

Prevalence of Risk Factors for Non-Communicable Diseases among Teachers at a Selected School in Peradeniya

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Planning appropriate control measures for non-communicable diseases (NCDs) requires research into the risk factors. This descriptive cross sectional study was organized with the intention of identifying behavioral and physical risk factors for NCDs among teachers at a selected school in Peradeniya and the study was conducted in June-July 2023. A pretested set of questionnaires were used to collect data. All the teachers at a selected school in Peradeniya were considered as the study population. The sampling method was purposive sampling, and the sample size was 43. Written permission for the study was obtained from the principal of the school. The proportion of participants in the normal body mass index (BMI) range was 53.48%. Another 41.86% were in the overweight range, and 4.6% were obese. The highest overweight range was reported in the 41–50 age category and it was 58%. The percentage of participants with high blood pressure was 44.18%. The highest proportion of high blood pressure was reported in people aged 41–50, and it was 53%. The percentage of 66.67 of participants used deep dishes for their main meals and 33.33% who consume healthy dishes. Almost all participants used a large spoon to distribute rice for dishes and a small spoon to distribute vegetables. All the participants prefer additional meals, with 37% selecting a healthy food plate and 63% selecting an unhealthy food plate. Less number of participants (14%) participated in daily exercise for more than 20 minutes. The high levels of physical inactivity, improper diets, being obese, and a relatively high prevalence of high blood pressure are identified cardiovascular disease and diabetes risk factors that require immediate attention.

Keywords: Body mass index, Cardiovascular diseases, Non-communicable diseases, Public health risk factors.

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