

6th April 2015, Mumbai: World Health Day will be observed on 7th April with an emphasis on “Food safety; from farm to plate” by World Health Organisation (WHO). Indus Health Plus, pioneer in preventive healthcare today revealed that 20% of working population in Mumbai is suffering from heart ailments through its Abnormality report.

The Abnormality Report by **Indus Health Plus, captures statistics from** January 2014 to February 2015, and has indicated that there is a strong inclination towards sedentary lifestyle which has led to increase in lifestyle diseases. 15-20% of population is suffering from type II diabetes because of irregular eating pattern, dependency on junk food from streets and other eating joints. A poor diet with less intake of iron has increased anemia and vitamin deficiency cases in the city.

15 to 18 % of vegetarians and 12 % of non-vegetarians were deficient with Vitamin B 12. 20% of population in the age group of 35 – 45 years and above have been detected with Vitamin B12 deficiency. 5 to 7 % of males and females with this deficiency are from working population. 8% of those suffering from Vitamin B12 deficiency complained about tiredness and fast breathing. The report suggests that 13% of population in Mumbai is suffering from hyperlipidemia. 25 – 30% of working population has irregular meals and settles for junk food containing saturated fats.

6.5% of males and 6.37 % of females were detected with eye problems due to lack of iron rich diet. Lack of time, usage of laptops and computers for more than 10 hours coupled with 2-3 hours of mobile usage at night also affected the eye sight of people.

The cases of obesity have increased in city by 15%. Women especially in the age bracket of 28 – 40 years are at higher risk of obesity because of stress, high intake of junk food and consuming packaged food, ready to cook & eat food coupled with eating out twice or thrice a week.

Mr. Amol Naikawadi, Preventive Healthcare Specialist, Indus Health Plus says, “Health is a state of complete harmony of food, mind and body. It is important for people to have a well-balanced diet. Packaged, processed, ready to eat and half cooked food which are easily available in markets should be replaced by fresh foods which are more nutritious in nature.”

Ms. Priya Karkera, Clinical Nutritionist and Chief Dietitia, Surana Hospital said, “ Today it’s not the lack of awareness, its simply ignorance which forms a lethal part of drastic changes occurring in our day to day lifes and eating pattern. We must be able to mark a striking balance between food intake and energy expenditure by including physical activities to maintain the balance of life.”

Food containing harmful bacteria, viruses, parasites or chemical substances causes more than 200 diseases, ranging from diarrhoea to cancers. Other health issues which are caused by consumption of unhealthy food are anemia, obesity, heart issues, hyperlipidaemia, stomach infections and other metabolic disorders.

This World Health Day lets pledge that we will take a step ahead to control lifestyle diseases by adopting healthy behaviours, such as being physically active, eating a healthy and balanced diet, avoiding the harmful use of alcohol and not smoking or using tobacco products.