

30% of Belagavi population suffering by vitamin B12 deficiency: Survey

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BELAGAVI: About 30% population of Belagavi city is suffering with deficiency of vitamin B12 and anaemia is commonly seen amongst men in the age group of 45-55 years, found in the Indus Health Plus Abnormality Report, revealed on Friday.

The abnormality report by Indus Health Plus and delivery partner KLES Hospital, Belagavi, captured statistics from January 2014 to February 2015. Report says with close to 14% population is suffering from anaemia due to iron deficiency in which 15-18% is working population. Surprisingly, 20% working women's population is also suffering with anaemia, who plays dual role as housewives and corporate professionals.

Interestingly, 13-15% population with B12 vitamin deficiency practices vegetarian food. It is reported that, 7% of the working population in Belagavi who have vitamin deficiency, 10% of them came with deficiency of symptoms. Women are leading with the number of cases for vitamin deficiency coupled with those in

the age group of 45-50 years. A notable 12-15% of cases from middle age group are suffering from hyperlipidemia. They were found prone to eating deep fried junk foods in survey.

According to Dr Amol Naikawadi, preventive care specialist of Indus Health Plus, "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," he said.

On an average population in the age group of 35-40 years is prone to vitamin deficiency from semi urban parts of Belagavi. Only 5-10% population consumes green vegetables and necessary pulses, which leads to iron deficiency. The rural population of Belagavi is not diagnosed with vitamin deficiency which intake fresh green leafy vegetables and fruits regularly, Dr Naikawadi said.

Food containing harmful bacteria, viruses, parasites or chemical substances causes more than 200 diseases, ranging from diarrhoea to cancers. Because of this, World Health Organization (WHO) will be observing World Health Day on 7th April emphasizing on food safety from farm to plate, he said.