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Prevalence of non-communicable disease (Diabetes and hypertension) in reproductive age group women in India

Introduction



Communicable and non-communicable disease around the globe.

The burden of communicable diseases and non-communicable diseases is doubled around the world. Both developed and developing countries are facing this problem. However, low income and middle-income countries are more vulnerable and exposed to communicable and non-communicable disease. Vulnerability is due to various factors like geography of the countries, socio-economic status etc.

As per 2020 report, Communicable diseases contributed 23.8% of the total global burden of the disease. However, non-communicable disease has greater contribution of 58.2% of global burden of diseases with leading cause being cardiovascular disease followed by cancer (17.6%) and diabetes (3.7%).

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- Burden of hypertension and diabetes in India
 - As burden of diabetes and hypertension is increasing around the globe India is no longer behind in the race. As per National Health profile 2019, 7.3% cases of diabetes were reported and that of hypertension were 24.8%.
 - Burden of hypertension and diabetes in women of age (15-49)
 - Conditions like hypertension and diabetes are very difficult to manage during the period of pregnancy. These diseases can raise the risk of premature birth or stillbirth and cause difficulties during pregnancy. Pre-eclampsia can be brought on by hypertension during pregnancy and is characterized by high blood pressure, and the presence of protein in the urine.
 - Women who reside in rural, poor regions in India are more likely to experience hypertension during pregnancy. High levels of poverty resulting in malnutrition or unhealthy lifestyles brought on by overwork, as well as a lack of health education among pregnant women, are all potential causes of hypertension during pregnancy.

REVIEW OF LITERATURE

Author	Title	overview
Tabassum Firoz, Beth Pineles, Nishka Navrange & Doris Chou.	Non- communicable disease and maternal health: a scoping review	Globally, non-communicable diseases have been a large reason for death and disability, especially in women of reproductive age.
Jyotsna Negi, Hari Sankar, Arun B. Nair &Devaki Nambiar	Intersecting sex related inequalities in self-reported testing for and prevalence of non-communicable disease risk factors in Kerala.	A random sample survey was done including 2982 men and 3398 women of age group of 30 years. A descriptive analysis was done using wealth and education index to check for sex related inequalities

Smitha Chandrashekar
Appa , Sumit Malhotra ,
Chandan Nagendra swamy
&Arun Gopi.

Hypertension as a silent epidemic among late
adolescent girls, its associated demographic
factors and pregnancy outcomes

It is considered that
hypertension only occurs at
later stages of life. Adolescent
hypertension has not yet drawn
the public health attention

Objective

- Prevalence of non-communicable disease (Hypertension and diabetes) in women of reproductive age group (15-49) in India.
- The factors responsible for prevalence of hypertension and diabetes in reproductive age group.

Research question

What is the prevalence of non-communicable disease (Hypertension and diabetes) in women of reproductive age group (15-49) in India.



Research design and setting

Secondary research was done using data from NFHS 5 to analyze the prevalence of hypertension and diabetes in women of reproductive age in India.

Sources used:

Data was collected from NFHS 5 and was analyzed using Microsoft excel.

