



# INDIAN MEDICAL ASSOCIATION (HQS.)

(Registered under the Societies Act XXI of 1860)

Mutually Affiliated with the British & Nepal Medical Associations

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## Press Release

### Lifestyle diseases on the rise among professionals

*Stressful work commitments and unhealthy eating are some leading causes*

**New Delhi, 18 June 2017:** According to a recent survey, about 45% of young professionals suffer from some lifestyle disorder, the most common ones being chronic body pain, obesity, hypertension, respiratory disorders, frequent digestive disorders, and high blood sugar levels. Statistics also indicate that one out of four Indians is at a risk of dying from non-communicable diseases like diabetes, cardio-vascular ailments, or cancer before the age of 70.

Erratic eating habits, lack of physical activity, and stressful job commitments are some factors that contribute to health disorders among young working professionals in India. Many of them are also aware of the need to modify their lifestyle to improve their health.

Speaking about this, **Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement**, said, " Apart from the work stress and untimely working conditions, which are the two main contributors of lifestyle disorders, there has also been an increase in the total calorie intake of the average young professional. The diet patterns have transitioned from simple homemade food to easy available processed food. Today, the work culture also encourages smoking and alcohol intake which further makes this generation a sufferer. Lack of sufficient physical activity further exacerbates this condition."

Studies have also revealed that many of these young professionals are also dependent on employer provided health insurance schemes and do not have a personal medical insurance. With time being converted to money, and corporate interests and personal ambitions being accorded priority over health, Indian professionals are sitting on a hotbed of lifestyle disorders.

Adding further, **Dr Aggarwal**, said, "The need of the hour is to encourage these professionals to adopt a healthy lifestyle. A balanced diet, adequate physical activity, and giving due respect to the biological clock are the only solution. Those with long working hours, taking care of occupational posture is very important. It is imperative for such people to take frequent breaks for stretching and some physical movement in between work. Apart from this, reduced intake of junk food and eating in moderation are some other tips they can implement to avoid the risk of acquiring lifestyle disorders."

Here are some ways in which one can prevent lifestyle disorders.

- Consume a wholesome diet for overall health and well-being
- Strike a balance between food and physical activity
- Consume enough water between work hours to keep yourself hydrated
- Move your eyes away from the computer screen frequently and walk around for some time
- Avoid any kind of addiction such as smoking and alcohol
- Keep a watch on your weight
- Get periodic health checkups done

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**About IMA:** Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.☐

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