ORIGINAL ARTICLE

Financial Status and Recurrence of Modifiable Gamble Variables of non-Transferable Sicknesses in Youthful Grown-ups (age 25-40 years) of Bahawalpur

SUMMAIRA HASSAN, SUNDAS HAMNA
Department of Community Medicine Quaid- e- Azam Medical College, Bahawalpur
Correspondence to Dr. Summaira Hassan, Email: drsummairahassan@gmail.com, Cell: 0300-6845008

ABSTRACT

Aims: To find out the frequency of modifiable gamble variables of non-transferable sicknesses in youthful grown-ups (age 25-40 yrs) of Bahawalpur and to compare modifiable gamble variables of non-transferable sicknesses among different financial status.
Study Design: Descriptive cross sectional study
Place and Duration: Four areas of Bahawalpur City: Model Town A &B, Tibba Badar Sher and Bhatta No. 2,3 from April 2019 to September 2019.
Methodology: Multi stage sampling was done to draw the sample. The sample size of 240 was calculated by using WHO software sample size calculation after adding 10% response error. Data was collected through a predesigned and pretested questionnaire. BMI was calculated by measuring height and weight. The data was entered and analyzed through SPSS version 24.Mean and standard deviations were calculated for quantitative variables like age and BMI. Simple Frequencies and percentages were calculated. Chi square test was used as the test of significance for qualitative variables.
Results: The frequency of various gamble variables was found highest in the participants falling in the working financial class (58.3%) i.e., smoking (11.3%), low dietary intake of natural products like fruits and vegetables 55.6% and 51.7% respectively while low physical activity 71%. The relationship of these factors with gender and age was statistically significant.
Conclusion: Varieties in the dispersion of hazard factors contends specific concentration over individual ways of behaving, individual decisions and obligations to be featured . Purposeful planning of conditions to advance sound ways of behaving is fundamental and promising to diminish the pervasiveness of these ways of life sicknesses.
Keywords: Modifiable gamble variables, youthful grown up, sickness

INTRODUCTION

Non-Transmittable Infections (NCDs) allude to the circumstances which are gradually developing, persistently advancing and enduring over a lengthy timeframe. They incorporate an immense gathering of sicknesses, for example, Cardiovascular Illnesses, Malignant growth, Diabetes and Constant Vague Respiratory Infections addressing a main danger to human wellbeing and monetary turn of events.[1]It is, therefore, an impending disaster for health, society and national economies[3].

A risk factor is defined as "An aspect of personal behavior or lifestyle, an environmental exposure, or a hereditary characteristic that is associated with an increase in the occurrence of a particular disease, injury, or other health condition". These risk factors for NCDs are use of tobacco and alcohol, physical inactivity, overweight and obesity, increased fat and sodium intake, low fruit and vegetable intake, raised blood pressure (BP), blood glucose and cholesterol levels[1].

The gamble factors are extensively named "Modifiable" and "Non-Modifiable" factors[4,5]. Every one of these contain social variables that can provoke physiological and metabolic changes inside the body, finally growing the bet of NCDs. Raised circulatory strain, overweight, elevated levels of blood glucose and cholesterol levels have been perceived to commit to basic responsibility towards many non-transferable illness conditions[6-10].

Non-transmittable infections arise as the main source of mortality worldwide. 82% of untimely non transmittable sicknesses mortalities happen in low socioeconomic countries[2]. WHO Overall Prosperity Observatory Data (2014) showed that approximately 8.5% of the adults of age 18 and above had elevated levels of blood glucose, 22% had increased circulatory strain, 23% had lacking genuine work and the inescapability of smoking and strength was 22% and 39% respectively[11-16]. Pakistan shows regularity of cigarette smoking and tobacco use in the two genders as 14% and 22.6% respectively[17]. According to Public Prosperity Investigation Pakistan 2014, Pakistan has been situated as the 10th country of the world to clutch weight[18].

The predominance of NCDs is showing a vertical pattern in many nations. The effect is most prominent on the unfortunate nations of subcontinent, of which Pakistan involves a critical position. Pakistan is the fifth most populated country around the world. The nation is confronting a twofold weight of both transferable infections and NCDs. Reception of a stationary way of life and changes in diet has brought about a flood in NCDs in Pakistan. This might be credited to detachment of the populace to schooling and administrations expected to forestall and treat NCDs. The scarce wellbeing assets stay zeroed in on diminishing the generally wrecked weight of transmittable sickness[19]. NCDs thus pose a specific threat to Pakistan accounting for 36% of deaths considering that there is hugely preventive approach to these conditions[20].

