

Deshdoot Times

मुख्य पान | 18% population is suffering from Hyperlipidaemia in Nashik, reveals Indus Health Plus Abnormality Report

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Nashik : 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 yesterday revealed that 18% of population is suffering from hyperlipidaemia.

The Abnormality Report by Indus Health Plus along with delivery partner Sahyadri Hospital, captures statistics from January 2014 to February 2015, revealed that 18% of people are at higher risk of Type II diabetes. Unhealthy lifestyle has increased the number of diabetes cases by 3 – 5%.

9.61% men and 8.34% women were detected with hyperlipidemia. 25-30% of the working population has irregular meals and settles for junk food containing high fats and cholesterol. A busy lifestyle has added to no physical activity and therefore the level of cholesterol has increased amongst them. 4-6% of those suffering from hyperlipidemia are also obese.

13.1 % of females and 12.2 % of males are suffering from anemia because of low intake of iron and vitamin rich diet. The consumption of leafy vegetables and milk has reduced and an increased intake of ready to eat, packages and processed food has increased.

12.92 % of male and 11.83 % of female have been detected with Vitamin B12 deficiency. Over the period of two years Vitamin B12 deficiency cases have increased by 3 % though the consumption of non-vegetarian food is moderate.

16% of population was detected with eye problems due to lack of iron rich diet. Lack of time, usage of laptops computers and watching television coupled with 2-3 hours of mobile usage at night also affected the eye sight of people.

Population especially in the age bracket of 30 – 40 years are at higher risk of obesity because of stress, high intake of junk food and consuming packaged food coupled with eating out twice or thrice a week. Obesity has also given rise to arthritis and polycystic ovarian and heart ailments.

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."

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.



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