

STUDENT STUDY PROJECT

ON

“A Survey on Prevalence of Non Communicable Diseases (NCDs) in
Udandapur Village of Jadcherla Mandal, Dist Mahabubnagar, Telangana”

Department of Zoology

Dr.BRR Government College, Jadcherla

Dist:Mahabubnagar-509001

(Accredited by NAAC with “B⁺⁺” Grade
An ISO 9001-2015 Institution
Affiliated to Palamuru University)



BY:

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Supervised by: B.Ravinder Rao, Asst.Prof.of Zoology

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Academic Year 2022-23


Supervisor


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CERTIFICATE

This is to certify that the project work entitled "A Survey on Prevalence of Non Communicable Diseases (NCDs) in Udandapur Village of Jadcherla Mandal, Dist Mahabubnagar, Telangana" is a bonafide work done by B.Akhila, G.Shivalingam, S.Shiva Kumar, K.Srinivasulu and J.Mahesh Babu the students of B.Sc. (BZC) T/M, VI semester students under my supervision in Zoology at the Department of Zoology Dr.BRR Government College Jadcherla during 2022-23 and the work has not been submitted in any other college or University either part or full for the award of any degree.

Place:

Date:



B.Ravinder Rao

Assistant Professor of Zoology



Signature of External examiner



Signature of Internal examiner

DECLARATION

We hereby declare that the project work entitled with "A Survey on Prevalence of Non Communicable Diseases (NCDs) in Udandapur Village of Jadcherla Mandal, Dist Mahabubnagar, Telangana" is a genuine work done by us under the supervision of Sri B.Ravinder Rao, Assistant Professor, Department of Zoology, Dr.BRR Govt.degree College, and it has not been under the submission to any other Institute /University either in part or in full, for the award of any degree.

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ABSTRACT

A survey on prevalence of Non Communicable Diseases is conducted among the people living in Udandapur village of Jadcherla Mandal in Mahabubnagar District, Telangana to document the status of NCDs. This survey was conducted from September 2022 to April 2023. Udandapur village. The team members also recorded the Blood pressure and Random Blood Glucose levels when necessary to get the information. Among the 3552 people living the 1175 hose holds in the survey village, 873 persons living in 303 Households are selected for survey. Results confirmed the prevalence of NCDs in the study area as Diabetes mellitus 32 persons (0.3%), Hypertension 50 persons (0.5%), Cardiac problems 4 (0.04%), Asthma 4 (0.04%), Allergies 2 (0.002%) and Cancer 1 (0.001%). It is found in survey that the Health department has taken the initiatives by deploying 3 ASHA, 4 ANMs in the village.

Key words: NCDs, Udandapur, Jadcherla, Mahabubnagar.

Introduction:

In the last ten years, India has seen many improvements in the health of women and children which include an increase in institutional deliveries, immunization coverage, improvements in maternal and child health, and reductions in maternal and child deaths. In many sub-centers The challenge comes from the increasing incidence of Non-Communicable Diseases (NCDs). They are increasingly replacing communicable diseases and maternal and child health problems as the leading cause of death and disease.

Non-communicable diseases (NCDs), also known as chronic diseases, do not spread from person to person. These illnesses take a long time to develop and do not present symptoms in the early stages. They require treatment for several years, and some require life-long treatment. There are several diseases which fall into this group of conditions. The main types of non-communicable diseases are diabetes, coronary heart disease, stroke, cancers, and chronic respiratory diseases (such as chronic obstructive pulmonary disease and asthma). They are diseases of long duration targeting men, women and children and people in all income groups. Some of these diseases progress slowly or cause chronic symptoms requiring long term care and control while others progress rapidly. People may look apparently healthy but they may still have these diseases. Tobacco and alcohol consumption are key causative factors, but there are many others, and you will learn about these later.

One of the most serious concerns about Non-Communicable Diseases is that they affect people in the productive years of their life. Non-Communicable Diseases are a leading cause of premature mortality. Another cause of premature mortality is the increasing occurrence of injuries. They include both unintentional and intentional injuries- due to road traffic accidents, burns, workplace related injuries, and violence. In India, Non-communicable diseases (NCDs) contribute to 60% of all deaths. The four major causes of NCD deaths are: Coronary Heart Disease, Stroke, and Hypertension (45%) ω Chronic respiratory disease (22%) ω Cancers (12 %) ω Diabetes (3%) ω In many parts of our country as you know, rates of infant, child and maternal deaths are high. We also have a high burden of disease and death from infections or communicable disease. Added to this, it is also an evident of an increasing burden of Non-communicable diseases. Most often, Non-communicable diseases originate from unhealthy lifestyles and adverse physical and social environments. Well-known risk factors include poverty, poor diets like intake of foods rich in fat, salt and sugar; physical inactivity, consumption of tobacco, excessive use of alcohol, and stress.

