

With rapid urbanisation, demographic transition and modern lifestyle changes, diabetes is growing at an alarming rate in India. According to a report by the International Diabetes Federation, by 2030, India's diabetes numbers are expected to cross the 100 million mark.

Addressing this issue, Amol Naikawadi, preventive healthcare specialist, Indus Health Plus, says, "Diabetes cases are on the rise in India as compared to last year and have seen an increase of around seven to 10 per cent. It is also beginning to affect the younger generation, especially women in India, in the age group of 35-40 years. Today, we still have a large section of women, who prioritise their family's health over theirs. Hence, there is an urgent need to educate them about a much-needed behavioural change, with access to early diag-

FOOD CHOICES

- Consult a certified nutritionist, even if you are non-diabetic and non-obese
- Be aware about food and portion sizes
- Choose correct cooking oils and methods of cooking
- Read food labels
- Be aware of the latest trends in nutrition through reliable sources

nosis and treatment. Regular monitoring of blood sugar levels, consuming fibre-rich foods and whole grains, and maintaining an ideal body weight through regular exercise will go a long way in preventing or delaying the onset of diabetes."

LEARN TO DE-STRESS

Stressful jobs and apparent anxiety are some of the main causes of diabetes. Only five to seven per cent of the younger generation and the middle-aged group are engaged in some form of physical activity. Females are at a higher risk of diabetes as compared to men as they play dual roles (at offices and homes), which increases their stress levels and causes them to settle into a sedentary lifestyle.

SWEAT IT OUT

Obesity too accounts for 80-85 per cent risk of developing Type 2 diabetes. Studies have shown that childhood obesity has increased from 16 per cent in 2002 to 24 per cent. Prevalence of obesity

NOT SO SWEET

It's time to give up your sedentary lifestyle if you want to keep the threat of diabetes at bay



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has increased not only among children, but also in adults. The most common reasons are sedentary lifestyle coupled with unhealthy eating habits. According to studies, nearly 70 per cent of children watch TV for more than one hour per day, while more than 45 per cent children consume junk food more than two to three times in a day. Also, 68 per cent of mothers were in the obese category. All of these reasons add up to a potential population of diabetics.

NO MORE FATS

Dr Anoop Misra, chairman, Fortis C-DOC, explains how leading a healthy lifestyle can delay or prevent diabetes. "Adequate weight loss, normal body mass index and waist circumference, daily physical exercise and the right type of diet have proved to prevent diabetes better than medicines over a 10-year period in a scientific study in the US."