



## **EFFECT OF URBANIZATION ON STRUCTURE OF DIETS, PHYSICAL ACTIVITY PATTERN AND HEALTH**

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### **ABSTRACT**

This paper represents the concept of urbanization. It gives us a brief idea of urbanization and its effect on humans. The paper explains its side effects on the diets, health and physical activity pattern which had been changed due to urbanization. World has many challenges in improving the health and nutrition of its citizens. Our population continues to suffer from chronic illness, disability and premature death. The possible reasons are social inequalities, disparities in health systems and consequences of urbanization and demographic transition. Young children do not get the health care they need and the coverage of nutrition programme is inadequate. Children should be trained right from a young age to think along correct lines for the attainment of health. Health is the root cause of life. Now a days there are number of health problems such as obesity, physical inactivity, under nutrition, poor growth, diabetes, blood pressure etc. In order to overcome these problems is a big question before the whole world. Drastic changes in diet and lifestyle that have occurred with industrialisation, urbanization, economic development and market globalisation have accelerated over the past decade. This is having a significant impact on the health and nutritional status of populations, particularly in developing countries and in countries in transition. To promote healthy diets and lifestyle, particularly in children and young people, strategic partnership must be built by the government. The paper will also explain the pros and cons of urbanization. It will also help to indulge proper diet and effective plans in order to improve health.

### **INTRODUCTION**

Urbanization is a process in which rural population moves to urban areas. The word urbanization basically came from the word urban i.e. growth in urban areas. Urbanization in India

was after Independence. That was the era when industrialization was the root cause for urbanization.

Industries came to leading cities like Mumbai, Pune, Kolkata and other parts of the country, which lead to the growth of these



cities. New technologies, innovation and development started in these cities, thus new job opportunities and employment grew. Thus people from rural areas started to migrate to cities in search of jobs and employments.

There was a rapid growth in terms of social, economical and political life of the people. People started adapting new lifestyle which includes better education, sanitation, health care, modern thoughts etc.

### **Market Survey**

As per the market survey obesity, heart problems, cancer and other disease are the one which are most probably found nowadays.

People are now found of Chinese, Italian and other kind of foods rather than Indian cuisine. Proper diet plan should be there in order to maintain good physic.

In rural areas they have good physic as they have fresh vegetables, fruits to eat.

There is no use of adulterated food. In urban area there is adulteration of food

products which results to various diseases and weak immunity.

In rural area they have good immunity and strength. They have a longer lifespan than us. They have good working abilities than us.

### **Concept of Health**

There has been a vast change in health, physical lifestyle and structure of diet due to urbanization. The possible reasons are social inequalities, disparities in health system and consequences of urbanization.

Infants and younger children do not get the health care they need. Children should be trained right from young age to think along correct lines for their attainment of health.

According to WHO Health is a state of complete physical, mental and social well being, not merely the absence of disease or infirmity.

A healthy person's body has total 150 pounds in which 90 pounds of water and about 30 pounds of fat and other 30 pounds



are mostly protein and carbohydrates, organic compounds made from them and minerals of bones i.e. calcium and phosphorus are used for growth, maintenance and repair of its tissue.

A complete diet should include fast food in minimum quality which includes cakes, chinese, burger, ice cream etc. Foods like chicken, mutton, fish, eggs, oil, ghee, butter etc should have medium quality in our diet. Food which should be taken in large quantity includes fruits and vegetables. Food which should have limited amount of quantity are wheat, dal, sprouts etc.

Some of the main health concerns which are observed due to urbanisation are:

#### 1) Obesity:

Overweight is one of the most serious problems. In the Pacific over the past 50 years major changes have occurred in diets and physical activity patterns and that as a result, overweight and obesity have become public health problems of primary importance.

Disease like NCDs, hypertension, gallbladder and certain types of cancer are observed. Now a day's childhood obesity is becoming one important physical problem. The most common cause of child obesity are generic factors, lack of physical activity, unhealthy eating patterns etc.

#### 2) Physical Inactivity:

These days at least half of youth do not engage in physical activity that promotes long term health. Physical inactivity has been established as a major risk factor for the development of coronary artery disease. It also contributes to other risk factor including obesity, high blood pressure and level of HDL cholesterol.