It is known from research studies and experiences of projects in our country and from other countries that the burden of Non-communicable diseases can be reduced through effective preventive measures. The response of our health system is not just to identify and treat these diseases, but also address prevention and health promotion.. A 30-year old individual has a one-fourth chance of dying from any of the four major

NCDs before the age of 70 years. Prevalence of tobacco consumption in India is 44.5% in males³ and 6.8% in females³.

Globally the prevalence of tobacco consumption is 22%. The consumption of pure alcohol (among those who are 15 years and above) has decreased according to NFHS 3 and 4. Rapid increase in obesity and overweight is seen, with prevalence of obesity increasing^ω from 9.3% to 18.6% in males and from 12.6% to 20.7% in females³. Prevalence of hypertension has increased by 10% from 2010-2014.^ω The level of physical inactivity among Indian adults is around 13%. The government has been implementing the National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular diseases and Stroke (NPCDCS). This is now implemented through the NHM. In this programme, an important component is the examination of all individuals who came to the health care facilities for hypertension, diabetes and selected cancers. This is called Opportunistic Screening. Now the government is planning to expand the scope of the NPCDCS to undertake screening of all healthy women and men 30 years of age and above in the community or in a health facility nearby. This is also called Population-based Screening. As a key front line worker, you will have an important role in undertaking the screening. The ASHA will also work closely with you and be your link to the community. This module will help to: Build your knowledge on the risk factors, prevention and control of common NonCommunicable Diseases.^ω Understand the programme for Non-Communicable Diseases in your area and role in undertaking screening, detection, referral and follow up. It is needed to learn about how to coordinate with the ASHA to ensure community level activities including health prevention and promotion.

There is a need to Counsel individuals and families on modifying life style behaviours, blood pressure and assessing random blood glucose, Body Mass Index, clinical examination of breast and oral visual examination of the oral cavity. Identifying and referring suspected with the common Non-Communicable Diseases to the Primary health Centre or the Community Health Centre. Be able to identify complications among patients with Non-Communicable Disease and to know where to refer them. Undertaking follow-up of patients with Non-Communicable Diseases, support them and adhere to treatment and to make changes in their lifestyles are the most important things to the Health Departments.

Objectives:

