

## Women diabetes patients outnumber men in Indore

HT Correspondent, Hindustan Times, Indore | Updated: Apr 04, 2015 18:01 IST

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In Indore the percentage of diabetic women outnumbers men, a study revealed.

The study further stated that about 25 to 30 per cent of working population in Indore is suffering from Type - II diabetes.

### ABNORMALITY REPORT (JAN 2014 - FEB 2015)

	MALE	FEMALE
<b>Number of people diagnosed</b>	<b>11917</b>	<b>8213</b>
Diabetes	10.82%	11.63%
Heart Problem	3.37%	2.89%
Obesity	8.26%	7.49%
Anemia	8.24%	9.21%
Hyperlipidemia	6.39%	7.14%
Ophthal Problem	7.65%	7.43%
Vitamin B12 deficiency	9.64%	9.95%



The abnormality report by Indus health plus has indicated that in Indore there is strong inclination among working population towards sedentary lifestyle. Due to which the cases of anemia and vitamin deficiency has increased in the city.

The study was conducted over a period of one year between January 2014 and February 2015. Among the diabetic population, women constitute 11.63 per cent, whereas men constitute about 10.82 per cent.

"Consumption of junk food increased the number by 5 per cent over the past 2 to 3 years," the report claimed.

"The present-day lifestyle of people have triggered plethora of health problems among the young population in the city," said Amol Naikawadi, a preventive healthcare specialist.

He said, "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."

The abnormality report further stated that 19 per cent of population in Indore is suffering from Vitamin B12 deficiency, which may lead to anemia.

It also indicated that, usage of computers or laptops for more than 10 hours-a-day coupled with 2 to 3 hours of mobile usage at night has affected eye sight of people in the city.

Naikawadi said, "Food containing harmful bacteria, viruses, parasites or chemical substances cause more than 200 diseases ranging from diarrhoea to cancers."