

Cardiovascular Disease Risk

What is the issue?

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Wealthier and more urbanised states tend to face a higher risk of cardiovascular disease (CVD).

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What does the data reveal?

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• Cardiovascular disease risk varies widely among states.

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Kerala faces the highest risk of CVD at 19.5%.

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• Jharkhand has the lowest risk at 13.5%.

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• CVD risk is found to be the highest in the Northern, Northeastern and Southern states.

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What are the driving factors?

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• In the North, Northeast and South, higher body mass index, hypertension, diabetes and smoking prevalence contributed to the risk.

• **Socio-economic** - There is high variation of risk factors, such as smoking and diabetes.

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- This was influenced by adults' socio-demographic characteristics.
- BMI and blood glucose and blood pressure were associated with <u>wealth and living</u> in an <u>urban</u> area.

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 \bullet Prevalence of high blood glucose and high BP was high in $\underline{\text{middle}}$ and old age among the $\underline{\text{poorer}}$ groups, and in $\underline{\text{rural}}$ areas.

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• Smoking was more common in the <u>poorer</u> groups, in <u>rural</u> areas, and among males.

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ullet It was most prevalent among $\underline{\text{males}}$ in the Northeastern states and West Bengal.

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• NCD & CD - Non-communicable diseases (NCDs) and communicable diseases (CDs) have an <u>inverse relation</u>.

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• E.g. states like Jharkhand have higher prevalence of CDs, while there is a low prevalence of NCD.

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• Developed states have a higher NCD burden and lower CD burden.

• **Development** - Some states are at high risk of CVDs as they are ahead in development and have better healthcare facilities.

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• In less developed states like Jharkhand, life expectancy at birth is less than in developed states like Kerala.

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• Life expectancy is affected by disease pattern.

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• **Lifestyle** - Lifestyle, dietary patterns and other factors have played a role in the variations.

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• Another factor is obesogenic environment which promotes weight gain and is not conducive to weight loss.

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• It includes higher urbanisation, walking less, using lift instead of stairs, and easy availability of high-calorie food.

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• The data would help in allocating resources to prevent cardiovascular disease to the most in need.

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Source: Indian Express

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