

Global Health Activities in Developing Countries to Combat Non-Communicable Chronic Cardiovascular and Pulmonary Diseases (CARRS)

Department: Community Health Sciences

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Introduction:

Cardio metabolic Disorder (CMD) prevalence is increasing in South Asia. It is currently one of the leading causes of death in South Asia. Economically active age range bears the greatest morbidity and mortality due to this, resulting in loss of human capital and productivity.

Objective:

To develop and implement a model sentinel surveillance scheme capturing population-based CMD risk factor data in three cities of South Asia (two in India and one in Pakistan)

Methods:

This is a five year study aiming to induct 12000 individual age 20 years and above across the three cities in South Asia. We have collected data of 4258 randomly selected individuals age 20 years and above from different areas of Karachi for determining prevalence of cardio-metabolic disorders and their risk factors. Blood, urine and saliva samples have been collected in addition to questionnaires and certain clinical exams such as blood pressure, weight, BMI and body fat composition. In year three, four and five the follow-up will be conducted for change in risk.

Results:

The first survey data collection has been completed. Data analysis is currently ongoing. The second round follow-up data collection is complete and data entry is in progress.

Conclusion:

The study is expected to give a more reliable estimate of burden of cardio-metabolic disorders and risk factors in urban areas of South Asia. This will lead to better health care planning and developing interventions to prevent and manage these problems.