

# Haryana's elders have supple joints, but weak lungs: Study

TNN | Updated: Jan 11, 2021, 09:54 IST

*Representative image*

CHANDIGARH: Going by the Longitudinal Ageing Study in India (LASI) Wave-1 (2017-18), Haryana has to make more efforts to improve its health indices.

Despite having reasonably good infrastructure at the government level, which has restricted the expenses of an average Haryanvi to Rs 307 per month, only 45.03% of the population is in good health while

37.03% is in moderate health. Among the elderly aged 60 and above, 36.08% of the population is in good health, 40.03% is in moderate health and 23.0% are in bad health.

The report also underlines the fact that despite having good health facilities, rate of treatment of hypertension and other diseases in Haryana is less than the neighbouring states of Delhi, Punjab, Himachal Pradesh and Union Territory of Chandigarh. According to the report, on an average, 53.9% of the affected get treatment for hypertension. However, average treatment of heart disease in Haryana is better than the national average. According to the report, on an average, 77.6% of heart patients only get treatment.

This is attributed to the presence of cardiac care centres in district-level hospitals across the state. As for treatment of lung diseases, Haryana is close to the national average of treatment. The state has an overall average of 68.4% against the national average of 70. Almost 37.09% of the population reported prevalence of cardiovascular diseases, which is more than the national average, but less than neighbouring states of Punjab and New Delhi.

Also, 33% of Haryanvis within the age group of 45 and 59 years have been found to be hypertensive. Among the elderly, 39.8% of the population was found to be hypertensive. The elderly are also prone to stroke and other problems. As far as diabetes and related issues are concerned, Haryanvis both below and above the age of 60 fare better than their counterparts in neighbouring states and Chandigarh. Thanks to their active lifestyle, the average prevalence of bone and joint problems among residents of Haryana both above and below 60 years of age is quite less than the national average. According to reports, 5.5% of people in the age group of 45 and 59 years and 9.6 % of people above the age of 60 years suffer from such problems as against the national average of 11.7% and 18.8% respectively.

Hookahs and tobacco have had an impact on lungs of people in the state. According to the study, 9.1% of the population in Haryana suffers from chronic lung disease as against the national average of 8.3%.