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HYPERTENSION, DIABETES Rising cases ring alarm

MOUDUD AHMED SUJAN

The number of people with hypertension and diabetes has increased alarmingly in the country and health experts attribute it to poor food habit and lack of exercise.

Hypertension among people aged 35 and above went up to 40 percent in 2017 from 26 percent in 2011, according to the preliminary study of the eighth Bangladesh Demographic Health Survey (BDHS) 2017-18 unveiled yesterday.

During the same period, the number of diabetic patients of the same age group increased to 14 percent from 11.

According to the survey, some three crore people aged 18 and above were hypertensive (with blood pressure above

90 and 140) and 1.1 crore of the same age group suffer from high blood sugar.

"With economic growth, there has been major changes in people's lifestyle and food habit. In fact, unhealthy eating habit and inactivity are the main reasons behind this," Kanta Jamil, senior monitoring, evaluation and research adviser at the USAID, who assisted the BDHS study team, told The Daily Star.

The study also showed that more females suffer from hypertension and diabetes than males.

At least 45 percent of the women, 35 years of age and above, suffer from hypertension while the number for men is 34. In 2011, the numbers were 32 and

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3 crore people aged 18 years and above are hypertensive while 1.1 crore of the same age group are suffering from diabetes

Prevalence of hypertension among people aged 35 and above is 45% for women and 34% for men

Among the hypertensive patients, half of the women and two-thirds of men are unaware of their elevated blood pressure level

Hypertension among people aged 35 and above increased to 40% in 2017 from 26% in 2011



60% of the diabetic people are unaware of their disease

SOURCE: BANGLADESH DEMOGRAPHIC HEALTH SURVEY 2017-18

"Inadequate physical exercise, carbohydrate based food habit, junk food, a lot of salt and sugar intake, and smoking are to blame for this [rising cases of hypertension and diabetes]."

KHALEQUZZAMAN

Associate professor of public health and informatics at BSMMU

CUSTODIAL DEATH Cops cannot avoid their responsibility

Says DMP boss; injury marks found in BFDC staffer's body

STAFF CORRESPONDENT

There are injury marks on the head, neck, and legs of the film development corporation employee who died in police custody Sunday night.

Abu Bakar Siddique Babu, 45, was arrested around 8:00pm on Saturday by Tejgaon Industrial Police. Police said they found him hanging from the iron bars of a lockup room around 3:00am on Sunday. He was pronounced dead at Dhaka

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Editors' Council concerned over warrant against Matiur, others

STAFF CORRESPONDENT

The Sampadak Parishad (Editors' Council) yesterday expressed deep concern over the recent events surrounding the issuance of arrest warrant against Prothom Alo Editor and Publisher Matiur Rahman and five of his colleagues.

The council in a statement said the arrest warrant for the prominent editor was "an attempt to intimidate and harass the

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RELATED STORY ON PAGE 16

BUSINESS

Decade of GP's rise

Mobile operator Grameenphone's market share rose about two percentage points in the last ten years thanks to huge investment in network expansion that also helped double its revenue.

The company has started the new decade with a 46.18 percent market share, up from 42.80 percent five years back, according to the telecom regulator.

Grameenphone had a wonderful journey in the last two decades, said BTRC Chairman Md Jahurul Haque. "But regulatory compliance also needs to be ensured."

As Grameenphone has already been declared an operator with significant market power, it faces fresh restrictions from the regulator, officials said.

READ MORE ON B1

Time to do away with character evidence

BLAST report on rape victims calls for scrapping of related provision

ZYMA ISLAM

At the Court Street yesterday, a heavily pregnant 17-year-old waddled about from one lawyers' chamber to another, looking for someone who can help her. She is about to deliver a baby in 20 days, and in this state, she had taken a public bus from Uttara all the way to the old part of the town.

But upon telling her story to legal counsels, she was denied any help.

Two years ago, when she was not even 15, she was in a relationship with a man whose age was nearly 30 years old and they consummated the relationship. "He kept promising me that he will marry me and take care of me," said the teenager. As her relationship with her parents soured over her relationship, she agreed to run away with the man.

"But he did not marry me because I was too young and I was getting scared. So, I went to the police station and filed a rape case under Section 9(1)," she said.

Section 9(1) refers to the clause in the Sexual Offences Act 2003 that relates to engaging in sexual activities with

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WALTON
Laptop

On The 3rd Digital Bangladesh Day 2019, Honorable Prime Minister Sheikh Hasina, Government of the People's Republic of Bangladesh awarded the Category of **Best ICT Hardware Exporter** to Mr. S M Rezaul Alam, Chairman, Walton Digi-Tech Industries Limited.

We, the Walton Family are intensely grateful to all of our well-wishers.



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