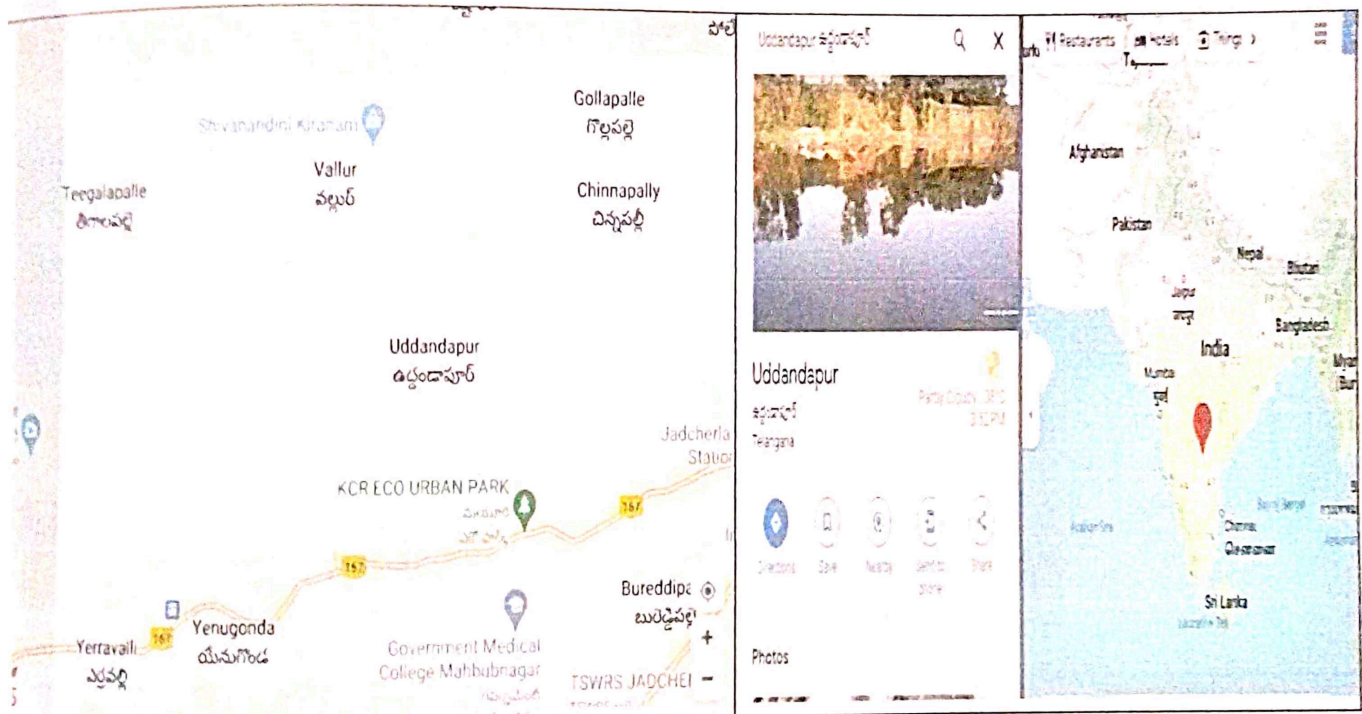
- To generate information on the risk factors, prevention and control of common NonCommunicable Diseases in the study area.
- To understand the programme for Non-Communicable Diseases in the area and the role in undertaking screening, detection, referral and follow up.
- To counsel individuals and families on modifying life style behaviours.
- To refresh the skills in measuring blood pressure and assessing random blood glucose.
- To gain competencies in estimating Body Mass Index, suggest to undertaking clinical examination of breast and oral visual examination of the oral cavity.
- To refer those suspected with the common Non-Communicable Diseases to the Primary health Centre or the Community Health Centre.

- To identify complications among patients with Non-Communicable Diseases and know where to refer them.
- To undertake follow-up of patients with Non-Communicable Diseases, support them adhere to treatment and to make changes in their lifestyles.

Materials and Methods:

Study Area:

Uddandapur located 11 KM Northwest to mandal Head quarters Jadcherla with coordinates $16^{\circ}48'36.4''N$ $78^{\circ}03'55.9''E$, and situated in between Valluru and Kistaram villages..

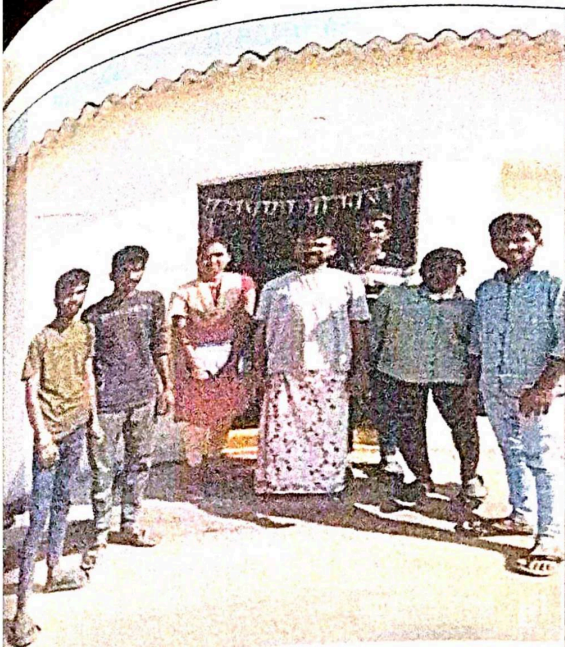


Sample Collection:

The team members have planned to survey the village and divided the areas of villages into 5 parts. Each member collected the information from the people of the area. Information about NCDs such as Hypertension, Diabetes mellitus, Kidney diseases Cardio vascular problems, Asthma, Allergies and Cancer related manifestations. Survey conducted during September 2022 to April 2023 on weekends. The team chose the survey time from 6 am to 8 am as such time is convenient to the villagers to provide the information. Most of the people were available during the time of survey. Visit to the same areas repeated for 4-5 times for collecting information from the persons who were not available during the visit. The data collected is tabulated and graphs are prepared for easy interpretation of the data.

