

# **EFFECTS OF URBANIZATION ON HEALTH & DISEASE**

**Dr Vijay B. Lambole**

Associate Professor, SNLPCP, Umrakh.

**URBAN** : The word 'urbane' means fashionable living, wide acquaintance with things & people and political manner of speech.

**Urban area** : Area with a high density of population. In the context of India , it is defined as

- All places with a municipality, corporation, cantonment board or notified town area committee, etc. (known as Statutory Town)
- All other places which satisfied the following criteria (known as Census Town):
  - A minimum population of 5,000;
  - At least 75 per cent of the male main workers engaged in non-agricultural pursuits; and
  - A density of population of at least 400 per sq. km.

# Number of Urban Units – India

- Towns:

Census 2001	5,161	
Census 2011	7,935	Increase: 2,774

- Statutory Towns:

Census 2001	3,799	
Census 2011	4,041	Increase: 242

- Census Towns:

Census 2001	1,362	
Census 2011	3,894	Increase: 2,532

## Urbanization:

Urbanization involves a physical change in which increasing proportions of populations live in urban settings.

The movement of people to cities is one of the dominant characteristics of population change of 21st centuries.

Growing urbanization is a recent phenomenon in developing countries.

- In India, the level of urbanization increased from 27.81% in 2001 Census to 31.16% in 2011 Census.
- The urban population in India is 377.1 million in 2011, with increase of 91 million from 2001 census.
- Urbanization a constant growing phenomenon of increasing populations living in cities found to be more in low-income countries.

Increase in urban population is determined by three factors:

1. Natural increase (through birth).
2. Rapid migration from rural to urban, for better employment opportunities, attraction of better living & availability of social services like education, health, transport entertainment etc.
3. Inclusion of new areas under 'Urban'

## Environmental health impacts associated with rapid urbanization :

The effect on health of urbanization is two edged. On the one hand, there are the **benefits** of ready access to healthcare, sanitation, & secure nutrition whilst on the other **urban health hazards & risks** are substandard housing, over crowding, air pollution, insufficient or contaminated drinking water, inadequate sanitation, solid waste disposal services, vector borne diseases, industrial waste, increased motor vehicle traffic, stress associated with poverty & unemployment etc.

The factors which influence the health status lie both within the individual itself & externally.

### 1. Substandard housing & over crowding :

Due to low Socio-economic Status the housing cond. is very poor.

Over crowding refers where more people are living within a single dwelling where movement is restricted, privacy secluded, hygiene impossible, rest & sleep difficult.

In general over crowding will lead to rapid spread of infectious diseases especially resp. infections such as T.B, influenza, Diphtheria etc.

### 2. Inadequate sewage & garbage disposal: Lead to fly nuisance.



**3. Contaminated water** : water borne diseases are more common like Diarrhoea, typhoid, Cholera etc.

**4. Vector borne diseases** : This is found to be more common in poor people living in urban area like malaria, filaria, Plague, Dengue, Scabies etc.

**5. Air pollution** : 1.3 billion urban residents world wide are exposed to air pollution level above recommended limit. The effects are immediate & delayed.

- a. Immediate effects : Acute bronchitis.
- b. Delayed effects : Chr. Bronchitis, lung cancer, bronchial asthma, Emphysema & resp. allergy.

## 6. Motor vehicle accidents:

- Are more common among all fatal accidents found in urban areas.
- Industrial accidents are also occur with increasing frequency because of untrained workers from the urban setup.

## 7. Psycho-somatic disorders:

- Due to poverty & unemployment stress associated disorders are more common among the urban people residing in shanty towns.
- Duodenal ulcer, Bronchial asthma, Hypertension, coronary heart disease, mental disorders, Social deviant behavior (Suicide, crime, violence & drug abuse).

## Global urbanization & impact on health :

- Rapid urban & industrial growth is an important parallel socio demographic phenomenon. Nearly half of the world's population lives in urban settlements.
- For better employment, education, healthcare the more and more people are attracting towards urban.
- However rapid & unplanned urban growth is often associated with poverty, environmental degradation & population demands that outstrips service capacity.

- In 1950, less than 30% of the world's population lived in cities. This number grew to 47% in the year 2000 (2.8 billion people), and it is expected to grow to 60% by the year 2025.
- The no. of people living in slums & shanty towns represents about 1/3 of people living in urban areas.
- In less developed countries urbanization also opens the door to 'western diseases' like HTN, CHD, obesity, diabetes, & asthma.

There are certain schemes introduced for urban development

- National Urban Health Mission (NUHM)
- AMRUT - Atal mission for rejuvenation and urban transformation
- Jawaharlal Nehru National Urban Renewal mission
- North Eastern region urban development Programme
- Smart Cities Mission

**THANK U**