Physical inactivity is estimated to cause globally about 10%-16% of cases each of breast cancer, colon and rectal cancer and diabetes mellitus and about 22% of is chemic heart disease.

#### 3) Unhealthy lifestyle:

The presence and tracking of high blood pressure in children and adolescents occur against a



background of unhealthy lifestyle including excessive intake of total and saturated fats, cholesterol and salt, inadequate intake of potassium and reduced physical activity, often accompanied by high levels of television viewing. In adolescents, habitual alcohol and tobacco use contributes to raise blood pressure. The increasing popularity of TV, computer, mobile, video games contributes to children's lifestyle.

In recent years, locally produced foods have been largely replaced by foreign imports. Urban families have adopted different cooking methods. There is majority of countries have increased availability of meat, vegetable oil, alcohol and milk.

Obesity, consumption of imported food and reduced physical activity seem to be largely an urban phenomenon in the country.

4) Socioeconomic condition in childhood:

A reflection of socioeconomic deprivation in childhood is associated with an increase risk of

CHD and stroke and to some extent diabetes. Short stature and specifically short leg length, is particularly sensitive indicators of early socioeconomic deprivation their association with later disease very likely reflects an association between early under nutrition and infectious disease load. There is a higher prevalence of raised blood pressure not only in adults of low socioeconomic status, but also in children from low socioeconomic backgrounds.

### **Remedies on health concerns**

1) Physical Activity:

Physical activity helps build and maintain healthy bones, muscles and joints. Physically active children enjoy other health benefits such as,

- a) Weight control.
- b) Improved psychological well being.
- c) Low blood pressure.
- d) A tendency to be more physically active as adult.

Regular physical activity reduces heart risk. Participation in physical education classes, playing sports, performing regular



household chores, travelling by foot or bicycle etc help in physical exercise.

Physical activity is helpful for children and adults with weight problems in relation to both their physical and psychological well being.

Regular physical activity combined with healthy eating habits is the most effective and healthful way to control your weight.

## 2) Nutrients to support growth:

Carbohydrates rich grain foods, fruits and vegetables are necessary to supply vitamins, minerals, fibre and energy vital to good health.

Adequate amount of dairy products like meat, fish, poultry, eggs, dry beans and nuts also provide nutrients that contribute to proper growth and development.

Adequate amount of iron and calcium are important as the body undergoes intensive growth.

Milk, yogurt, cheese should be added in the diet in adequate amount in order to satisfy the need of calcium in our body.

## 3) Family Role

Family involvement helps to teach everyone healthful habits.

For children it's important to talk to your children about their problems and allow them to share their concerns with you. If children are overweight then they need parent's support, acceptance and encouragement.

Parents should try not to set children apart because of their weight, but focus on gradually changing their family's physical activity and eating habits.

## 4) School also plays as role model

School plays a pivotal role in moulding children's attitudes and behaviour about nutrition and physical activity. School are the place where children get their nutrition and physical activity information and knowledge about health and hygiene.

School also helps to improve knowledge and behaviour towards the world. Health promoting school programmes are also being organised in order to promote healthier diet and lifestyle.

## 5) Government's Role



National plan of action for nutrition and NFNPs are the one who are responsible for conducting the nutrition programmes throughout the country.

Laws and regulations must be implemented to restrict commercial food advertising to children. Other programs like avoidance of smoking, alcohol should also be conducted in order to educate people about disadvantages of smoking and drinking.

Health education should be provided to all the citizens of the world. It would help in improving better health habits.

### **CONCLUSION**

Rapid change in diet and lifestyle that have occurred with industrialization, urbanization, economic development and market globalization have accelerated over the past decade.

This is having a significant impact on the health and nutritional habits of populations, particularly in developing

countries and in countries in transition, to promote healthy diet and lifestyle particularly in children and youngsters.

Government should also implement laws and program to educate citizens about health care and healthy lifestyle. Policies can also be developed to make environment conducive to healthy lifestyle by making use of cycle, exercising easy and safe.

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