



URBANIZATION DIET AND HEALTH

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ABSTRACT

Root cause of various disease is urbanization, due to which flora and fauna along with human life are endangered, while keeping abreast with the developmental place of time, we are heading on deterioration and degradation. With the changing life style in diet, use of fast-foods consumption of high calories, inadequate, consumption of proteins, hectic lifestyle, deforestation, toxic gasses are inviting various disease for example insufficiency of oxygen, traction of cells and organs, free radicles, imbalance consumption of junk food. As per the survey and conclusions of WHO, NIN and ICMR the disease which mostly age groups between 60-80 get affected, new age-group between 12 to 15 are getting affecting. To avoid all these, we need to adopt healthy habit like proper physical exercise, Balanced diet yoga and physical movement should be included.

Keywords: Urbanization, calories, proteins, junk food.

Urbanization increasing very speedily in today's age. Return to villages is a slogan in previous time, but now, it is a mentality of people to arrive in cities. It impacts on diet preferences methods of diet, physical movement and health in growing and progressive world after industrial evolution in an age of science there should be some impacts on human life due to fast changing scenario. We should know urbanization, diet and health.

What is urbanization? "As a social scientist. He is interested in

the whole complex situation all the inter-relationship that make-up urban social life. He deals with one but with all aspects of the urban social universe-Erickson"

Urbanization deals with the impact of city life on social actions, social relationship, social institution and the type of civilization derived from and based on urban modes of life – E.E.Bergel."

Medical dictionary – "Diet means anything when taken into the body which serves to nourish



or build up the tissues or supply body-heat is nutrients food.”

World Health Organization (WHO) “Health is a state of complete physical, mental and social being and not merely the absence of disease or infirmity.”

There are some monstrous problem’s increasing in city life. There are some causes behind this, like climate, pollution, Diet, lack of exercises and relaxation to mind and health. It results on physical, emotional, psychological, social life of human being.

Research methods

Secondary sources are used to study methods of diet and its impact on health.

Need of study

How urbanization impacts on Diet and health is the main reason to study on this topic
Impacts of urbanization on human life

- 1) Changes in diet
- 2) Demand on calories according to a person’s work
- 3) Food digestive and physical energy value
- 4) Changing life style

5) Ratio of increasing diseases

6) Various problems

7) Cutting down of trees

8) Industrialization and Transportation

9) Ignorance to physical health

1) Changes in diet

Urbanization largely impacts on methods of diet. We are attracted to fast as balanced diet is very necessary for our health. For example. pizza, burger, noodles and bread, readymade dishes, ready to eat products, mixed material, salty food, increasing use of cold drink are the causes for spoiling our health, smoking and excessive drinking of wine are the causes for lack of balanced diet and increasing calories also for example. Excessive using of Maida. If we consume food of 100gm Maida, we can get 348 calories. It impacts on diet. We don’t get essential nutrients and also changes in food habits of eating. It is also difficult to follow balanced diet in busy life of today.

2) Demand of calories accordingly to a person’s work

Person’s action and their labour consider calories. As



compared to women need more calories labour of men and women can be considered in three steps (Table 1).

3) Foods digestive and Physical energy value

If food consist more water, it gives less energy eg. cucumber, orange, watermelon on the contrary food consist less water, can provide more energy eg. Jaggery, sugar,oil and nuts. Some materials are more digestive like proteins and some are less digestive like carbohydrates.

- 1) There are differences between digestive value of food and energy given by such food.
- 2) All the consumed food cannot be digestive some food can be indigestive so value of food eaten decreased.
- 3) There is also decreased in metabolic system inhalation and digestive system.

There is also difference between actual energy in food and physical energy value of food it is as in table 2.

People in the cities, consumed food of carbohydrates, fat and sweets. They got high

calories also it gives way to fat in our body. But we need proteins largely as per physicians.

4) Changing lifestyle

Urbanization impact on lifestyle. Everyone is busy for his livelihood, Some people engaged in their jobs while sitting for hours on their seats. There is no certain habits of eating and drinking. It results on physical health and movements also.

