

Public Health Section

Comprehensive Scientific Research to Assess the Impact of Behavioural Risk Factor for Cardiovascular Diseases

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A multicenter randomized research studied lifestyle factors impact on the development of socially important diseases among population of Kazakhstan. The study involved experts from leading research institutes: cardiology and internal medicine, maternal and child health, oncology and radiology, ophthalmology, psychiatry and healthy lifestyle center. Objective: Development new organizational approaches and efficient forms, economically feasible proposals for preventive work on major socially important diseases (arterial hypertension, ischemic heart disease (IHD), diabetes mellitus (DM), asthma, breast cancer, cervical cancer) in primary health care. Methods: socio-hygienic, statistical, informational, epidemiological, preventive, clinical, paraclinical, laboratory, sociological and mathematical. Results: Population of Almaty and Enbekshi-Kazakh rayon of Almaty oblast was studied (1500 people). Prevalence of risk factors and cardiovascular diseases (CVD) (32,0 +2,8); IHD (18.1 2.3); with DM 0,33%, asthma - 1,64%; with allergic rhinitis - 10.49%; with diabetic retinopathy from 8,5 to 86,5; with depressive condition - 52.7%; all these diseases had higher rates among urban residents than rural ones. Among CVD risk factors an overweight was a leading condition. Analysis showed strong linkage between CVD and overweight among both men and women. The second and third ranks accounted for tobacco smoking and atken-tea (tea with salt and milk) use, the fourth - intake of alcohol. 77,0% of examined healthy people under age of 30 had prenosological conditions, enable to disorder normal adaptation, lead to diseases onset in later life. Work of School of health and observation of experimental group in 60-68% cases showed positive results in correction of functional conditions. Most people were not informed about ways of diseases prevention and had no healthy lifestyle skills. Among the urban percentage of people aware of healthy lifestyle importance was 21.78%, among the rural -18.81%. Low doctors and nurses' supply in Almaty city and Almaty oblast, disparities and uneven, poorly trained staff, high rates of layoffs reduced availability and quality of health care including preventive health care. Based on the research results training programs "Technology of preventive education at schools of health for patients with cardiovascular diseases", "Technology of preventive education of patients with diabetes, obesity, metabolic syndrome" were developed and applied. Screening programs developed to identify risk factors of socially important diseases at primary health care settings as well as algorithm technology for early detection and monitoring of patients with hypertension and coronary heart disease, angina, myocardial infarction.

Prevalence of Obesity, Weight Perceptions and Weight Controlling Practices Among Female College Students in Kerala, India

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Obesity has been described as an epidemic which is spreading globally. Insufficient awareness regarding obesity and undue concern about weight issues have given rise to a spectrum