Data collection by the Team members:







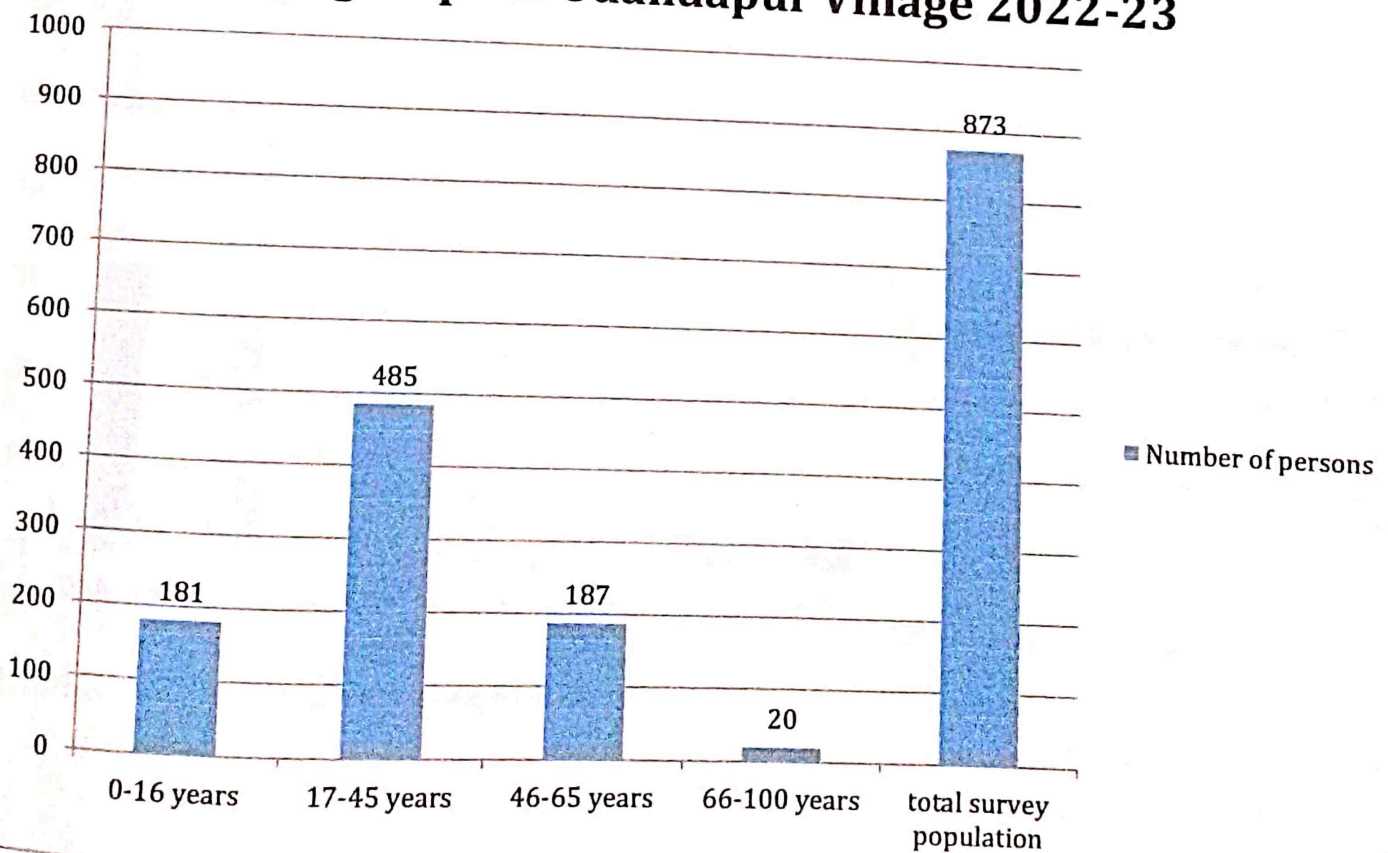
raphs:

survey on Prevalence of NCDs in Survey area of Udandapur village.

