**Original article**  
**Prevalence of risk factors for Non Communicable Diseases in urban slums of Hyderabad, Telangana**

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**Abstract**:

**Background**: According to World Health Organization (WHO) 2014 estimates on Non Communicable diseases (NCDs) in India, NCDs are estimated to account for 60% proportional mortality. Majority of the NCDs share common risk factors such as tobacco use, high alcohol consumption, overweight & obesity, inadequate physical activity and inappropriate dietary practices.

**Material & Methods**: It was a community based cross sectional study conducted in selected slums of urban field practice area of Osmania Medical College, Hyderabad, Telangana. A total of 700 respondents were selected using systematic random sampling and a detailed interview of each person in the household was conducted. WHO STEP wise approach for Surveillance of non-communicable diseases (STEPs)was used. Data entry was done using Microsoft Excel 2007 and analysis done by SPSS version 17.

**Results**: Study found a high prevalence of risk factors for NCDs. Tobacco use in any form was seen in 15.4% alcohol consumption in 19.5%, over weight and obesity in 21.7%. Sedentary habits were seen in 53.6%, irregular intake of fruits & vegetables in 58.8%, high salt intake in 18.5%, 26.8% had family history of NCDs.

**Conclusions**: Risk factors for NCDs were very much prevalent in the study population requiring appropriate & timely actions to stop the emergence of epidemic of NCDs.

**Keywords**: Non Communicable Diseases, Risk factors, Urban slums, STEPS