



## SURVEY OF NON-COMMUNICABLE DISEASES AND AWARENESS OF PHYSICAL ACTIVITY AMONG THE PEOPLE

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### ABSTRACT

**Background:** The physical activity in teaching faculties is an important aspect to maintain good health. This not only prevents the various non - communicable diseases but also has role in secondary prevention of diseases. It is also proven that the growing epidemic of obesity mostly in children is linked to recent decline in physical activity levels both in home, school and working places. Social class is thought to have a bearing on physical activity. On basis of this, the survey was done to assess the physical activity levels in higher social class population.

**Materials and Methods:** Questionnaire study was implemented in 2018-2019 as the design of this research without any manual intervention. No experiment was conducted in the research. Questions were specific and related to the physical activities in home and also in working environment.

**Results:** The study found that in Ram Nagar Karnal Haryana the lifestyle is restricted mostly to sedentary and moderate work. Most of People were using bike and cars to reach there working place and also we found the physical activities in the form of exercise, yoga and sports activity were lacking.

**Discussion:** In addition to the importance of a physical activity, working style, Eating Habits and type of food and a physically active lifestyle is very important for personal reasons. Achieving and maintaining a health-enhancing level of physical fitness is one of the basic standards for good teaching and maintaining good health. Physical activity in professionals leads to both personal health benefits, and improve job satisfaction.

**Conclusion:** Infrastructure improvements such as Morning Walking, Eating Habits and type of foods, sports activity in peoples of Ram Nagar Karnal Haryana colleges among faculties, combined with regular exercise provide additional physical activity that would help reduce Heart Problem and non-communicable diseases.

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### INTRODUCTION

Today's lifestyle should always be associated with the physical activities to reduce the risk of conditions such as cardiovascular disease, Type 2 diabetes, Osteoporosis and Cancer. Once the disease has set in, physical activity often has a therapeutic and/or secondary preventive effect. Unfortunately, that potential is not being fully understood – most people such as in front of dispensary UTHC Ram Nagar Karnal benefited from regular exercise who leads a sedentary lifestyles.

There is increasing evidence that physical activity is associated with altered risk for certain specific types of cancer, especially colon and prostate.[1,2] The physical health benefits of regular physical activity are well-established and regular participation in such activities is associated with a longer and better quality of life, reduced risks of a variety of diseases and many psychological and emotional benefits.[3,4] There are lot of

literatures showing that inactivity is one of the most significant causes of reduced quality of life, disability, and death in the developed world.[5]

The links between physical activity and health are clearly shown in studies.[6,7] Although, we know the strong association between physical activity and health, the majority of individuals in many developed populations are not sufficiently studied. It is also proven that the growing epidemic of obesity mostly in children is linked to recent decline in physical activity levels [8] both in home, school and working places. Social class is thought to have a bearing on physical activity and studies have contradictory findings about the same. But recent advancement in technologies has made people dependent on them and this is especially true in teaching cadre.

On basis of this, the survey was done to assess the physical activity levels in Ram Nagar Karnal Population i.e.

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Shopkeeper, Lab our on Shop and Pvt. Job. The results may have implications for the design of effective physical activity programs by Health worker team and Social reformer.

**MATERIALS AND METHODS**

Questionnaire study was implemented in 2018-2019 as the design of this research without any manual intervention. No experiment was conducted in the research. In this research all the 600 House people of Ram Nagar in front of PHC and nearest area of Dr. Nanda Karnal Haryana are asked to answer the question pertaining to physical activity in a specific way. A total 45 people were participated in the study. The questions in subject were selected from various sources and compelled to required form. A preliminary set of questionnaire were given to the senior elderly person to validate the questions. Later implemented in a small group of eligible couples, to know how they understood the questions. These pre validated questions were implemented in the study.

**Statistical analysis**

The analysis was done by obtaining the percentages of each response's using Microsoft excel.

**Table 1** The result of each Question given to study subjects-

How many hours do you sleep daily	6-7 hour 23	7-8 hours 18	8-9 hours 5	
What is the nature of your work	Sedentary 13	Moderate 30	Heavy 35	
What modes of transportation do .	Walking 12	Cycle 6	Motor Bike 30	Car 2
Do you Exercise Regularly			Yes 13	NO 29
Are you involved in yoga activity daily/Morning Walk?		Yes 10	NO 37	
How many people feel stress in working place		Yes 29	NO 22	
How many people take vegetarian food		Yes 30	NO 13	
You like to change your physical Activity		Yes 13	NO 32	

**Table 2**

**Gender and age variation in the groups**

Characteristic	SD	SD
Age (years)	32+10	30+8
Numbers of participants gender wise	40	35

**DISCUSSION**

The physical and psychological benefits of physical activity are well documented and are highlighted in the Chief Medical Officer's report which recommends at least 30 minutes of moderate intensity physical activity a day.[9] It is recognized that the growing epidemic of obesity is linked to recent decline in physical activity levels.[10]

Our study has found that in Ram Nagar Karnal Haryana especially in Shopkeeper and Pvt .job field provides less physical activity environment. Most of the people were using cars and bikes for their regular travel and not involved in any sports activity. This indicates that peoples are sedentary or moderate workers and there is increased risk of non-communicable diseases in these persons.

Maintaining the normal weight involves a good physical activity, in combination with dietary changes. This has been proved by an study which states that an activity such as normal walking of more than 9000 daily steps, is associated with a lower likelihood of being obese.[11]

In addition to the importance of a physical activity professional's potential influence on others as a model, engaging in a physically active lifestyle is very important for

personal reasons. There are studies that show that participation in yoga day fitness programs (e.g., corporate fitness programs) results in greater productivity, reduced absenteeism, lower health care costs, and greater job satisfaction among employees.[10] So the public, have to evolve the program which involves more physical activity such as regular walking competition for the people.

The persons who are in shopkeeper profession will also look into other ways of fitness, such as regular exercise and using traditional methods such as walking when there is no need of transport vehicle's.

Social class is thought to have a bearing on physical activity. The Whitehall II study showed that people in a lower social class do less physical activity than those in higher social classes or grades of employment.[12] This was not seen in our case.

Achieving and maintaining a health-enhancing level of physical fitness is one of the basic standards for maintaining good health. Physical activity in professionals leads to both personal health benefits, and improve job satisfaction.

**CONCLUSION**

It has been proven that physically active individuals gain less weight over time and maintains a good health. Thus infrastructure improvements such as sports activity in the society Ram Nagar Karnal, combined with regular exercise provide additional physical activity that would help to reduce obesity and non-communicable diseases in the future.

**Limitations of the study**

Body mass index was not calculated and low socioeconomic group was not included to compare the levels of physical activity.

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