



## Study of healthcare awareness among qualified adult population of Navi Mumbai

### Pharma

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### ABSTRACT

**Background:** This study is done to see the level of healthcare awareness among qualified adult population of Navi Mumbai.

**Methods:** 100 graduate/postgraduate adults visiting a consultant physician's clinic at Navi Mumbai were given a 15 point questionnaire about healthcare awareness. Result was expressed in percentage.

**Results:** 72% patients were below 40 years of age. Most people accept that their health status is good. About 50% exercise regularly. Cough/cold (26%), weakness (26%), backache (24%), headache (24%) and bodyache (20%) were the common health problems encountered by them. 14% suffer from obesity, 12% were diabetic, 12% hypertensive, 8% had thyroid disorder. 50% people get routine medical examination done regularly, but for yearly dental and ophthalmological examination, only 28% were interested. 90% people neither drink, nor smoke. 84% consider that healthcare camps organized are very useful. Mediclaim policies are held by 60% of them.

**Conclusion:** The healthcare awareness of qualified adult population of this specific area is considerably good.

### KEYWORDS:

Health awareness, Navi Mumbai, Questionnaire.

#### Introduction

A healthy body brings happiness to life and the family. A study done by Issa et al (2009) in a developing country showed that there is a great deal of failure in terms of qualified personnel, lack of planning and proper healthcare awareness among people.<sup>1</sup>

Our health is getting affected by a lot of stress, variation in dietary habits; sleep pattern, rise in unemployment level, increased cost of living and a highly competitive & fast lifestyle. In addition, habits like smoking and drinking worsen the scene.<sup>2</sup>

So, in this study, we are concerned about the healthcare awareness of people. Though there are lots of parameters designed to evaluate the level of health awareness in individuals and groups, even qualified people are not aware of them. Hence, the study has been done on the qualified (graduate/post graduate) adult population of Navi Mumbai.

#### Materials & methods

100 qualified adults visiting a consultant physician's clinic at Navi Mumbai were given a 15 point questionnaire to solve & submit it back. This data was collected in the months of December 2016 to February 2017. The questionnaire was-

#### Please tick-

You are a- a. Male b. Female

Your age group- 1. 18-30 2. 31-40 3. 41-50 4. 51-60 5. 61-70 6. >70 years

Your qualification- a. Graduation b. Post graduation

#### Q.1) How is your health status?

a. Excellent b. Good c. Fair d. Poor

#### Q.2) Does your health status affect your day-to-day activity / household chores?

a. Yes b. No

#### Q.3) Do you exercise regularly?

a. Yes b. No

#### Q.4) Tick on the common health problems encountered by you.

a. Backache b. Headache c. Bodyache d. Joint pain e. Gastric upset f. Cough/cold g. Weakness h. None  
Anything else \_\_\_\_\_ (please specify)

#### Q.5) Do you suffer from any of these chronic diseases?

a. Diabetes b. Hypertension c. Obesity d. Heart disease e. Osteoarthritis f. Thyroid disorder g. None  
Anything else \_\_\_\_\_ (please specify)

#### Q.6) On an average, how frequently do you need to visit a doctor?

a. Once/year b. Once / 6 months c. Once / 3 months d. Once / month e. Once/ fortnight

#### Q.7) Do you go for routine (once a year) dental checkup?

a. Yes b. No

#### Q.8) Do you go for routine (once a year) medical checkup (blood tests, full body profile etc.)?

a. Yes b. No

#### Q.9) Do you go for routine (once a year) eye examination?

a. Yes b. No

#### Q.10) Do you take dietary supplements (multivitamin/iron tablets, health drinks etc.)?

a. Yes b. No

#### Q.11) Do you smoke or drink?

a. No b. Yes, I smoke- roughly \_\_\_\_\_ cigarettes/day OR occasionally  
c. Yes, I drink- roughly \_\_\_\_\_ ml alcohol/day OR occasionally

#### Q.12) Without consulting a doctor, do you take any medicine for common illnesses like fever, bodyache, cough, diarrhea, vomiting etc.?

a. Yes b. No

#### Q.13) Do you hold any mediclaim policy on your name?

a. Yes b. No

**Q. 14) Do you think healthcare camps are useful for the society?**

a. Yes, very useful   b. Not so useful   c. Completely useless

**Q. 15) Do you refer internet to know the details of the medication you've been prescribed by a doctor?**

a. Yes   b. No

Results were obtained after analyzing the data and were presented in percentage in tabulated form.

**Results**

Out of 100 participants, 54% were males, while 46% were females. Among them, 24% were in age group 18-30 years, 48% in 31-40 years, 18% in 41-50 years, 2% in 51-60 years, 4% in 61-70 years and 4% in 71 years and above group. 62% of total are graduates while 38% are post graduates.

