A COMPARATIVE STUDY OF CARDIOVASCULAR DISORDERS AND ASSOCIATED MORBIDITIES IN RURAL AND URBAN AREA OF CENTRAL MAHARASHTRA – INDIA

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Abstract

Background: In India, there has been an alarming increase in the prevalence of CVD over the past two decades so much so that accounts for 24% of all deaths among adults aged 25–69 years. Because of the changing life styles, the environment, industrialization, and urbanization the prevalence of hypertension is increasing constantly. Present study was conducted in Latur district of Maharashtra comparing the cardio-vascular morbidity profile in rural and urban area.

Material and Methods: A cross-sectional study was conducted in Latur district of Maharashtra. Data was collected done through health checkup by using a standard questionnaire. Data was collected, age, sex, height, weight, body mass index (BMI), history of exercise, history of tobacco consumption, history of cardiac disease, history of diabetes mellitus and family history of cardiac disease. Data analysis was done by using SPSS version 16.0. Quantitative data was presented and summarized by using Mean, Median and Standard deviation while qualitative data was summarized by using proportion. Chi-square test, student “t” test was used as test of significant. “P” value <0.05 was considered as significant.

Results: Hypertension and Diabetes mellitus both are very common in urban as well as rural population. Risk of cardiovascular disease is very high in rural population as compare to urban population. Prevalence of hypertension was found to be 15.8% and 18.6% in rural and urban areas respectively. History of Diabetes mellitus was significantly higher in urban area as 16% while in rural area it was 7.7 percent. Conclusion: Rural and Urban population in central Maharashtra is at risk of hypertension and coronary artery disease. Consumption of tobacco and no regular exercise is more prevalent in rural population. Risk is more in rural population as compare to urban population.

Key words: Comparative study, Risk factors, cardiovascular diseases, hypertension, Rural-Urban, Latur
References


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