Similar to most highly developed countries today; chronic diseases (NCDs) represent the lion’s share of India’s disease burden. NCDs, principally cardiovascular diseases, diabetes, cancers and chronic respiratory diseases were responsible for more than 60% deaths in India. To avoid or to reduce the burden of NCDs, we need to assess the risk factors of NCDs.

The present study brings out the prevalence and correlates of risk factors of non-communicable diseases in adults of Urban Varanasi as in order to take effective prevention measures, identification of the risk factors is an essential prerequisite. This study also covers nutritional status, dietary intake and dietary pattern to understand the role of diet and nutrition in the occurrence of risk factors of NCDs. With the objective measurement of health this study encompasses subjective health measurement by assessing the self-perceived health of the study subjects.

This thesis is divided into seven chapters. Chapter one provides an overview of global and national scenario of non-communicable diseases. It also gives a brief account of objectives, research questions, hypothesis, scope, strengths and limitations of the study.


Chapter three gives an overview on methodological part of the study. It consists of profile of the study area, period of the study, study design, sample size, study subjects, sampling methodology, tools and techniques of the study, study variables, definition of terms used in the study, statistical analysis of data and ethical issues.

Chapter four presents results and observations of the study. This chapter was divided and deals within the following sub-heads: [A] Socio-demographic profile and prevalence of risk factors of NCDs; [B] Correlates of risk factors of NCDs; [C]...
Dietary intake and pattern and their association to risk factors of NCDs; [D] Self-perceived health and its association to the presence of risk factors.

Chapter five’s purpose is to interpret and describe the significance of researcher’s findings in light of what was already known about the research problem being investigated, and to explain any new understanding or insights about the problem after one has taken the findings into consideration. This chapter discusses the consistencies and disparities between the findings of the present study and other previous relevant studies.

Chapter six gives conclusions drawn on the basis of the results and observations and ensuing discussions of the study. This chapter also gives service and research recommendations on the basis of conclusions drawn in the study.

Chapter seven gives the summary of the whole study. It summarizes each and every chapter starting from introduction to conclusion and recommendations.

Finding of the present study have a policy implication and provide significant inputs for designing of programmes for prevention of NCDs on the basis of preventing and curing the risk factors.