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LIFE STYLE AND MORBIDITY PATTERN AMONG THE RESIDENTS OF METROPOLITAN AREAS IN INDIA

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ABSTRACT

Life style diseases are our own creation. Most men are unable to resist the work-holism, sedentary living environment, blind pleasure psychosis, the absence of regular sleep, leisure, socializing, taking junk food, and finally the mad march against indomitable time.

KEYWORDS: Life Style Changes the Morbidity, Morbidity Pattern, Six Largest Metropolitan Areas

INTRODUCTION

Today India is facing a dual burden of communicable and non-communicable diseases where nutrition and other life style factors play important roles. Population living in metropolitan areas are more prone to such morbidities because of environmental factor and life style.

REVIEW OF LITERATURE

Lifestyle is a multidimensional concept that is difficult to capture in a single measure. Conventional indicators such as infant mortality rate or life expectancy at birth, anthropometric measures or nutritional status are generally used to measure the health status of the population since they are comparatively simple to analyse and data is easily available (Indian human development survey). However, in recent times, many studies have used self-reported illness to measure health status because of its consistent relationships with future mortality in India.

OBJECTIVES

- To assess the life style among the residents of metropolitan areas.
- To assess the patterns of morbidity among the residents of metropolitan areas.

Data Source and Methodology

For this study, IHDS-2 (2011-12) is used the study is restricted to Kolkata, Delhi, Chennai, Mumbai, Bangalore and Hyderabad. Further, only the sample belonging to the age group 15 -59 years are retained for the analysis. The total sample retained for the analysis is 11895.

RESULTS

Substance Use

Result (table 1) presents percentage of substance use by background characteristics. In this study smoking cigarette, chewing tobacco, drinking alcohol and smoking bidi/hookah are considered as using substance. Percentage of smokers and drinkers are comparatively higher in the middle age group (30-34). But the percentage of tobacco users is

highest among the youngest age group (15-29), whereas smoking bidi/hookah is highest among the older age group (45-59).

CONCLUSIONS

Our findings indicate high level of morbidity condition relating to life style or substance use among the residents of metropolitan areas in India. Most of these risk factors are modifiable and can be improved. Patients with T.B and B.P may be suggested to adopt a healthy life style such as reducing daily salt and, quitting smoking and engaging in more physical activities. This study shows that compared to younger people (15-29 years), older people are more likely suffer from short term morbidity in the Metropolitan areas in India.

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Table: 1 Percentage of Substance Use by Background Characteristics

Background Characteristics	Smoking	Chewing Tobacco	Drinking	Smoke Bidis or Hookah	Total
Sex					
Male	37.78	43.84	42.04	41.18	1,853
Female	3.40	46.60	13.59	12.14	206
Age					
15-29	30.3	50.50	36.33	28.33	300
30-44	36.0	44.92	41.39	38.63	906
45-59	34.0	41.03	37.87	41.38	853
Education					
Illiterate -Primary	27.6	41.8	41.6	59.5	464
Secondary	32.5	45.1	40.6	38.3	754
Higher Secondary	36.4	41.3	37.5	33.1	387
Bachelor degree	39.4	53.2	33.3	23.0	330
Above bachelor	50.8	31.5	42.7	26.6	124
Marital status					
Currently married	34.4	43.8	40.5	39.7	1779
Never married	40.2	40.8	31.8	29.1	179
Divorced / Widowed	22.8	56.0	28.7	28.7	100
Religion					
Hindu	35.5	42.39	42.54	38.19	1,676
Muslim	28.4	50.30	20.73	43.29	328
Other	34.5	60.00	47.27	10.91	55
Occupation					
Technical workers	58.0	39.51	41.98	17.28	81

Managerial	39.3	58.70	37.65	15.79	247
Sales service	35.9	43.69	39.32	33.01	206
Farmers	27.7	28.81	51.98	69.49	177
Worker lab	32.6	43.80	37.61	40.36	1,348
No. of Household assets					
1 – 11	22.6	44.4	33.0	60.3	397
12 – 22	36.0	42.5	40.9	39.1	1198
23 – 33	37.1	47.3	38.8	25.0	564
Total	5.9	38.3	39.2	44.1	100.0
Source: Calculated from IHDS -2011-12					

Table 2: Percentage of Respondent with Major Morbidity and Background Characteristics

Background Characteristics	High Blood Pressure	Cancer	Heart Disease	Tuberculosis	Having Any Disease	Total
Sex						
Male	2.65	0.08	0.81	0.44	3.77	6,069
Female	4.84	0.12	0.93	0.27	5.89	5,826
Age						
15-29	0.28	0.00	0.06	0.18	0.51	5,055
30-44	3.18	0.13	0.76	0.40	4.32	3,959
45-59	10.52	0.24	2.43	0.62	13.02	2,881
Religion						
Hindu	3.78	0.12	0.80	0.35	4.81	9,768
Muslim	3.56	0.00	1.27	0.48	5.07	1,658
Other	3.20	0.00	0.85	0.21	3.84	469
Occupation						
Technical worker	4.71	0.00	1.35	0.22	5.38	446
Managerial	4.42	0.00	0.77	0.22	5.20	904
Sales service	4.11	0.12	0.62	0.12	4.86	803
Farmers	3.42	0.21	0.64	0.21	4.49	468
Worker lab	3.59	0.11	0.88	0.41	4.76	9,274
Education						
Illiterate – Primary	3.5	0.1	1.2	0.8	5.2	1698
Secondary	3.2	0.1	0.8	0.5	4.4	3812
Higher Secondary	3.6	0.0	0.9	0.2	4.6	2446
Bachelor degree	3.9	0.0	0.7	0.2	4.7	2669
Above Bachelor degree	5.5	0.2	0.9	0.0	6.1	1270
Marital status						
Currently Married	4.9	0.2	1.1	0.4	6.3	7754
Never married	0.3	0.0	0.0	0.2	0.5	3540
Divorced / Widowed	9.2	0.0	2.5	0.5	11.0	601
Number of assets						
0 -11	2.3	0.1	1.2	0.7	4.0	1029
12 – 22	3.8	0.1	0.9	0.4	5.0	6341
13 – 33	3.9	0.1	0.7	0.3	4.8	4525
Metros						
Mumbai	1.6	0.0	0.1	0.0	1.7	1691
Delhi	2.9	0.2	0.8	0.7	4.4	4246
Kolkata	5.2	0.1	1.4	0.4	6.6	2937
Chennai	2.6	0.1	0.8	0.1	3.5	738
Bangalore	4.6	0.0	1.2	0.0	5.5	1028
Hyderabad	5.8	0.2	0.6	0.1	6.4	1255
Total	3.7	0.1	0.9	0.4	4.8	11895
Source: Calculated FROM IHDS -2011-12						