

Correlation in prevalence of cardio vascular disease with dietary intake pattern

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■ **ABSTRACT** : Cardio vascular disease is burden account near about 5 to 6 million in the Indian population. Death rate due to cardiovascular disease ranges between 60 to 70 per cent every year in India. There are many complicated risk factors which significantly propagate this disease. Present investigation has been on account to assess the correlation in the prevalence of cardiovascular disease with the specified risk factor in particular dietary intake pattern among cardiovascular disease patients in western Konkan of Maharashtra state. Five hundred cardiovascular disease male patients between 40 to 60 years in age from Sangli, Satara and Kolhapur districts were chosen by purposive random sampling method. Food intake pattern and habituated factors were assessed by two way analysis method of correlation coefficient with the prevalence of cardiovascular disease. Present investigation conclude that mostly non-vegetarians except fish eaters, consumption of milk and milk products, animal originated fats, groundnut oil and habituated factors like drinking alcohol (0.640), soft drinks (0.318) and smoking cigarette (0.592) were found strongly associated with more prevalence of cardiovascular disease.

■ **KEY WORDS** : Cardiovascular disease, Risk factors, Food intake pattern, Dietary intake pattern, Correlation

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Cardiovascular disease afflicts Indians and other South Asian population four times more than any other race in the world. It is estimated that by 2012 India will bear 75 per cent of the world's Cardiovascular disease burden which measures four times more than its share of the global population (Hakajima, 2000). Fourty per cent victims of heart attack in India is unpredictable. The mortality rate from cardiovascular disease has been coming down in countries like Japan by 60 per cent, and USA, Canada and Australia by 50 per cent, but in India its going up. According to WHO projections, there will be 100 per cent rise in cardiovascular disease related mortality rate by 2015 (WHO,2009). One fourth of the deaths occur people below the age of 45 years (Kannel, 1997). cardiovascular disease has been estimated due to multiple factors these are termed as risk factors *i.e.* heredity, faulty dietary habits, smoking, inactive lifestyle, stress etc. (Stamper *et al.*, 1999).

Unhealthy dietary habits like excessive intake of fried

foods, fast foods, synthetic drinks, coffee/tea, non vegetarian and spicy foods, ready to eat, ready to serve foods etc. increase the risk of cardiovascular disease among young males which owing more prevalence in the later stage of life.

New drugs and advance technology which used aggressively, artery damage are made available only for temporarily relief. Therefore, many researchers and doctors squarely have shift to prevention and promotion of modifiable risk factors. By keeping this in view the present research study has been undertaken to examine the reality between specified risk factors specially dietary intake pattern with the prevalence of cardiovascular disease for in the population of Western Konkan of Maharashtra state, where the prone of cardiovascular disease is in an alarming situation.

■ RESEARCH METHODS

Study area:

The patients registered in the civil hospitals of Sangli,