



Assessment of the Risk of Cardio-Vascular Diseases Among Male Workers of Textile Industries

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ABSTRACT : The present study was undertaken to probe through the prevalence of various risk factors of CVD among male workers of textile industries. One hundred and fifty male textile industry workers aged 20-40 years were studied. Results of the study reveal that nutritional risk factors *i.e.* increased body weight, high BMI, high WHR and unhealthy dietary habits like excessive intake of fried fatty foods, fast foods, coffee/tea increased the risk of CVD among the workers owing the high prevalence of these risk factors in high risk group subjects as compared to low risk group. Additionally the non-nutritional risk factors like high blood pressure, faster pulse rate, positive family history of CVD, lack of physical activity, stress were also present exclusively in high risk group subjects than in low risk group subjects. Thus it can be concluded that nutritional and non-nutritional risk factors play an important role in developing the risk of CVD, and hence the textile mill workers need to be better informed of their risk of CVD in order to respond better to preventive health advice.

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Textile industry touches the lives of all people in one or the other ways. It occupies a unique place in our country. It accounts for 14 per cent of the total industrial production, contributing more than 5 per cent of GDP and providing direct employment to 38 million people, primarily the weaker sections; it is the second most important sector only after agriculture¹¹.

Cardio-vascular diseases (CVD) remain the biggest cause of deaths worldwide. More than 17 million people died from CVDs in 2008. The percentage of premature deaths from CVDs range from 4 per cent in high income countries to 42 per cent in low and middle income countries³. CAD first presents itself in women approximately 10 years later than in men, most commonly after menopause. Compared to women, men have a higher prevalence of CAD adjusted for age⁶.

The risk factors for CVDs can be divided

into four categories: "major modifiable risk factors" which involves high blood pressure, tobacco use/smoking, physical inactivity, obesity, unhealthy diets and diabetes mellitus; "other modifiable risk factors" which includes low socioeconomic status, mental ill health, psychosocial stress, alcohol use, use of certain medications, lipoprotein (a) and left ventricular hypertrophy; "non-modifiable risk factors" which includes advancing age, heredity or family history, gender and ethnicity or race; and "novel risk factors" which includes excess homocystene, inflammation and abnormal blood coagulation⁸.

Therefore, the present was conducted to assess, highlight and envisage the various risk factors in male workers of textile industries. The objective of the study was to assess the nutritional and non-nutritional risk factors of CVD among male workers of textile industries.

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