Table.1: Age groups in survey population

Age Group	Number of persons
0-16 years	181
17-45 years	485
46-65 years	187
66-100 years	20
total survey population	873

Age groups in Udandapur Village 2022-23

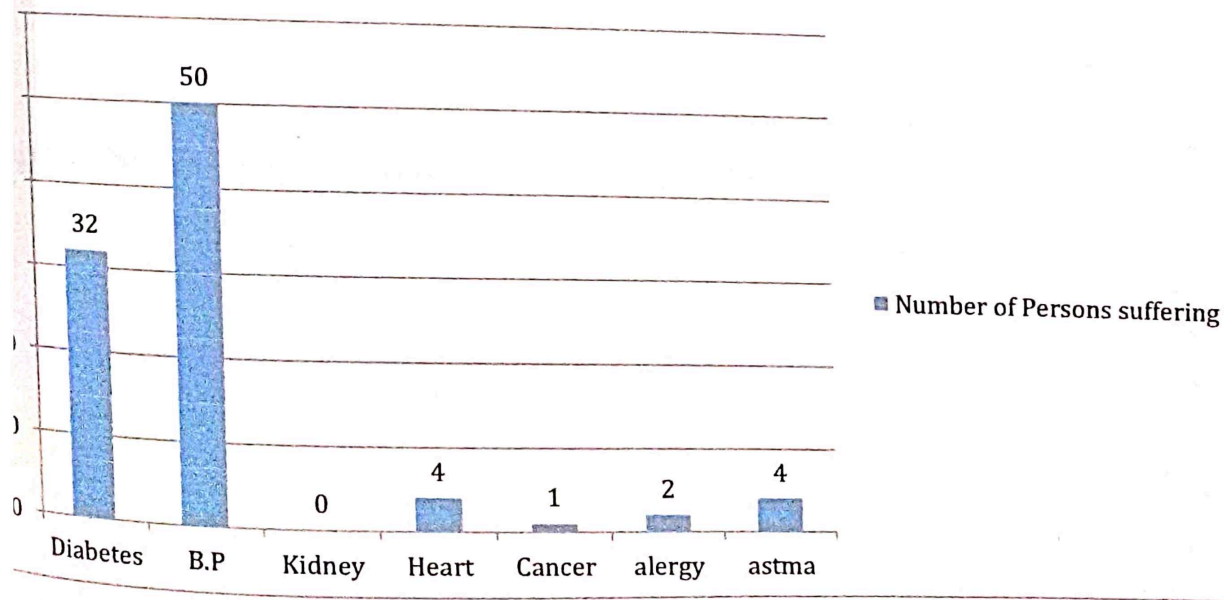


Graph.1: Age groups in survey population

Table.2: NCDs in survey population

Type of NCD	Number of Persons suffering
Diabetes	32
B.P	50
Kidney	0
Heart	4
Cancer	1
alergy	2
astma	4

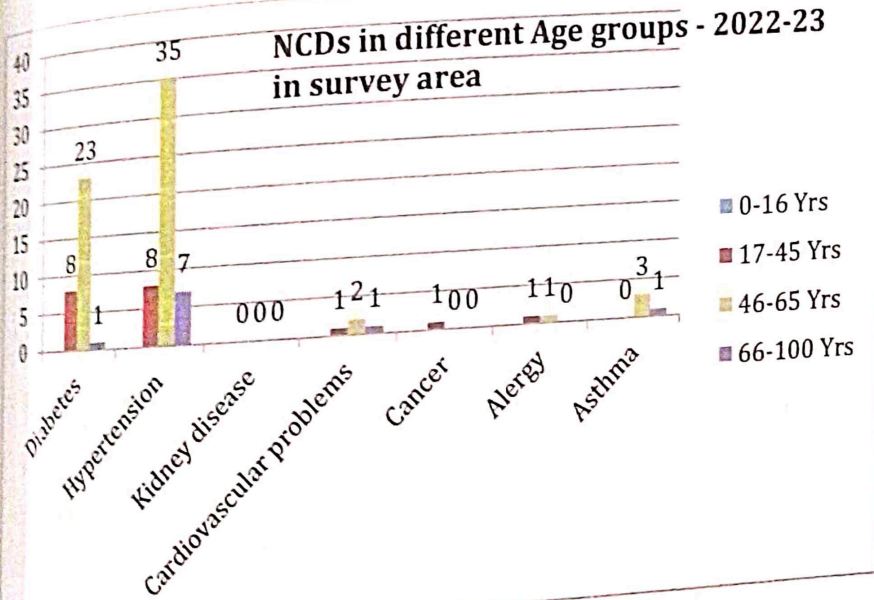
Persons suffering from NCDs in Udandapur survey area 2022-23



