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Prevalence of non-communicable diseases and perceived behavioral risk factors among working women in Hanwella area, Sri Lanka

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Background: Non communicable diseases are the medical conditions or diseases that do not possess an infectious origin or which are non-contagious. These diseases have spread globally throughout the past decade as an epidemic. Eventually this has posed a giant threat to Sri Lanka.

Objective: To determine the prevalence of common non communicable diseases (NCDs) and perceived risk factors existing among working women in PHI areas of Hanwella Medical Officer of Health Division (MOH).

Methodology: Randomly selected 175 participants were recruited for this descriptive cross sectional study. Sample was calculated using an equation by incorporating the prevalence of risk factors. Among them only 150 women responded to the semi-structured pre-tested self-administrated questionnaire. The study was conducted in 3 villages in Hanwalla MOH division. Women aged between 25-55 years who were residing in the study area more than a period of one year and having a diagnosed NCD were included. History taking contributed in identifying the prevalence of NCDs. Ethical approval was obtained from Ethics Review Committee of National Hospital of Sri Lanka.

Results: Among participants, the reported NCDs were Cardio Vascular Diseases (CVD), Hypertension (HTN), Diabetes Mellitus (DM), Chronic Respiratory Diseases (CRD) and

Cancer. Most reported NCD was CVD (42.9%). Study also revealed nutritional facts such as 16.90% women have consumed the recommended amount of oil, 25.35% salt and 45.07% sugar respectively. Unfortunately only 0.08% of the women involved in an exercising schedule. Study showed that 96% of the patient population was free from betel chewing. No alcohol consumers or smokers were detected.

Conclusion: Physical and nutritional risk factors were the most influencing among the three main risk factor categories tested. The most common NCDs prevailing among the population were CVDs, DM, HTN, CRDs and Cancer. Healthy practices among working women were low, which was evidenced by the prevailing risk factors. More awareness should be provided that would enhance the strength of primary health care of Sri Lanka.