5) Increasing percentage of disease

According to World Health Organization India is a Centre for illness due to fatness. It not only found in cities but also in villages due to fatness problems like tension, hypertension, heart attack, Diarrhea viral, hepatitis, blood pressure. It is also found that disease which usually found at the age of 60 can be found in teenagers also. There is the survey of National Institute of Nutrition (NIN) and Indian Council of Medical Research (ICMR)

Number of Problems or Various Problems

Due to urbanization, we have to follow number of problems drainage water, dirty water, health



issue, drinking water inflation status of living, high cost etc.

Cutting down of trees

Due to urbanization trees are cutting day by day. It spoils environment Mills and Mountains are vanishing. It gives vent to on global warming, Due to this number of. Skin, Infective disease, allergy increasing day by day.

Industrialization and transportation

With new revolutionaries develop meats and happening in industry and increasing transportation, toxic particles and gases are emitted in the atmosphere for instance, the more proportion of CO₂ and Sulphur dioxide in atmosphere the more difficulties in having pure air. Asthma, skin disease and allergies are resultant developed by sound pollution. Air pollution and water pollution. Due to increasing rush hour and traffic jam, parents don't pay enough attention to upbringing of their wards. As a consequence, their physical and mental growth get restarted.

Ignorance to physical health

As per maxim, "sound mind is in sound body", But with the sitting working style, apathy of physical exercise, junk food diet, hectic life style and increasing mental stress affects negatively mental and physical health. High-blood pressure, respiratory problems and cardiac problems are increasing day after day. A part from these number of contagious and viral disease are erupted occasionally. Such as dengue and malaria.

Taking into consideration the impact of urbanization on human life, there are following measures as follows;

- Balanced and proper daily life.
- Inclusion of balanced and nutritional diet and optimal use of proteins.
- Avoidance of fast food, hoteling and shun from use of plastic.
- As per physical and working capacity, try to avoid high calories diet.
- Pay attention to your physical exercise.
- Metropolitan and urbanized resident should adopt cycling,



exercises, physical work and movement, yoga for healthy beneficial.

- In co-ordination with government, agencies and social groups Number of healthy activities should be organized.
- Diet should be taken in scientific manner.
- Setting- working employees should avoid high calories diet.

CONCLUSIONS

1. With increasing urbanization, people are inclined to consume junk food and fast food, leaving healthy diets.
2. As per the capacity of body, the maximum consumption of high calories diet.
3. With progress, there is degradation and deterioration. With new technology, the works are done easily and as a result movement of body gets decreased.
4. With the changes in life, there is no fixed and proper time for rest and diet. So that there is an increase in disease.
5. Due to mismanagement of sewage disposal, deforestation for industry, contaminated potable

water, insufficient healthcare infrastructure emission of toxic gases from transportation and industry invites 60% disease from all these things.

6. Compared to urban, in villages due to balanced diet and sufficient movement there is less disease.

7. In nutshell there is a negative impact on physical, mental, emotional, social health due to changes in atmosphere.

SUMMARY

Root cause of various diseases is urbanization, due to which flora and fauna along with human life are endangered, while keeping abreast with the developmental pace of time, we are heading on deterioration and degradation.

With the changing life style, use of fast-foods, consumption of high calories, inadequate consumption of proteins, hectic lifestyle, deforestation, toxic gases are inviting various diseases. For example, insufficiency of oxygen, traction of cells and organs, free



radicles, imbalance consumption of junk food.

As per the survey and conclusions of WHO, NIN and ICMR the disease which mostly age groups between 60-80 get affected,

new age-group between 12 to 15 are getting affecting. To avoid all these, we need to adopt healthy habit like proper physical exercise, Balanced diet yoga and physical movement should be included.

Table 1: Demand of calories accordingly to a person's work

Sr. No.	Action	Men (weight 60 kg)	Women (weight 55 kg)
1.	Work of less labour	2,320kcal	1900kcal
2.	General labour work	2,730kcal	2230kcal
3.	Work of excessive labour	3490kcal	2850kcal
4.	Pregnant		+350
5.	Lactating		+600

Table 2: Difference between actual energy in food and physical energy value of food

Sr. No.	Food	Actual energy value kcal/gm	Percentage of energy indigestive food	After digestion energy	After metabolism got energy	Removal of energy after metabolic energy
1.	Carbohydrates	4.1	2	4.0	—	4.0
2.	Proteins	5.65	8	5.2	1.25	4.0
3.	Fat	9.45	3	9.2	—	9.0

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