raph.2: NCDs in survey population

Table.3: NCDs vs Age groups in survey population

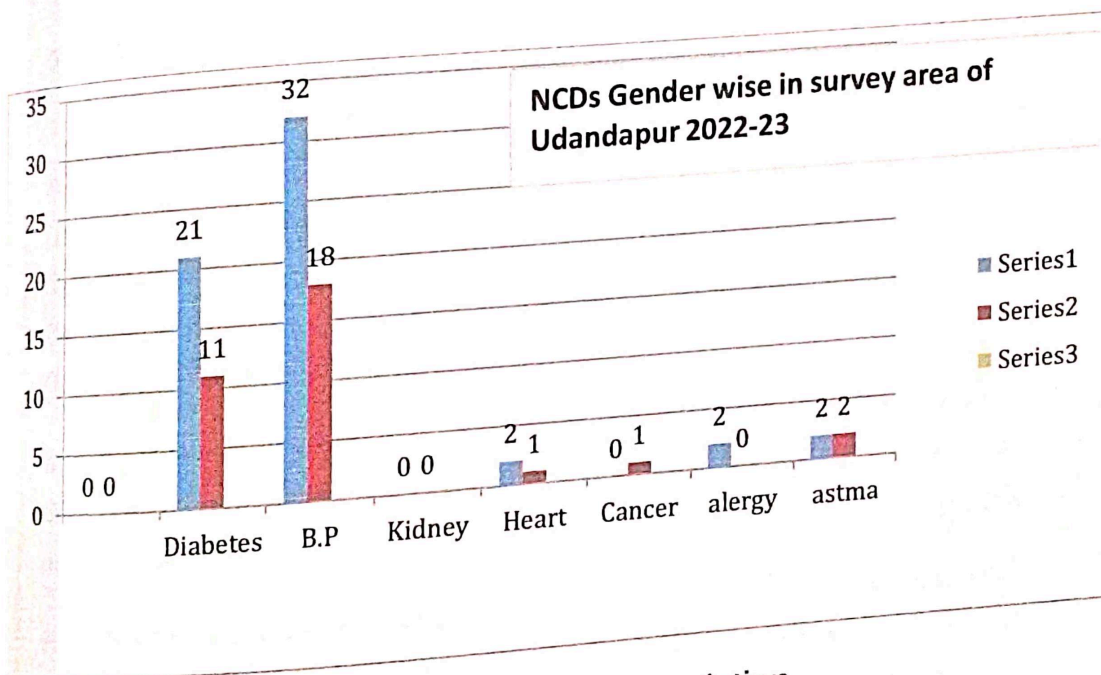
	0-16 Yrs	17-45 Yrs	46-65 Yrs	66-100 Yrs
NCD	0	8	23	1
Diabetes	0	8	35	7
Hypertension	0	0	0	0
Kidney disease				
Cardiovascular problems	0	1	2	1
Cancer	0	1	0	0
Allergy	0	1	1	0
Asthma	0	0	3	1



Graph.3: NCDs vs Age groups in survey population

Table.4: NCDs vs Age groups in survey population

Diseases	Male	Female
Diabetes	21	11
B.P	32	18
Kidney	0	0
Heart	2	1
Cancer	0	1
alergy	2	0
asthma	2	2



Graph.4: NCDs vs Age groups in survey population

Results and Discussion:

The present survey on prevalence of Non Communicable Diseases is conducted among the people living in Udandapur village of Jadcherla Mandal in Mahabubnagar District, Telangana documented the status of NCDs.. The team members also recorded the Blood pressure and Random Blood Glucose levels when necessary to get the information. Among the 3552 people living the 1175 households in the survey village, 873 persons living in 303 Households are selected for survey. Results confirmed the prevalence of NCDs in the study area as Diabetes mellitus 32 persons (0.3%), Hypertension 50 persons (0.5%), Cardiac problems 4 (0.04%), Asthma 4 (0.04%), Allergies 2 (0.002%) and Cancer 1 (0.001%). It is found in survey that the Health department has taken the initiatives by deploying 3 ASHA, 4 ANMs in the village.

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