Non-Communicable Disease and Health Hazards in Bengali Population: A Major Public Health Issue in India

Diptendu Chatterjee* and Arup Ratan Bandyopadhyay**

*Department of Anthropology, Bangabasi College, 19, Raj Kumar Chakraborty Sarani, West Bengal, Kolkata 700 009, West Bengal, India
**Department of Anthropology, University of Calcutta, 35, Ballygunge Circular Road, Kolkata 700 019, West Bengal, India
E-mail: dip_cu@rediffmail.com

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ABSTRACT Health policy of a nation is necessary to avoid the health hazards of the people of the nation. Obesity related non-communicable disease is considerably associated with high accumulation of calorie and uneven or less expenditure of calorie due to inadequate physical activity. Obesity could be related with many non-communicable diseases — Hypertension, Coronary Heart Disease (CHD), and NIDDM for example. The main objective of the present study is to estimate the prevalence of over weight and obesity in the Bengali population and its association with few body compositional variables, physiological variables and risk score of coronary heart disease (CHD). Mean age in male was 48.99 yrs and in 46.06 years in female, significant sex difference was seen (P<0.05) in weight, BMI, Heart disease risk score, WHR, PBF, FM and FFM. Fat mass in kg was found to be higher in female than male but risk score of CHD was seen higher in male than female, lifestyle factor may be the one of the reasons. Considering the BMI cutoff value, In case of male 41.84% and 48.14% were seen obese. Again considering the hypertension, In case of male 25% and 19% in female were seen hypertensive. Total risk score (TRS) gave significant correlation with BMI, Blood pressure and PBF. However, PBF was significantly correlated with BMI, WHR, TRS and blood pressure. The present study demonstrated that obesity is one of the major factors for hypertension and Coronary heart disease. Obesity and other lifestyle factor increase the risk of coronary heart disease. Low calorie diet and proper physical activity might be reduce the risk of CHD in Bengali population.

INTRODUCTION

Health policy of a nation is very much important to avoid the health hazards of the people of the nation. There is correct dosage of medicine for treating an illness, but there is a correct dosage of physical activity for promoting health benefits. Contemporary medical technology is developed to a great extend and increase the life expectancy of the people. Now medical technology developed largely and increases the life expectancy of the people by introducing life saving drugs and modern gadgets. Obesity is a great threat to us. In the present day, we are far behind from vigorous activity and mainly due to uneven expenditure of calorie obesity developed. Obesity may be one of the major factors for non-communicable diseases such as Hypertension, coronary heart disease, and NIDDM (ECVDS 2005; Al-Hazza et al. 2002; Baumgartner et al. 1989; Bose et al. 2003; Burger et al. 2004; Chumlea et al. 1986; Corbin et al. 2000; Farquhar et al. 1988). Indians are 50% to 100% susceptible in Coronary Heart Disease (CHD) than the Americans. The major identified risk factor for CHD is Obesity which can be measured by anthropometric variables.* In addition, Obesity associated with Smoking, hypertension, stress and diet. Hypertension could be increased as a result of Obesity and leads towards CHD. CHD among the Indians prevails from less than 40 years. CHD is a complex trait, with additive effect of genetic and other factors. Considering Indians Coronary artery disease (CAD) is 50% to 100% higher than the Americans are. The average age of first sign of heart disease among Indians varies from below 40 years. The major risk factors are smoking, hypertension, stress, obesity, and others. There is correct dosage of medicine for treating an illness, but there is a correct dosage of physical activity for promoting health benefits and developing physical fitness (Kopelman et al. 2000; Shephard et al. 1991; Hu et al. 2005; Blaxter et al. 1990; Gutin et al. 2007)

Objective

The main objective of the present study is to estimate the prevalence of over weight and
obesity in the Bengali population and its association with few body compositional variables, physiological variables and risk score of coronary heart disease (CHD).

**MATERIAL AND METHOD**

249 adult individual including 141 male and 108 female were considered here. Measurements were taken from a health awareness fare from Bally, Howrah. Anthropometric measurements and Blood pressure (Systolic blood pressure-SBP and Diastolic blood pressure- DBP) were taken following the standard protocol (Lohman et al., 1988). All individuals are free from any disease, male are service holder but female are all housewife and all of them did not involved in any vigorous activity. The subjects were free from any disease and did not involve in any vigorous activity. Each individual were asked with a specially prepared and pre-tested heart disease risk factor questionnaire along with his or her socio-biological information. Body mass index (BMI), Waist hip ratio (WHR) Waist stature ratio (WSR) was computed following the standard equations.

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\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height (m)}^2} \\
\text{WHR} = \frac{\text{Waist circumference (cm)}}{\text{Hip circumference (cm)}} \\
\text{WSR} = \frac{\text{Waist circumference (cm)}}{\text{Height (cm)}}
\]

Assessment of body composition done taking the PBF (Percent of body fat) using bioelectrical impedance analysis (OMRON HBF-300, OMRON Corporation, Tokyo, Japan). Heart disease risk score (Unalterable risk score- URS, Alterable risk score- ARS, Total risk score-TRS) were calculated using the standard questionnaire (Corbin et al. 2000). Data were analyzed using the SPSS (Version-10.0).

**RESULTS**

Mean age in male was 48.99 yrs and in 46.06 years in female, significant sex difference was seen (P<0.05) in weight, BMI, Heart disease risk score, WHR, PBF, FM and FFM. Fat mass in kg was found to be higher in female than male but risk score of CHD was seen higher in male than female, lifestyle factor may be the one of the reasons (Table 1). Considering the BMI cutoff value, in case of male 41.84% and 48.14% were seen obese (Table 2). Again considering the hypertension, in case of male 25% and 19% in female were seen hypertensive (Table 3). Total risk score (TRS) gave significant correlation with BMI, Blood pressure and PBF (Table 4). However, PBF was significantly correlated with BMI, WHR, TRS and blood pressure. Considering the correlation matrix significant correlation is seen between BMI, TRS, PBF, WHR and SBP in both sexes.

**DISCUSSION**

In un alterable risk score both the sexes are in the more or less in the same position but in
alterable risk score male are positioned in a higher group due to life style factor such as smoking, alcoholism and other factors though female have greater fat deposition in their body, for this reason male belong to a higher group of total risk score. Considering the previous studies it is depicted that deposition of fat and obesity had a significant correlation with chances of CVD (Kopelman 2000; Shephard 1991; Burger et al. 2004; Hu et al. 2005). As a result decrease of this alterable risk score can decrease the total risk score of heart disease can be possible. Age is unalterable risk factor so age is significantly correlated with unalterable risk score and total risk score. The prior studies has shown that PBF, BMI may be the responsible factor of risk of CVD (ECVDS 2005; Chen et al. 2005). Percentage of body fat is high in female so it shows greater BMI in comparison to male. Male show a greater number as hypertensive than the female might be because of stress and other life style factors (Chatterjee et al. 2005, 2006). Waist stature ratio is another indicator for heart disease and the optimum level is determined 0.48 in both sexes. Both male and female are belongs to higher than optimal level. A simple message that one’s waist circumference should not exceed half the stature is recommended for the public. Obesity and other lifestyle factor increase the risk of coronary heart disease. As seen in the European population (Corbin et al. 2000) it can be suggested that low calorie diet and proper physical activity might be reduce the risk of CHD in Bengali population.

**REFERENCES**


Baumgartner RN, Siervogel RM, and Roche AF 1989. Clustering of cardiovascular risk factor in association