Up to this point, extremely restricted and divided information is accessible on the commonness of chance elements for NCDs in Pakistan, overall and in Bahawalpur City, specifically. To successfully address the developing peril, extensive and forward-thinking data with respect to the gamble elements' information is basically expected to assess the adequacy of continuous general wellbeing approaches and to grow further non transmittable sicknesses counteraction and control intercessions. Acknowledgment of the effect of non-transferable illnesses and reaffirmation of the responsibility of the Public authority to handle them and their gamble elements would be a significant envoy leading to a better Pakistan.

The objectives of the study were to to find out the frequency of modifiable gamble variables of non-transferable sicknesses in youthful grown-ups (age 25-40 years) of Bahawalpur and to compare modifiable gamble variables of non-transferable sicknesses among different financial status.

OPERATIONALIZATION

Socio-Economic Status: evaluated based on three criteria: education, employment and per month income (in rupees)

Education: SCORE

Post-Graduation	7
Upto Graduation	6
Middle or Post Secondary School Confirmation	5
Higher Optional School	4
Center School or Registration	3

Elementary School	2
Uneducated	1
Occupation SCORE	
Money managers	7
Experts	6
Public Sector Representative	5
Representative (Non-Gazetted (Grade 5-16)/	
Private sector Representative Getting a	
charge out of Equivalent	
Compensation Status)	4
Public sector Representative (Grade 4)/Worker	3
Understudies	2
Home Producers	1

Monthly Family Income (In Rs.) SCORE

>100000	7
80000-100000	6
65000-799995	
50000-64999	4
35000-49999	3
20000-34999	2
<20000	1

Financial Class SCORE

Privileged	18-21
Working Class	7-17
Lower Class	3-6

Body Mass Index (BMI)

$$BMI^{98} = \frac{Weight \in kilogram}{Height \in metersquare}$$

Underweight	18.5
Normal	18.5-24.9
Pre-obese	25-29.9
Obese I	30-34.9
Obese II	35-39.9
Obese III	$\geq$ 40

MATERIAL AND METHODS

Study Design: DescriptiveCross Sectional study.
Study Settings: Four areas of Bahawalpur City i.e., Model Town A, Model Town b, Tibba Badar Sher and Bhatta No.2,3
Duration of Study: April 2019 to September 2019.
Sampling Technique: Multi stage sampling was done to draw the sample. At the first stage cluster sampling was done. Out of 24 clusters 4 were selected by simple random sampling i.e. Model Town A and B, TibbaBadarSher, and Bhatta no.2,3. Each having household population of 1566, 1920, 2250 and 436 respectively. The sample size calculated by using WHO software sample size calculation was 217. By adding 10% response error the total sample size became 240 that was drawn at the second stage by systematic random sampling on house hold basis in proportionate manner i.e, every 29th house in model town A and Model Town B, and every 22nd house in Tibba Badar Sher and Bhatta No. 2, 3 was taken by simple random sampling using lottery method till the completion of the sample.
Inclusion Criteria: Young adults of age 25 to 40 years of either gender.
Exclusion Criteria:
- Not willing to be included in the study.
- Having any non communicable disease like hypertension, diabetes, cardiovascular disease, obesity, asthma and cancer.
- Person on steroid therapy or having any autoimmune problem or chronic ailments.
Data Collection: The information was collected by a performed questionnaire by the researcher herself. The questionnaire comprised of two portions. First portion contained socio demographic profile and second portion contained study variables i.e. use of tobacco, physical activity, intake of fruits and vegetables. BMI was calculated by measuring height and weight of each participant.

Data Analysis: Data was entered and analyzed through SPSS version 24. Mean and standard deviations were calculated for numerical data like age and BMI. Frequencies and percentages were calculated for qualitative variables (sex, age group, education, occupation status, tobacco use, physical activity and intake of fruits and vegetables). The effect modifiers (age, gender, occupation, monthly income) were controlled by stratification. Modifiable factors of NCDs were compared between different socioeconomic status by applying Chi square test. " P " value of ≤ 0.05 was taken as statistically significant.

