CODEN: IAASCA   **SHORT COMMUNICATION**

Survey Study of Socio-Demographic Profile and Prevalence of Life Style Diseases among Females

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ABSTRACT
The purpose of the present study was to assess the prevalence of common life style diseases among the women of Agra zone. A cross-sectional study was carried out which was containing 300 female respondents in the age group of 25-45 years from Agra zone. Data were collected using a self designed questionnaire and relevant investigations were carried out .Questionnaires covering socio-economic aspects clinical measurements (e.g., blood pressure, Diabetes, joint pain, back pain, irregular manses, Migraine, Thyroidsm etc) were done. The overall prevalence rate for the common life-style diseases was observed to be 37% for low Blood Pressure, 34.4 % for High Blood Pressure, 51.3 % for Knee Pain,46.8 % for Back Pain, 30.5 % for Migraine, 14.3 % for Thyroidsm, 4.5 % for irregular Manses while around 15.6 % of the respondent were having the Diabetes The study demonstrated a high prevalence of lifestyle diseases and their risk factors. Intensive information, education, communication activities involving simple preventive measures targeted to household women and frequent check on lifestyle diseases is the need of the hour. Lifestyle pattern and local environmental factors may play an important role which needs to be studied in detail.
Keywords: *Blood Pressure, Diabetes, thyroidsm, migraine.*

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INTRODUCTION
Diseases linked to our way of life are growing, in every country of the world. Lack of proper knowledge, inadequate time, faulty eating habits, no exercise, smoking are all to blame for lifestyle diseases particularly for household women who are neglected the most [1-4]. The onset of these lifestyle diseases is insidious, they take years to develop, and once encountered do not lend themselves easily to cure especially cardiovascular diseases, cancers and type 2 diabetes. Prevention of occurrence of risk factors along with their early identification and management can help to delay the progress to these diseases. Similarly, since the underlying (risk) factors for all the life style diseases are common, identifying and modifying these risk factors have been recommended as a strategy for their prevention and control in various settings. This study was carried out mainly to estimate prevalence of lifestyle diseases amongst different socio economic stratums of females of Agra Zone for predicting the future burden of cardiovascular, cerebrovascular diseases etc as well as to undertake preventive measures amongst women where there is hardly any data regarding lifestyle diseases.

MATERIAL AND METHODS
Study Participants. A cross-sectional study was carried containing 300 women respondents within the age group of 25 to 45 years, which is supposed to be the prime age for economic productivity as well as vulnerability to risk factors of life style disease.

Data Collection and Statistical Analysis: All the participants were interviewed and relevant investigations were carried out. By using the self designed questionnaire that includes questions related to socio demographic profile as well as related to different life style diseases.

RESULTS

Table 1: Socio-demographic profile of the study subjects (n=300)

Variables	Subjects (%)
Age	
25-30	19
30-35	29
35-40	30
40-45	22
Marital status	
Married	90
Unmarried	9
Divorced / Separated	1
Education status	
Primary	9
Secondary	17
Higher secondary	22
Graduate and above	52
Occupation	
Labourer	3
Own business	8
Service	30
Other(Home Makers)	59

The socio-demographic characteristics of study participants are shown in Table 1. So age break up of total 300 subjects studied shows that; age groups of 35-40 years was the most represented (30%) compared to 30-35 years of age group (29%). While on asking their marital status, majority (90%) were found to be married. As per the educational status 52% of the subjects was educated upto graduate level and above. Regarding the respondent's profession, it was noted that more than half, i.e. 59% of subjects were Home makers, which is followed by govt/ Pvt Service 30%. Very rare participants around 3% were categorized as labourer.

Table2: Distribution of the study subjects according to the life-style diseases

Life-style diseases	Percentage (%)
Low Blood Pressure	37
High Blood Pressure	34.4
Knee Pain	51.3
Back Pain	46.8
Migrain	30.5
Thyroidsm	14.3
Irregular Mances	4.5
Diabetes	15.6

(n=300)

Table 2 suggests the prevalence of life-style diseases among the study subjects. From which it was found that 37% participants were suffering from Low B.P, 34.4% were suffering from High B.P, 51.3 % having Knee Pain, 46.8 % having Back Pain, 30.5% were suffering from Migrain, 14.3 % have Thyroids' problem were as 4.5% were having Irregular Menstruation cycle and 15.6 % had Diabetes respectively.

DISCUSSION AND CONCLUSION

The analysis of data revels that Prevalence of lifestyle diseases was high even though no baseline data exists. it was found that 37% participants were suffering from Low B.P, 34.4% were suffering from High B.P, 51.3 % having Knee Pain, 46.8 % having Back Pain, 30.5% were suffering from Migrain, 14.3 % have Thyroids' problem were as 4.5% were having Irregular Menstruation cycle and 15.6 % had Diabetes. . Intensive information, educational activities involving simple preventive measures targeted to household women and frequent check on lifestyle diseases is the need of the hour. Lifestyle pattern and local environmental factors may play an important role which needs to be studied in detail.

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CONFLICTS OF INTEREST

The author declares no conflict of interest.

AUTHORS' CONTRIBUTIONS

All authors have made an equal contribution to the manuscript design, writing, and editing of the final submitted paper.

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