**Table 1:**

Q.1	Excellent			Good		Fair		Poor	
Your health status	12%			74%		12%		2%	
Q.2	Yes					No			
Health status affecting your daily activity	36%					64%			
Q. 3	Yes					No			
Regular exercise	46%					54%			
Q. 4	Backache	Headache	Bodyache	Joint pain	Gastric	Cough/cold	Weakness	None	
Common health problems	24%	24%	20%	14%	18%	26%	26%	0%	
Q. 5	Diabetes	Hypertension	Obesity	Heart disease	Osteoarthritis	Thyroid disorder	None	Anything else	
Chronic diseases	12%	12%	14%	0%	2%	8%	64%	2%	Asthma
Q. 6	Once/year	Once /6 months		Once /3 months	Once /month		Once /fortnight		
Frequency to visit a doctor	46%	30%		16%	8%		0%		
Q. 7	Yes					No			
Routine dental checkup	28%					72%			
Q. 8	Yes					No			
Routine medical checkup	50%					50%			
Q. 9	Yes					No			
Routine eye examination	28%					72%			
Q. 10	Yes					No			
Dietary supplements	26%					74%			
Q. 11	No	Yes- smoke occasionally			Yes- drink occasionally				
Smoking or drinking	90%	4%			10%				
Q. 12	Yes					No			
Medicine for common illnesses	48%					52%			
Q. 13	Yes					No			
Mediclaim policy	60%					40%			
Q. 14	Yes, very useful	Not so useful			Completely useless				

Healthcare camps are useful	84% 16%	0%
Q. 15	Yes	No
Refer internet to know the medication	52%	48%

**Discussion**

Among 100 participants, males outnumber females. About half of the study population (48%) was in age group 31-40 years. Most of them accept that their health status is good (12% say its excellent and 74% admit that its good), while simultaneously 36% people say that their health status affects their day-to-day activity.

It's very interesting to find out that about 50% of qualified adults have the habit of doing regular exercise. This means that they have the awareness to keep themselves fit.

Cough/cold (26%), generalized weakness (26%), backache (24%), headache (24%) and body ache (20%) are the common health problems encountered by them in decreasing order of frequency. Some of them suffer from more than one problem.

As far as chronic diseases are concerned, 14% of people are suffering from obesity, 12% are diabetic, 12% hypertensive, 8% having thyroid disorder, 2% having osteoarthritis and 2% with bronchial asthma. Again, some are having more than one chronic disease. People should be aware of the fact that obesity might account for 14% of cancers in men and 20% of cancers in women.<sup>3,4</sup> Obesity is now a major concern and must be countered immediately. But, the interesting fact is that, a good percent (64%) of patients do not suffer from any chronic disease. It might be because of the reason that most of them belong to younger age group, while the metabolic diseases usually appear after forties.

46% of them need to visit a physician once a year and 30% visit once every 6 months for some illness. 50% of people get their routine medical examination done regularly, but for yearly dental and ophthalmological examination, only 28% people are interested. Health authorities worldwide are now confronting an increasing public health problem, including a growing burden of oral disease among people.<sup>5</sup>

Only 26% of qualified people are health conscious to take dietary supplements, but a good 90% of them neither drink, nor smoke.

48% of them have accepted that they take over the counter medicines for common illnesses like fever, cough, diarrhea etc. without consulting a doctor. It should be of utmost concern for us as it can cause harm to the patient. More than half of total study population (52%) surfs the internet to know the details of the medicines prescribed to them by the doctor. Actually, knowing how to access and use valid health information and using communication, decision-making, goal-setting and advocacy skills are required to engage in health enhancing behaviours.<sup>6</sup>

It is good to know that 84% people consider that the healthcare camps organized by physicians are very useful for common people. Mediclaim policies are held by 60% of them.

**Conclusion**

On the basis of the key findings of the present study, an array of concluding remarks is attempted. Not smoking & drinking, maintaining a healthy weight and regular exercise can reduce one's risk of having metabolic diseases. With increasing number of voluntary organizations, government agencies and private co-operations, we can achieve this. Though the healthcare awareness of qualified adult population of this specific area can be considered good, a higher level of health awareness must be created among all citizen to make the country's social and economic development more meaningful.

**Limitations of the study**

1. This study is done on a small set of population. It can be extended to a larger population having different qualification and socioeconomic levels.
2. Similar type of studies can be done based on awareness of diseases like diabetes, hypertension, cancer, ischemic heart disease etc. to enlighten common people about these diseases by organizing health camps.
3. Similar studies can be stratified according to different age groups.

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