

Monitoring Diseases Prevention in Health Care System

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In Kazakhstan diseases prevention is a matter of great concern and is one of the long-term priorities of "Kazakhstan - 2030" strategy. Diseases prevention includes monitoring of prevention and healthy lifestyle development. Widespread of risk factors among the country's population identified primary problem of health protection and promotion - high rates of chronic diseases, i.e. deterioration of health. In papers available, we found no studies on the impact of behavioral risk factors for complications in patients of surgical hospitals. Taking into consideration mentioned above and influence of bad habits on the disease course, there was a need for monitoring key healthy lifestyle indicators among population. In Kazakhstan 4 national population-wide surveys were carried out on risk factors for diseases associated with population lifestyle choices. Objective: To improve prevention and healthy lifestyle development by examining prevalence of behavioral risk factors among the population. The object of national survey was population of the country 11 years and older (up to 65 inclusive). Sociological survey of 5 Kazakhstan regions covered 2500 people (2007). In each region, according to the research objectives eight age groups living in urban or rural areas were identified. The questionnaire consisted of 32 questions. We examined behavioral risk factors such as smoking, alcohol consumption, nutrition, physical activity, quality of medical care and others. A comparative analysis of lifestyle indicators from previous 1st, 2nd and 3rd national studies (1998, 2001, 2004, and 2007) and results of surgical patients survey was conducted. According to the results of sociological survey (2007) the prevalence of chronic diseases observed in all age groups, averaging 38.8% for the republic, by regions - Eastern region dominated (51,2%). In-depth statistical analysis established a direct correlation between the prevalence of risk factors and chronic noncommunicable diseases. We determined prevalence of smoking among surgical patients, accounted for 30%, and prevalence of alcohol abuse - 49% among patients of planned surgery, and 38% among patients of urgent surgery. According to national sociological studies smoking rates among population was 22.7% - 27%, and prevalence of alcohol - 35,6%. Consequently, the rates of bad habits among surgical patients were higher than among the general population. Physicians of primary health care and hospitals must take into account smoking and alcohol consumption among patients. Thus, monitoring of behavioral risk factors for diseases, including surgical ones enables to making timely decisions on disease prevention and correction of diagnostic and treatment process through lifestyle changes and avoiding risk factors complicating pathological process.

Prevalence and Correlates of Common Mental Disorders among Incarcerated Men in Kerala, India

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Researches around the world have demonstrated the higher prevalence of mental illness in prisons when compared to the general population. However there is a dearth of data on mental illness, among prisoners from low and lower middle-income countries. We hypothesize that there is an increased prevalence of common mental disorders (CM.D.) in Indian prisons, when compared to the general population. The study aims to find the prevalence and correlates of common mental disorders among incarcerated men in a prison in Kerala, South India. Randomly selected sample of 329 male