Study sample and population

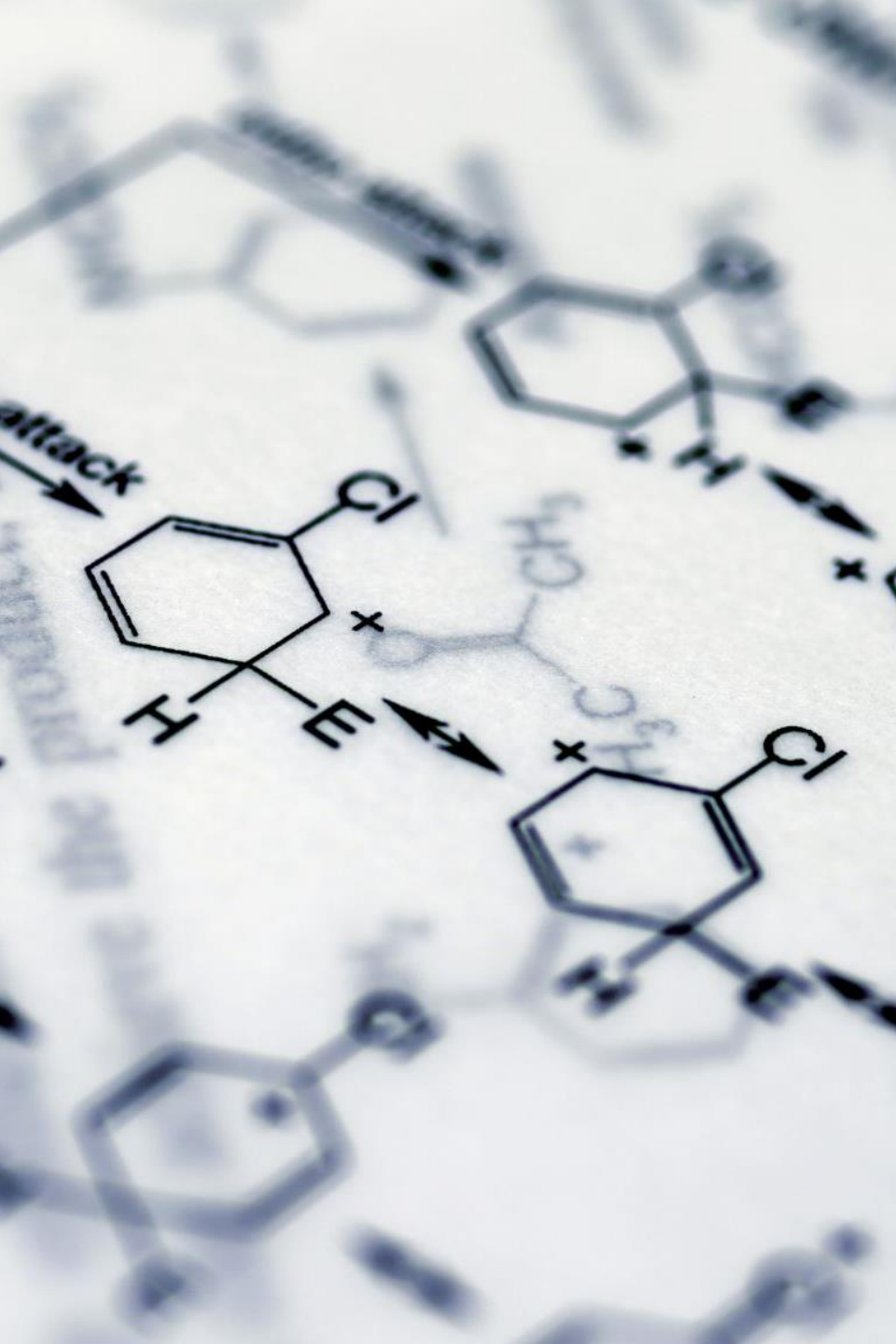
NFHS5 data was used to collect the data of the study population. The study population was selected depending upon the inclusion and exclusion criteria.

Inclusion criteria

- Women in the reproduction age group i.e. between 15-49 are included in the study.

Exclusive criteria

- Women above or below the reproductive age group are excluded from the study.
- Male are excluded from the current study.

