

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

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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, life style 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.