RESULTS

The review dissected a few segment pointers including financial status, orientation, age, schooling and control of the participants comparable to the commonness of hazard variables of Non transmittable sicknesses. Within 240 subjects, 174(72.5%) were men and 66(27.6%) were women. Age dissemination showed that 116(48.33%) of the participants had a place with ages 25-28 years, 26(10.83%) to the age bunch 29-32 years, 36(14.17%) inside 33-36 years and 64(26.67%) in 37-40 years old. The mean age of the respondents was determined as 31.65. Concerning segment profile of the review test, the greater part 140(58.3%) of the members had a place with the working financial class, 53(22.1%) to the privileged financial class and 47(19.6%) to the lower financial class. The general pervasiveness of smoking of tobacco was viewed as 56(23.3%), of which just 2(3.57%) were women and 54(96.42%) were men. This showed a highly significant association (p=0.000) (Table 1).

Table1: Frequency of gamble variables in both genders

Gamble Variables		Gender		
		Male	**Female**	**Total**
BMI	Underweight	14(100.0%)	0	14(100%)
	Normal	99(75.0%)	33(25.0%)	132(100%)
	Pre Obese	51(71.8%)	20(28.2%)	71(100%)
	Obese I	9(47.4%)	10(52.6%)	71(100%)
	Obese ll	1(33.3%)	2(66.7%)	3(100%)
	Obese lll	0	1(100.0%)	1(100%)
Tobacco Smoking	Yes	54(96.4%)	2(3.6%)	56(100%)
	No	120(65.2%)	64(34.8%)	184(100%)
Fruit Intake	Low	120(83.3%)	24(16.7%)	144(100%)
	Normal	54(56.3%)	42(43.8%)	96(100%)
Vegetable Intake	Low	37(63.8%)	21(36.2%)	58(100%)
	Normal	137(75.3%)	45(24.7%)	182(100%)
Physical Activity	Low (<10 minutes)	31(50.0%)	31(50.0%)	62(100%)
	Adequate (>10 minutes)	143(80.3%)	35(19.7%)	178(100.0%)

Majority of tobacco smokers belonged to the working financial class 27(48.21%) (Table 2) showing statistically non-significant association (p=0.099). Smoking was found to be most prevalent (64.3%) in the youngest study participants. 25-28 years (Table 3) showing significant association (p=0.022). The frequency of low dietary fruits intake turned out to be 144(60%) out of which 120(83.33%) were males and 24(16.7%) were females showing highly significant association (p=0.000) (Table 1). The risk factor was most prevalent in working socioeconomic class 80(55.6%) showing highly significant association (p=0.000) (Table 2). Most of the study sample 77(53.5%) with decreased dietary intake of fruits belonged to youngest 25-28 years of participants. This result showed non-significant association (p=0.131) (Table 3).

Dietary consumption of vegetables was accounted for to be low 58(24.2%) among the participants of which 37(63.8%) were men (Table 1). This showed a non-significant association (p=0.088). Larger part 30(51.72%) of them had a place with the center financial class showing much significant association (p=0.008) (Table 2). The gamble factor was predominant in most youthful age bunch 25-28 years 26(44.82%) recording a non-significant Association (p=0.236) (Table 3).

Around 62(25.8%) of the relative multitude of respondents were found to have low actual work of which half (n=31) were guys (n=18) (Table 2) showing exceptionally significant association (p=0.000). Low active work was generally pervasive 26(41.9%) in the most established age bunch for example 37-40 years (Table 3) the association was huge (p=0.016). As to, the greater part 132(55%) of the participants were ordered to be ordinary, 14(5.8%) less than normal weight, 71(29.6%) pre-fat and 23(9.6%) fat. Mean BMI was 24.24. The greater part 13(56.52%) of the hefty respondents were females (Table 1). This showed significant Association (p=0.005). Greater part of the fat respondents came from the center financial class for example 18(78.26%) (Table 2) showing a significant Association (p=0.001). Weight was viewed as most pervasive in the most established age bunch (37-40 years) at 10(43.47%) (Table 3). The outcome showed significant Association (p=0.034).

Table 2: Frequency of Gamble variables according to financial Status.