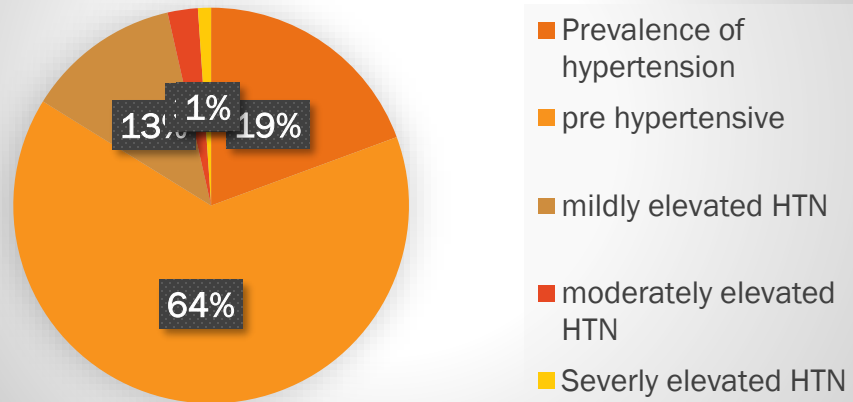


Result and Discussion

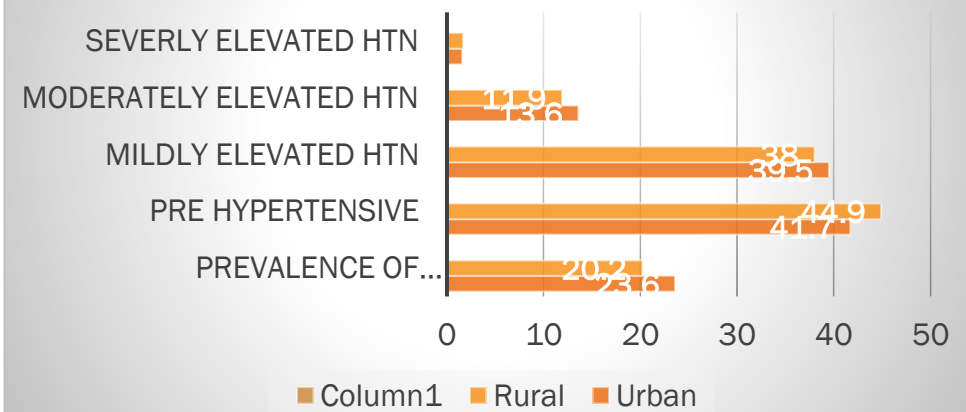
The Data Regarding the Prevalence of Hypertension and Diabetes among the women of reproductive age was taken from the NFHS 5.

The data was taken in segregated form and it was collected in a manner that this division can help to find out the rate of prevalence of NCD depending upon age group, Residence, Schooling, Religion of Household, Caste/Tribe of the household head, Nutritional Status, and wealth Quintile.

