

Awareness Regarding Risk Factors Associated with Non Communicable Diseases among Geriatric Population of Lucknow City

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Abstract—Geriatric people are mostly affected by non communicable diseases. This group has been taken as target group for studying risk factors associated with NCDs and counsel them by creating awareness among the elderly people. Self made questionnaire was used for data collection. The study shows that in Lucknow city this population is untouched by researchers and percentage of NCDs affected geriatric is increasing day by day. The most prevailing NCD is gastro intestinal disease and the reasons behind it are lack of mobility and poor and insufficient diet. Counseling is an important part of the study, and it was done by creating awareness regarding nutrition and govt. schemes and policies for senior citizens.

Keywords: Non-communicable, awareness, counseling, risk factors.

1. INTRODUCTION

Old age is the closing period in life span. Like every other period in the life span, old age is characterized by certain physical and psychological changes. Non communicable diseases like diabetes mellitus, hypertension, cardiovascular diseases, gastrointestinal diseases are found commonly in elderly people in India. By 2030, most people aged 60 years or above, will be affected mostly from these NCDs. Unhealthy diets and physical inactivity are leading causes of the major non communicable diseases.

2. OBJECTIVES

1. To find out prevailing non communicable diseases among elderly people.
2. To study the reasons behind the high percentage of non communicable diseases among the geriatric people.

3. METHODOLOGY

Lucknow, the capital of Uttar Pradesh, was taken as study area. The geriatric people were the target group and the sample size was 300. The respondents were selected non-

randomly through purposive sampling technique. Self made questionnaire was used to collect primary data.

4. RESULTS

1. Percentage of NCDs among geriatric people

S. no	Non communicable diseases	Total population (%)	Males (%)	Females (%)
1	Diabetes mellitus	51	24	27
2	hypertension	46.7	22.8	23.9
3	CVD	32.5	13.3	19.2
4	Gastro intestinal disease	75.9	45.6	30.3

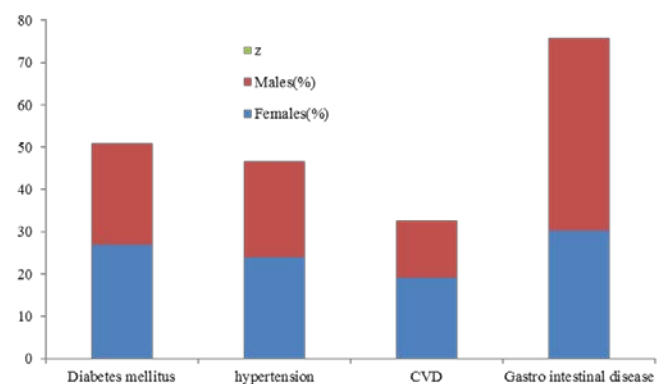


Fig. 1: percentage of non communicable diseases among geriatric people

2. Risk factors involve in non communicable diseases

S. No	Risk factors	Affecting population (%)
1	Lack of awareness	65
2	Staying alone	47.9
3	Financial problem	53.9

4	Inability to shop or prepare food	88.9
5	Limited mobility	66.1
6	Poor appetite	59.3

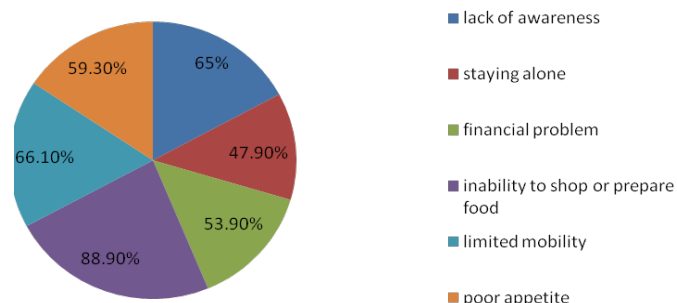


Fig. 2: Showing percentage of prevailing risk factors among elderly people

5. DISCUSSION

As the result shows, most of the geriatric people are suffering from non communicable diseases. The percentage of gastro intestinal diseases is high due to poor appetite, lack of mobility and ignorance of their health. At this age, people also face problem related to blood pressure due to psychological reasons and imbalance diet. Females are found more diabetic and the percentage of CVDs is high in elderly females in Lucknow city.

Many risk factors play vital role in increasing the prevalence of NCDs in older people. Mostly people at this age are not able to go shop and cook food by self. Other reasons are physiological and then after retirement due to loneliness or lack of fund, their health started decreasing.

6. SUGGESTION

Some suggestions are given for improving health of geriatric:

- Counseling should be given to elderly people for spreading awareness regarding diet, their life style, physical changes occurring at this age etc.
- The concept of community living should promote for eradication of feeling of loneliness and reduction of psychological stress.
- Programs should be started to make awareness regarding policies and government schemes for senior citizens like free health check-ups in government hospitals, concession in medical treatments etc.

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