Gamble Variables		Financial Status			
		Lower Class	Working Class	Privileged Class	Total
BMI	Underweight	7(50%)	7(50%)	0	14(100.0%)
	Normal	25(18.9%)	84(63.6%)	23(17.4%)	132(100.0%)
	Pre Obese	12(16.9%)	31(43.7%)	28(39.4%)	71(100.0%)
	Obese I	3(15.8%)	14(73.7%)	2(10.5%)	19(100.0%)
	Obese II	0	3(100%)	0	3(100.0%)
	Obese III	0	1(100%)	0	1(100.0%)
Tobacco Smoking	Yes	11(19.6%)	27(48.2%)	18(32.1%)	56(100.0%)
	No	36(19.6%)	113(61.4%)	35(19.0%)	184(100.0%)
Fruit Intake	Low	42(29.2%)	80(55.6%)	22(15.3%)	144(100.0%)
	Normal	5(5.2%)	60(62.5%)	31(32.3%)	96(100.0%)
Vegetable Intake	Low	7(12.1%)	30(51.7%)	21(36.2%)	58(100.0%)
	Normal	40(22.0%)	110(60.4%)	32(17.6%)	182(100.0%)
Physical Activity	Low(<10 minutes)	0	44(71.0%)	18(29.0%)	62(100.0%)
	Adequate(>10 minutes)	47(26.4%)	96(53.9%)	35(19.7%)	178(100.0%)

Table .3 Frequency of Gamble Variables according to Age

Gamble Variables		Class Interval (Age)				
		25-28	29-32	33-36	37-40	Total
BMI	Underweight	9(64.3%)	1(7.1%)	2(14.3%)	2(14.3%)	14(100.0%)
	Normal	71(53.8%)	16(12.1%)	21(15.9%)	24(18.2%)	132(100.0%)
	Pre Obese	27(38.0%)	8(11.3%)	8(11.3)	28(39.4%)	71(100.0%)
	Obese I	8(42.1%)	0	2(10.5%)	9(47.4%)	19(100.0%)
	Obese II	1(33.3%)	1(33.3%)	0	1(33.3%)	3(100.0%)
	Obese III	0	0	1(100.0%)	0	1(100.0%)
Tobacco Smoking	Yes	36(64.3%)	5(8.9%)	8(14.3%)	7(12.5%)	56(100.0%)
	No	80(43.5%)	21(11.4%)	26(14.1%)	57(31.0%)	184(100%)
Fruit Intake	Low	77(53.5%)	15(10.4%)	21(14.6%)	31(21.5%)	144(100%)
	Normal	39(40.6%)	11(11.5%)	13(13.5%)	33(34.4%)	96(100%)
Vegetable Intake	Low	26(44.8%)	3(5.2%)	11(19.0%)	18(31.0%)	58(100%)
	Normal	90(49.5%)	23(12.6%)	23(12.6%)	46(25.3%)	182(100%)
Physical Activity	Low (<10 minutes)	25(40.3%)	4(6.5%)	7(11.3%)	26(41.9%)	62(100%)
	Adequate (>10minutes)	91(51.1%)	22(12.4%)	27(15.2%)	38(21.3%)	178(100%)

DISCUSSION

The WHO reality sheets of January 2015 restate non-transmittable illnesses as a main danger to human wellbeing and improvement in this day and age. NCDs are connected with the association of different hereditary, natural and way of life factors, including smoking, unfortunate weight control plans, actual latency and stoutness.

The study conducted in Bahawalpur City aimed at determining the frequency of gamble variables of non transferable sicknesses in young grownups (age 25-40 years) of different financial status. The study revealed that all of the modifiable risk factors under study were most prevalent in the respondents belonging to middle socioeconomic status. Same results were found in the studies conducted in Bangladesh, Brasilia and Nigeria[21,22,23].

