

# THE ASIAN AGE

Delhi | Mumbai | Kolkata | London

4:48 PM, Monday, May 19, 2014

[Home](#) | [India](#) | [Metros](#) | [International](#) | [Business](#) | [Opinion](#) | [Sports](#) |

[Travel](#) | [Parties](#) | [Health & Fitness](#) | [Dining](#) | [Arts](#) | [Kids and teens](#) |

[Home](#) » [Life and Style](#) » [Health & Fitness](#)

## Lifestyle diseases weighing Mumbai down

May 16, 2014 - Swati Jha | Age Correspondent | Mumbai



[Share](#)

1

[Like](#)

One person likes this.



Picture for representational purpose only (Photo: AFP)

Results of the Indus Health Plus report, which surveyed 11,529 males and over 9,972 females across Mumbai, show that the city is suffering under the burden of lifestyle diseases like diabetes, cancer and obesity.

Out of the total surveyed population, over 15.11 per cent of population is suffering from diabetes, followed by obesity at 14.29 per cent. In fact, obesity has led to the rise in cases of diabetes.

Almost 75 per cent of the working women's population was found to have risk factors for breast cancer and 25-30 per cent of females did not undertake checkups at the right age.

Western culture and a sedentary lifestyle has given rise to the number of heart problems detected and people as young as 30 years old were also found to have heart blockages, according to the study.

Approximately 35-40 per cent of the population from the younger and early middle age group was found to be diabetic. Faulty eating habits and a shift to junk food has led to obesity amongst Mumbaikars.

There is a strong bend towards a sedentary lifestyle off late, which has led to increase in lifestyle diseases, says the report. A poor diet with less intake of iron was found, while doctors showcased increased numbers of anaemia and Vitamin B12 deficiency cases. The report is based on people who underwent preventive healthcare checkups.

According to Amol Naikawadi, joint managing director, Indus Health Plus, "The main focus of people should be on wellness and prevention of lifestyle diseases and to create a culture of healthy living among the younger generation.

The only way to reduce the cost of investment in treating lifestyle diseases is through investing in preventive healthcare, which is one third of the money invested in curative measures."

"Preventive checkups and early detection helps in effective treatment and also increases life expectancy. We are consistently trying to spread awareness and therefore make it imperative for one and all to take preventive health checkups before it's late," added Mr Naikawadi.