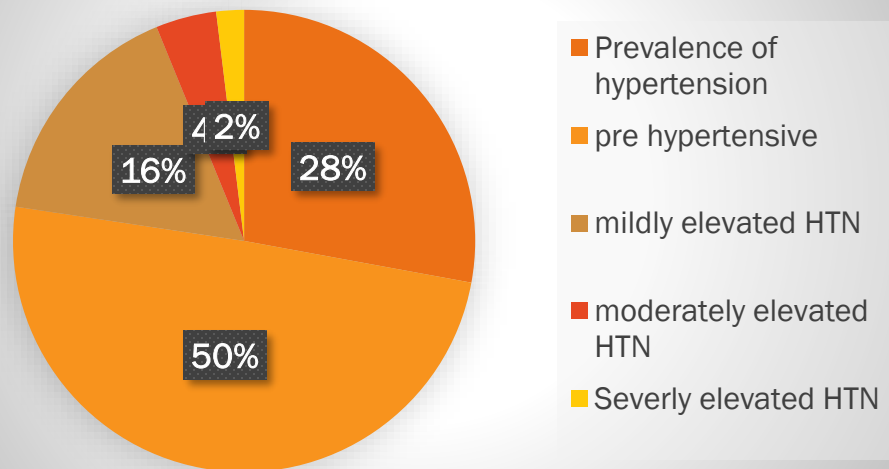
Age Adjusted prevalence of HTN



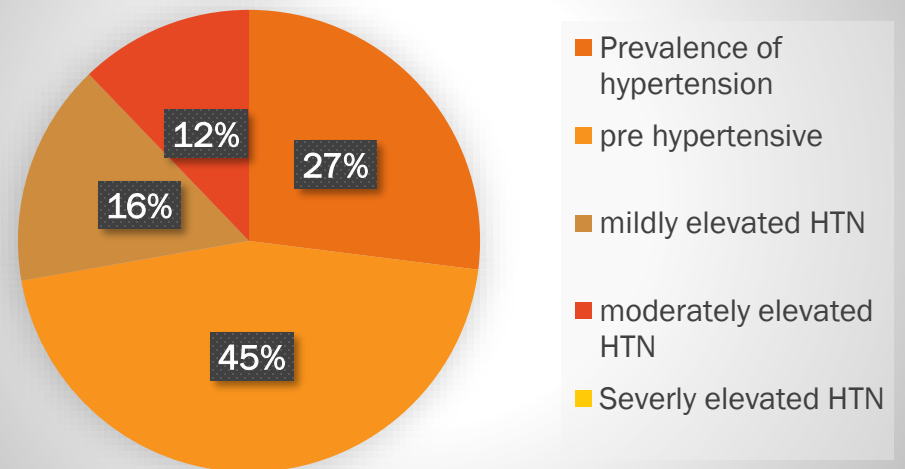
distribution by area of residence



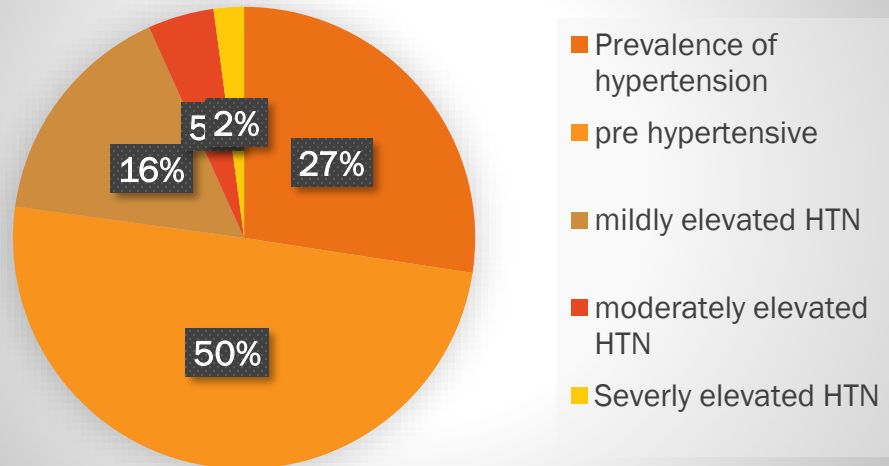
Schooling



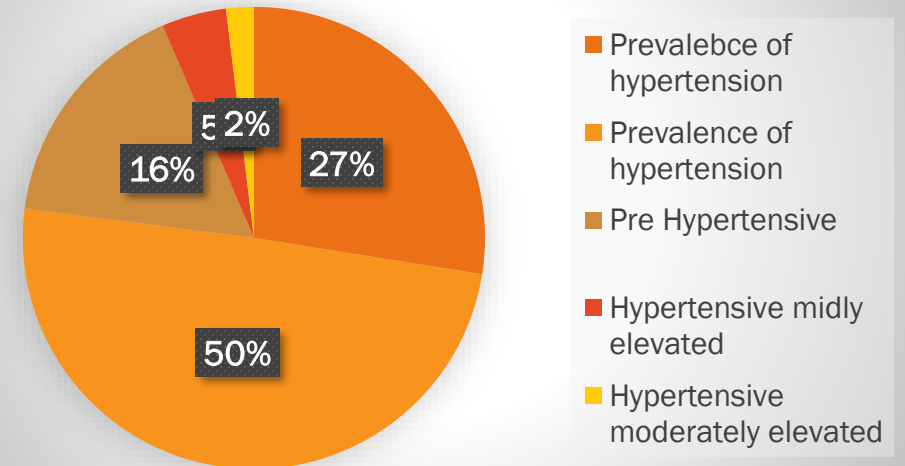
Religion



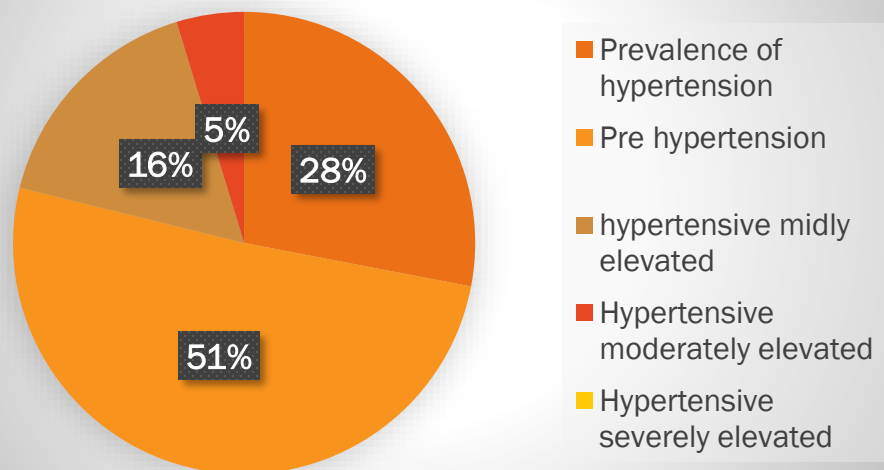
Caste/tribe



BMI

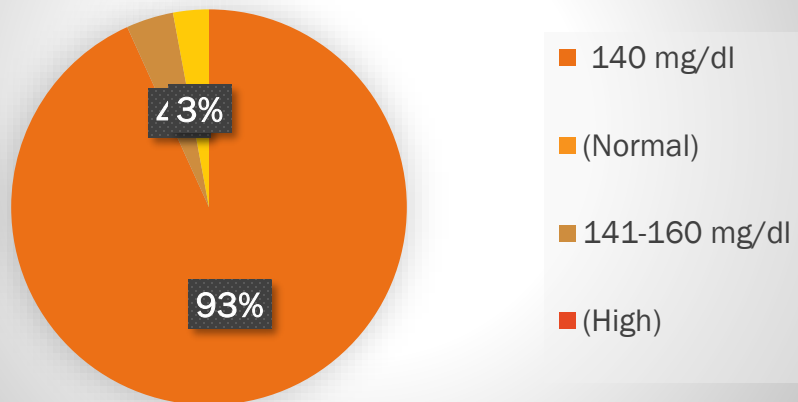


