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Life style diseases-Indian scenario

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Abstract

Lifestyle diseases are health problems and conditions that come about as a result of our modern lifestyles. They include obesity, cancer, diabetes, heart disease, stroke, high cholesterol, high blood pressure and digestive problems.

Modern science through improved sanitation, vaccination, and antibiotics, and medical attention has eliminated the threat of death from most infectious diseases. This means that death from lifestyle diseases like heart disease and cancer are now the primary causes of death. Everybody naturally has to die of something, but lifestyle diseases take people before their time. Too many people are dying relatively young from heart disease and cancer and other lifestyle diseases in modern times

In India, the situation is quite alarming. The disease profile is changing rapidly. The World health organization (WHO) has identified India as one of the nations that is going to have most of the lifestyle disorders in the near future. Nowadays, not only are lifestyle disorders becoming more common, but they are also affecting younger population. Hence, the population at risk shifts from 40+ to maybe 30+ or even younger. Already considered the diabetes capital of the world, India now appears headed towards gaining another dubious distinction of becoming the lifestyle-related disease capital as well. A study conducted jointly by the All India Institute of Medical Sciences and Max Hospital shows the incidence of hypertension, obesity and heart disease is increasing at an alarming rate, especially in the young, urban population. According to doctors say, a sedentary lifestyle combined with an increase in the consumption of fatty food and alcohol is to blame cases of obesity, diabetes, hypertension etc.

Furthermore, effective public health measures are urgently needed to promote physical activity and improve health around the world. The challenge of promoting physical activity is as much the responsibility of government, as of the people. However, individual action for physical activity is influenced by the environment, sports and recreational facilities, and national policy. It requires coordination among many sectors, such as health, sports, education and culture policy, media and information, transport, urban planning, local governments, and financial and economic planning. Towards this end, the world health organization is supporting its member States by providing nationwide evidence-based advocacy on the health, social, and economic benefits of healthy lifestyles.

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