

Ethnic Predisposition to Cardiovascular Disease Risk among the Toto of West Bengal, India: A Longitudinal Study

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ABSTRACT The South Asian population is home to the region with the highest public health burden of cardiovascular disease (CVD) in the world. The present population based longitudinal study was undertaken among the Toto of West Bengal, India, to investigate whether gradual changes in lifestyle affect the cardiovascular health and its associated risk factors among the adult Toto males and females. The prevalence of CVD risk factors was almost negligible, around 2-3 percent in 2002-03. In 2015-16, the prevalence increased to an alarming high of 26.3percent in males (n=108) and 18.2percent (n=97) in females. There was an adverse impact of globalization, perhaps primarily mediated through lifestyle changes on cardiovascular health, indicating a major public health problem even in traditional societies. The *in situ* urbanization even in rural settings seems to be an important factor among the people of South Asian origin.