her works to build health knowledge, skills and healthy behaviors amongst the youth and for promotion of health through programs designed and is directed at improving "lifestyle and general health". She is also the Monitoring & Evaluation/Health Consultant with the PricewaterhouseCoopers (PwC), India.

geetanjali1806@gmail.com

Notes: