

Appraisal of Cardio Vascular Disease Risk Factors in a Costal Environment Fishermen's Urban Slum of Visakhapatnam

M. Gopi Chand and R. Sambasiva Rao

*Department of Anthropology, Andhra University, Visakhapatnam 530 003,
Andhra Pradesh, India*

Telephone: 0891-2844233, E-mail: gopichandmp@yahoo.com

KEYWORDS Body Mass index. Blood Pressure. Lipids. Modernization. Urbanization

ABSTRACT Cardio vascular diseases are the primary cause of mortality in developed countries, and emergencies have become the leading cause of death in developing countries as well. The impact of modernization, industrialization, and urbanization tends to increase the cardio vascular disease risk factor such as obesity and/or body mass index. With the increase of the body mass index, other cardio vascular disease risk factors such as blood pressure and lipids are also increasing drastically. Studies to address these factors are limited from urban slums of India, particularly from Andhra Pradesh. To provide information on these factors the present study was conducted on an endogamous fishing community, urban slum people of Visakhapatnam, Andhra Pradesh. Data were collected from 132 individuals (72 male and 60 female). Data pertaining to blood pressure, anthropometric measurements, and fasting blood samples for lipid profile were collected. Statistical analysis shows that the present study population is having high body mass index and shows the significant correlation with blood pressure and lipids. Increase of body mass index, tends to increase blood pressure and lipid levels. As a whole, the study reveals that cardiovascular risk factors are increasing due to the modernization, urbanization and industrialization. Though the changes are welcome and favorable for the progress of the population.