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Indus Health Plus Abnormality Report

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World Health Day: Indus Health Plus Abnormality Report - Bengaluru

Indus Health Plus Abnormality Report	Bengaluru			
	Jan 2014 - February 2015			
	MALE		FEMALE	
	IN NUMBERS	IN PERCENTAGE	IN NUMBERS	IN PERCENTAGE
TOTAL NO OF TESTS		7563		6287
Heart Problem	5996	7.43	339	5.42
Obesity	521	6.98	458	7.33
Anemia	514	6.87	433	6.91
Hyperlipidemia	109	6.21	333	5.43
Ophtal Problem	408	5.76	465	7.41
VITAMIN B 12	499	6.98	339	5.45

Key Findings from Report

- Industrialization and a busy lifestyle has made population of Bengaluru dependent on ready to eat, junk food and an overall unhealthy diet which is leading to deficiency of major vitamins in one's body
- Dependence of junk food has led to maximum orders (online, home delivery or takeaway) from those in IT industry. Odd working hours has led to dependence on junk especially during lunch and dinner, of course not to forget midnight meal junk snacking

Major deficiencies/Diseases-

- * Vitamin B12 deficiency
- * Anemia – Iron Deficiency
- * Hyperlipidemia – Cholesterol intake

Anemia - With close to 13% of those suffering with Anemia which is caused due to iron deficiency, 18-20% is from IT industry. 25-35yrs old male and female are prone to vitamins deficient diet and 35-40yrs old are anemic. 15-20% of these have a non-vegetarian diet but because they eat processed and junk diet, the iron content isn't sufficient. As less as 5-10% has green vegetables and necessary pulses leading to iron deficiency.

Vitamin B12 - Almost 30% of IT population is suffering with Vitamin B12 deficiency. 13-15% with Vitamin B12 deficiency are vegetarians. The corporate culture and fast paced life has increased the number of drinkers and this has increased the cases of vitamin deficiency by 6%. With close to 5% of female population suffering with Vitamin B12 deficiency, 7-10% of them came with deficiency symptoms.

Although the numbers are less in females but the percentage is more amongst the working female population. 15-20% of the working female population was deficient. Although the vitamin deficiency is commonly seen amongst senior citizens, the numbers amongst those in the age group of 45-50yrs is on a rise.

Hyperlipidemia - A wrong eating habit has increased the cases of hyperlipidemia. Fried food, reheated oil and dependence of oil rich fatty foods has increased the cholesterol levels amongst people. Almost 12- 15% from working population was suffering from hyperlipidemia.

Eye Problem - Long working hours and continuously watching the screen has led to eye related problems as well. 18-20% developed eye problems due to working late in front of screens and sitting till late on mobiles. However it was observed that while non-vegetarians were not suffering with Vitamin B12 deficiency, but the lack of green leafy vegetables was affecting their eyes.

Obesity - Lifestyle diseases are rampant in Bangalore. 12% people are suffering from heart problem and high blood pressure. Out of 12%, 13% reported a previous history of stroke, 48% were hypertensive, 23% reported to be diabetic, 33% used tobacco and 25% consumed alcohol. Nearly 1 in 5 patients had both hypertension and diabetes (18.5%).

A family history of stroke was reported by 7.3% of patients. In Bangalore obesity is reaching epidemic proportions, with around 25% of city population between the age group of 35-45yrs, especially from the BPO/IT/ITES suffering from obesity

What can keep you healthy?

- * Eat right
- * Sleep Well
- * Regular Physical Activity
- * Regular preventive health

BASIC FACTS

- Over 200 diseases are caused by unsafe food containing harmful bacteria, parasites, viruses, chemical substances.
- Bangalore is the second fastest growing major metropolis in India and a hub for IT and other industries, defense organizations, colleges and research institutions.
- The city is also a contributor for 5% of the country's GDP