



## 'Vitamin B12 deficiency high among Belagavi residents'

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Around 30 per cent of the urban population in Belagavi is stated to be suffering from Vitamin B12 deficiency, as revealed in the Indus Health Plus abnormality .According to IHP, a preventive health check-up specialist, anaemia is common among men in the 45-55 age group. Close to 14 per cent men suffer from anaemia, caused due to iron deficiency, and 15 per cent to 18 per cent of them were from the working population.As much as 20 per cent of working women – as home keeper and corporate professional — were also found to be suffering from anaemia. As much as 13 per cent to 15 per cent of the affected population with Vitamin B12 deficiency were vegetarians. Women in the 45-50 age group outnumbered men in vitamin deficiency.The report, released ahead of the World Health Day to be observed on April 7 with emphasis on 'Food safety: from farm to plate', also revealed that 12 per cent to 15 per cent of cases from the middle aged group were suffering from hyperlipidemia. They were found prone to eating deep fried junk food.Amol Naikawadi, preventive healthcare specialist from IHP, says health was a state of complete harmony of food, mind and body. It was important for people to have a well-balanced diet.Packaged, processed, ready to eat and half cooked food which were easily available in markets should be replaced by fresh foods having

more nutrition.On an average, population in the 35-40 age group are prone to vitamin deficiency in the semi-urban parts of Belagavi. As much as 5 per cent to 10 per cent consume green vegetables and necessary pulses. Food containing harmful bacteria, viruses, parasites or chemical substances cause more than 200 diseases, ranging from diarrhoea to cancers.Around 30 p.c. of urban population suffering from Vitamin B12 deficiency: study