

Obese, hypertensive women outnumber men in Indore

— By Tarun Tiwari | [May 16, 2015 02:42 am](#)

Indore : Indore's transformation into a metro comes with vices of stress and unhealthy lifestyle; along comes diseases like obesity and hypertension. If experts are to be believed women outnumber men in Indore when it comes to contracting these lifestyle diseases. In a recent study jointly conducted by **Indus Health Plus** and CHL Hospitals, the number of obese and hypertensive people has been increasing drastically in Indore. The number of women is more than men.

Fast pace life and industrialisation has added more responsibilities in families and therefore, taking care of work and home for women in families and therefore, taking care of work and home for women is not easy nowadays. "This pressure has been evident amongst women in Indore, especially in the age group of 35-45 years mostly," said the study, conducted on 11,249 people reached CHL Hospital from January to April, this year. from healthy diet which is leading them towards hypertension and obesity.

“About 6930 males and 4319 females were involved in the study of age 25-60 years in which 4.26 percent males were found obese whereas the rate of females was higher than males with 5.04 percent,” as per the report. Joint Managing Director of Indus Health Plus Amol Naikawadi said that it is observed that due to stress at work and home, 15-18 percent of females working population has settled for junk food, especially Indori Namkeen, which has kept them away. With obesity comes hypertension. The study shows that 6.91 per cent women of Indore were found to suffer from hypertension, in comparison to 5.30 per cent of men. Naikawadi said, “Females do not tend to take care of their health and this ignorance has been adding a lot to make them sick and obese. Healthy diet and regular exercise is very important to keep them healthy for a long life.” He added that in elder age women, it was found that they are turning obese due to stress for the future of their children.