

A Survey of Expenditure on Treatment on Health Related Diseases in Different Companies of Gwalior

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Abstract – Sedentary lifestyles doubt the risk of heart diseases. In terms of heart disease risk, physical inactivity is equivalent to smoking a pack of cigarettes each day. More people are at risk for developing heart disease because of physical inactivity, and then are all people for smoking, high blood pressure and high cholesterol. Physical inactivity reduces your life span. Physical inactivity is associated with a higher incidence of chronic diseases such as diabetes, arthritis, osteoporosis, and obesity. Physical activity declines dramatically with age and during adolescent years. The people of resident at Gwalior spent enough annual income on their treatment.

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MATERIALS AND METHODS

Prospective subjects were identified in the offices of Gwalior. The subjects were employed of central government, state government, and local governing bodies. To systematize the study, subjects were grouped in two age categories as 21-30years and 31-40 years.

SELECTION OF TOOLS OF SURVEY

Survey of the subjects was done in a phased manner through questionnaire, personal interview and telephonic interview depending upon the convenience or the subjects and availability of the time.

STATISTICAL TECHNIQUES

The information obtained from the responses against the questionnaire was carefully and systematically compiled for data analysis. The percentage analysis of frequencies of each statement was calculated for expenditure on treatment.

RESULT

The above table indicating that the percentage analysis of age group reveals that 66.87% subjects spent their 0-5% of annual income on their treatment, 25.97% spent 6-10% and 7.16 spent more than 10% of annual income on their treatment.

DISCUSSION OF FINDING

First and foremost observation of this study was an overwhelming majority of subjects of the study were sedentary because of their nature of job. The extended duty hours, arm chair or desktop jobs and significant absence of physical movement were regular features in their daily life; this might have made their increase in the cost of expenditure on treatment on health related diseases

CONCLUSION

Above study concluded that only moderate, not necessarily extensive exercise is sufficient for good health. For example, for both women and men, the chance of dying from heart disease, cancer and several other diseases is greater for individuals with sedentary life-styles that those who engage in a daily brisk walk of 30-60 minutes. Moderate regular exercise, lasting say 15-30 minutes, five times a week also has been found to improve health. Regular exercise may also lower your cholesterol and blood pressure, and reduce the risk of diabetes

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