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Prevalence and risk factors associated with gastro-intestinal tract infections in Sikkim

Nagendra Thakur

Sikkim University, India

Abstract

The present study explored the association between dietary, drinking water, drinking (alcohol) and sedentary lifestyle habits with gastroenteritis in population of Sikkim. Data were collected with help of a detailed questionnaire from 2000 urban and rural people, aged more than 15 years. Our study found that gastroenteritis is wide spread in Sikkim, with the most common disorders being amoebiasis, food-poisoning, gastric ulcer and cholera. The results show that drinking water and alcohol are major risk factors for gastroenteritis than food habits like vegetarian or non-vegetarian diet and working habits. Study also indicates the role of ethnic fermented foods in gastroenteritis, which needs further experimental validation.