The review uncovered that the general commonness of tobacco smoking was 23.3% in the participants; of which 96.42% were men and 3.57% women (p= 0.000) firmly pushing the social unsuitability of ladies' utilization of tobacco. Greater part (48.21%) of the smokers had a place with the center financial class (p=0.099) and (64.3%) were from the most youthful age bunch under review for example 25-28 years (p=0.022). The explanation may be the idea in youngsters to look experienced, peer pressure and to try. This is as a team with a comparable report directed at Bangladesh.[21] It, hence, turns into the need of great importance to devise a thorough way to deal with lessen the dangers related with misuse of tobacco, and also elevate the intercessions to forestall and reduce it with extraordinary reference and worry to the juvenile populace.[24]

That's what our review uncovered, out of the participants with scarce dietary consumption of natural products like fruits and vegetables who were 60% of all; 83.33% were males and 16.7% were females (p=0.000) and a greater part of them (55.55%) had a place with the middle financial class (p=0.000). This significant association may be displayed due the non-moderateness of the respondents to add such costly food things to their eating regimen. Most (53.5%) of the participants with scarce dietary consumption of fruits and vegetables went in ages between 25-28 years (p=0.131) showing non-huge relationship. Mass schooling to build creation and utilization of solid choices would make tremendous advantage to the general public. This is predictable with a review led in Nigeria in 2018.[23] As per which, larger part (52.3%) of the respondents with low natural product consumption were men. The aftereffects of the review led in India in 2018 were conversely, with our outcomes showing that the majority of the participants with scarce dietary organic product consumption belonged to the low financial class.[25] suggesting that a vast majority of Indian population belonging to lower socioeconomic class live below the level of poverty leaving them a totally non affording class to add fruits to their diet.

In the review, the consumption of vegetables was accounted for to be decreased (24.2%) among all participants. Out of which 63.8% were males (p=0.000). Greater part (51.72%) of these respondents had a place within the middle financial class (p=0.008). Dissemination of low dietary consumption of vegetables proved that it was generally pervasive (44.82%) in the most youthful age bunch 25-28 years (p=0.236). This shows that even highly educated and affording class does not consider adding fresh vegetable to their diet as healthy. This is as a team with a review led in Hyderabad, India in 2014[26]. As per it, there was an increased level in men (17.3%) with low vegetable consumption. Dispersion according to age showed that the most youthful age bunch had low consumption of vegetables.

The review unveiled that 25.8% of the relative multitude of participants have low physical activity levels, of which half were men (p=0.000). Most (71%) of them had a place with the middle financial class (p=0.000) and (41.9%) in the oldest age group under study (p=0.016) showing significant association of low physical activity with age. This is suggestive of sedentary life styles in the age group. These outcomes are as a team with a review from India, which proved that greater part (36.3%) of the respondents with low actual work were guys and in particular had a place with the center financial class[25].

With respect to, Greater part (78.26%) of the hefty participants came up from the center financial class (p=0.000) and the greater part (56.52%) of them were women (p=0.000) reminiscent of actual propensity of women to put on weight. Heftiness was viewed as generally predominant (43.47%) in the most established age bunch under study (37-40 years) (p=0.01) recommending stationary way of life and low actual work among the respondent gatherings. This requires a sound general wellbeing way to deal with advance the requirement for mandatory games hours in educational program of instructive establishments. The consequences of our review are predictable with an examination led by College of Kabul in 2010. As per which large part (6.4%) of the fat were women.[27]The results are conversely, with an exploration led in North America in 2014, that showed that larger part of the corpulent emerged from the priveleged financial class (7.5%) and most youthful age bunch showing unfortunate dietary patterns and stationary way of life winning in individuals having a place with priveleged financial class in America[28].

Recommendations: Advancement of value medical care rehearses through mass instruction

Announcement of the unfriendly wellbeing impacts of tobacco use and recycled smoke

Expanding the creation, importation and use of leafy foods across all age gatherings

Actuation of procedures that advance weight decrease and reception of sufficient active work.

Definition of strategies by the public authority for consideration of sound way of life instruction as a piece of schools educational plan

Inversion of focal point of strategy to become wellbeing focused

Ethics approval: Ethical approval was taken from the local IRB and a verbal informed consent was obtained from the participants.

Authors' contributions: Dr. Summaira Hassan has made a substantial contribution to the design , acquisition, analysis and interpretation for the article while Dr. Sundas Hamna contributed to the data collection, drafting and critical revision of the article.

CONCLUSION

A high weight of the gamble elements of Non transmittable illnesses was seen with practically every one of them being most common in center financial class and most youthful age bunch. Chance of tobacco smoking and utilization of smokeless tobacco items was solely pervasive in men. An extremely enormous extent of study populace was presented to take a chance with element of low dietary admission of natural products perhaps because of ignorance and destitution. A cross-over between low active work

and heftiness among taught populace is reminiscent of the inactive way of life and fast urbanization.

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