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15% Hyderabadis suffer from Type II diabetes: Report

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This year on World Health Day, the emphasis will be on 'Food safety; from farm to plate'. Indus Health Plus has revealed that 12 – 15 per cent of the population in Hyderabad are suffering from Type II diabetes through its abnormality report. The Abnormality Report captures statistics from January 2014 to February 2015 and has indicated that there is a strong inclination towards sedentary lifestyle which has led to 17 per cent increase in new lifestyle disease cases.

15-20 per cent of the working population in late 20's is dependent on junk food. A poor diet with less intake of iron has increased anemia and vitamin deficiency cases in the city. 6.9 per cent of males and 6.7 per cent of females in the age group of 35 – 45 and above have been detected with Vitamin B12 deficiency. 15-20 per cent of males and females with this deficiency are from working population.

Over the period of two years, Vitamin B12 deficiency cases have increased by 3 per cent though the consumption of non-vegetarian food is moderate. The report suggests that 7 per cent of population in Hyderabad is suffering from hyperlipidemia due to high intake of oily and spicy food.