Wealth

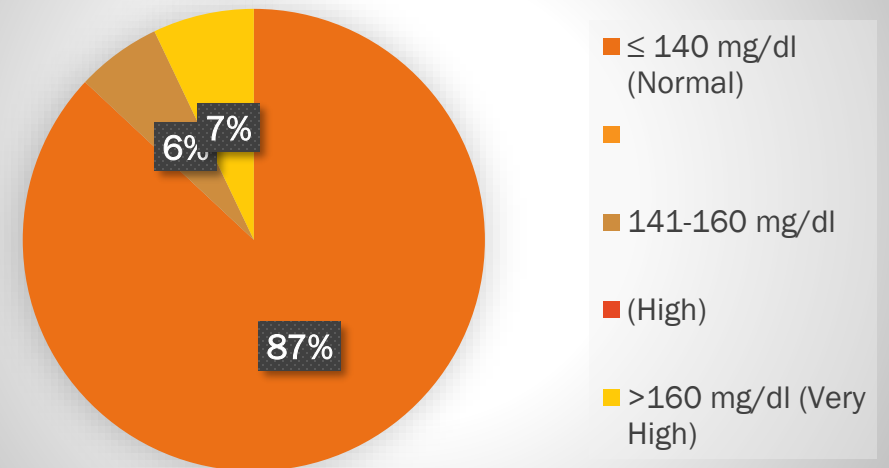


Diabetes

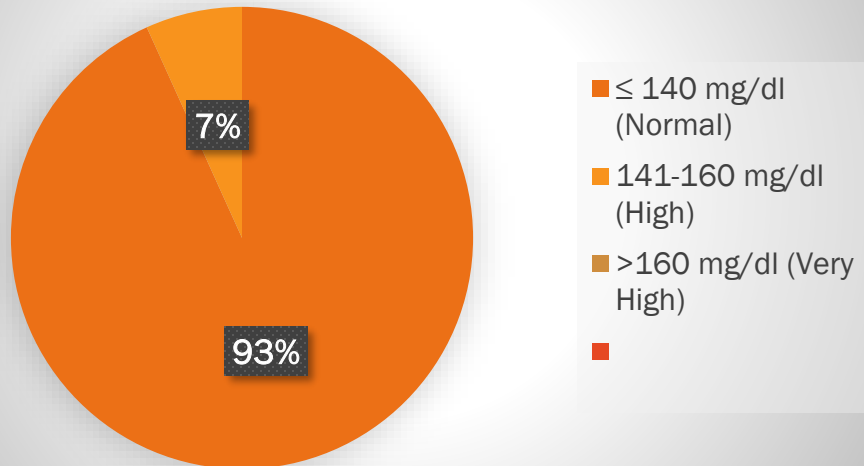
Age adjusted prevalence of diabetes



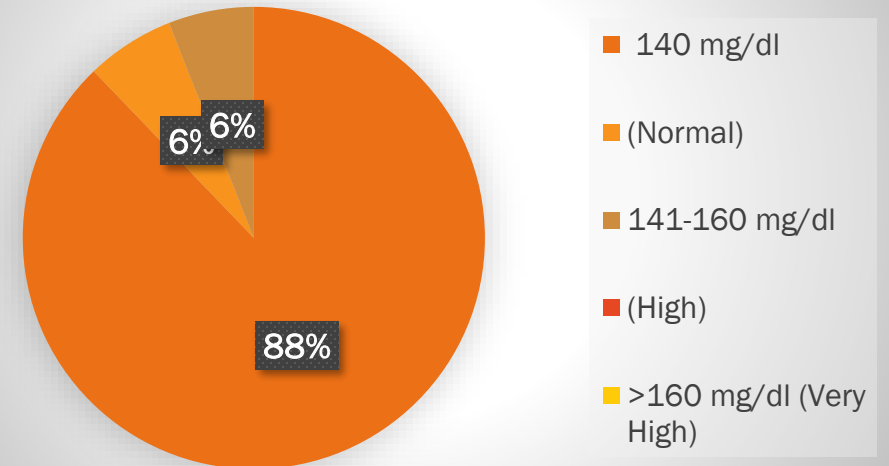
Schooling



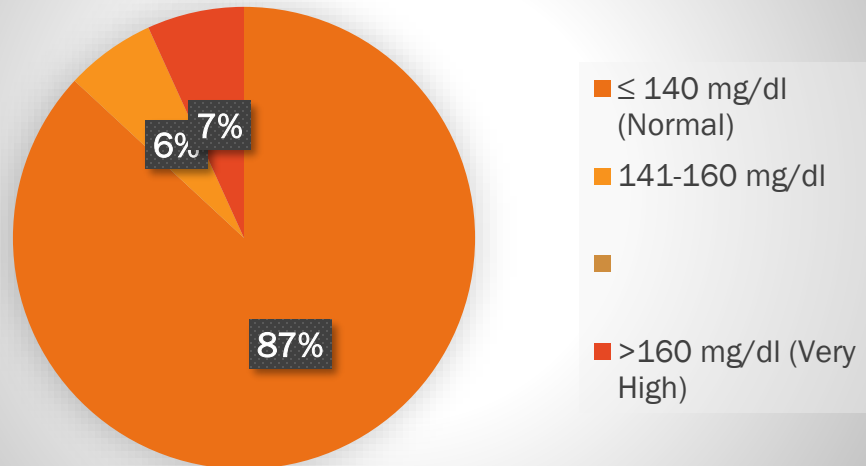
Religion



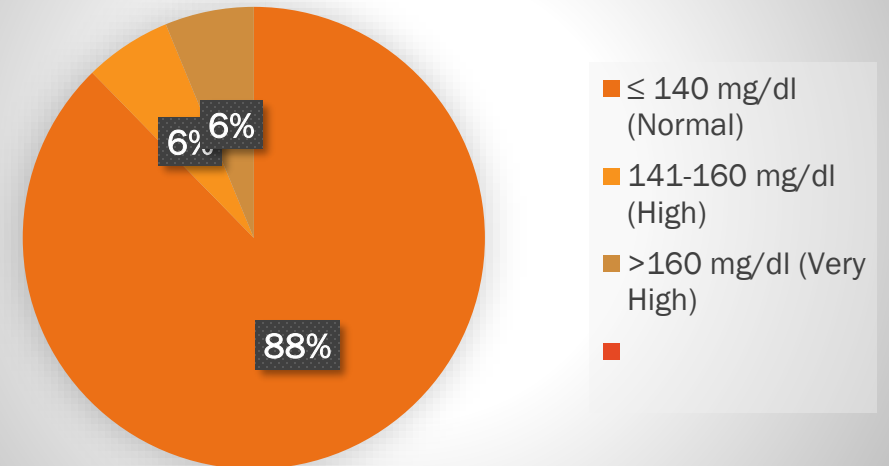
Caste/tribe



