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## **Non Communicable Diseases: Prevalence and Risk Factors Among Adults in Rural Community**

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**Abstract:** To study the prevalence, distribution of risk factors and to identify the burden of noncommunicable diseases (NCD) among rural population. The prospective observational study involved a door to door survey of 240 respondents, aged 20-70 years. The data collection consisted of socio-demographic characteristics, NCD history, behavioural risk factors and nutritional status etc. The present study population comprised of 47.92% males and 52.08% females. 32.08% were <50 years whereas around 67.92% were >50 yrs of age. Most of the patients were found to be illiterate (58.75%). It showed that 19.16% people were using tobacco products. Sedentary habit or physical inactivity was present in 95% of study population. Low fruit consumption was observed in both genders. Majority of people were underweight (45%) which was found most in women than men. The prevalence of cardiovascular disease along with co-morbidity (28.33%) is more among the population. In this study population about 32.91% were found to be using OTC drugs. The study showed high burden of NCD risk factors in rural area. Improving the detection and treatment of NCDs and thereby preventing complications are the only solutions for reducing NCD burden. behavioural risk factors, illiterate and lifestyle.

Actions should be oriented toward curbing the NCD risk factors, promoting healthier lifestyles to reduce NCD incidence rates and delay the age of NCD onset.

**Keywords :** Non communicable disease, behavioural risk factors, illiterate and lifestyle.

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