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## Lifestyle diseases rising every year: Survey

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A survey conducted upon 35,000 Mumbaikars reveals the city's huge baggage of lifestyle diseases that have been showing a rise every year. The report, conducted by an NGO Indus Health Plus, reveals that from January 2014 to

February 2015 the city has observed that while a total of 15 per cent of the total surveyed population is suffering from type 2 diabetes, over 20 per cent have heart ailments. Citing sedentary lifestyle, irregular eating patterns, and dependency on junk food as reasons for its findings, the report says that the burden of diseases will further rise in the city. Over 25 to 30 per cent of the working population has irregular meals and settles for junk food containing saturated fats.

Over 15 to 18 per cent of vegetarians and 12 per cent of non-vegetarians were deficient with Vitamin B12, according to the survey's findings. About 20 per cent of the surveyed population in the age group of 35-45 years and above has also been detected with Vitamin B12 deficiency.

In the cases of obesity, women, especially in the age bracket of 28-40 years, were found to be at higher risk of obesity because of stress, high intake of junk food and consuming packaged, ready to cook food and due to eating out twice or thrice a week.

Dr Priya Karkera, clinical nutritionist and chief dietician, Surana Hospital said, "Today it's not the lack of awareness, it's simply ignorance that forms a lethal part of drastic changes occurring in our day to day lives and eating patterns."

Amol Naikawadi, preventive healthcare specialist, Indus Health Plus, said, "Packaged, processed, ready to eat and half-cooked foods that are easily available in markets should be replaced with fresh food that is more nutritious in nature."