

RESTRICTED

ABSTRACT

Non Communicable Diseases (NCD) have become a major problem in developed countries as well as in developing countries and the Sri Lanka Army (SLA) too is threatened by NCDs. The objective of this study is to describe the existing dietary and other lifestyle practices among 350 personnel with NCDs and to identify the dietary food consumption, physical activity, BMI, and use of alcohol and smoking as risk factors associated with the development of Diabetes Mellitus (DM), Hypertension, Ischaemic Heart Diseases (IHD) and Dislipidaemia in male soldiers in Sri Lanka Army.

An analytical study was conducted among 350 newly diagnosed patients with NCDs and an analytical study was conducted with cases of DM, Hypertension, IHD and Dislipidaemia who attended the medical clinics at Military Hospital, Narahenpita with a control group of 100 male soldiers who did not have any NCD. Data collected by using a self-administrated questionnaire. Analysis is done using SPSS 20 version. The descriptive studies showed that, 39.1% were aged less than 30 yrs. Dietary behaviour indicated that a small percentage was using parboiled vegetables (16%) and vegetable salad (27%) daily. About 45% was having green leaves daily but using congee daily was considerably low (16%). Only 35% eat fruits daily. About 30% use cooked pulses daily and 22% use fast food daily which is a known risk factor for NCDs. Most of them never engaged in vigorous physical activities (56.3%), moderate physical activities (54.9%), exercises (60.3%), walking and running (33.4%) and going to gym (85.1%) and 78.9% of the population consume alcohol and 61.7% were current smokers.

Inadequate consumption of fruits is identified as a risk factor for the development of IHD in SLA. Inadequate consumption of pulses is a risk factor for Hypertension and Dislipidaemia in SLA. Using more than six tea spoons of sugar per day and eating sweets often are also identified as risk factors for DM in SLA. Adding extra salt to meals is a risk factor for Hypertension. Low level of physical activities was found to be a significant risk factor for DM, Hypertension, IHD and Dislipidaemia in SLA. Increased number of cigarettes smoked per day had a higher risk of IHD among soldiers.