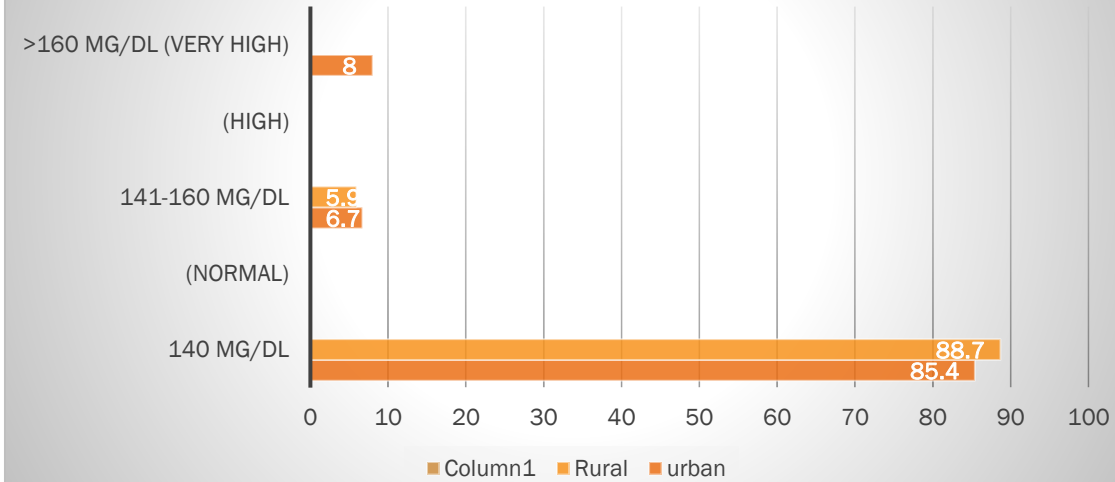
BMI



Wealth quintile



Residence





Conclusion

From the overall study it was found put that the prevalence of hypertension is more compared to the prevalence of diabetes among the women of the reproductive age group.

This result shows also shows the high prevalence of pre hypertensive patients which are at a high risk of hypertension. And such a high rate of prevalence of hypertension can also lead to occurrence of diabetes and other cardiovascular diseases.

A high-rate prevalence of such NCD among the women of reproductive age can also lead to other reproductive conditions which can take them at a higher risk of decreasing reproduction capabilities.

