DEPARTMENT OF BIOTECHNOLOGY

“Prevalence of communicable and non-communicable diseases” – A case study

Objectives:

1. To estimate the prevalence of communicable and non-communicable diseases among the population.
2. To assess the distribution of life-style factors (Physical activity, Tobacco and Alcohol use).
3. To identify dietary practices which are risk factors for selected NCDs.
4. To determine the prevalence of hypertension & diabetes.
5. To identify the cause for the prevalence of communicable and non-communicable diseases among the population.
6. To create awareness on prevention of communicable and non-communicable diseases.

Methodology:

The survey was conducted in 323 houses, the housing facility, drainage facility, food behavior and hygienic practices of the community were assessed based on the questionnaire

Outcome:

This study revealed that

- The space for the family is too little (single room) suggestive of predominant communicable disease such as diarrhoea (45%) and skin disease (25%) among the study population.
- Drainage facilities are limited and open land has been used for waste disposal aggravating the communicable disease among the study population.
- The important risk factors for non-communicable disease are tobacco use, alcohol consumption and smoking. In the study population it has been estimated
that tobacco use (50%), smoking (42%), and alcohol consumption (92%). This
could be the cause for hypertension (29%) and diabetes (34%). Due to the
physical activity more people are not affected.

➢ Therefore, care should be taken to keep the environment as clean as possible and
avoid direct contact with those who are ill whenever possible.