



Letter to Editor

Prevalence of risk factors for non-communicable diseases among patients attending outpatient department: Correspondence

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Dear Editor,

We would like to comment on ‘Communicative competence of generative artificial intelligence in responding to patient queries about colorectal cancer surgery’.^[1] A semi-structured questionnaire was used to collect information on the lifestyle habits and health indicators of 480 participants in this cross-sectional study, which was carried out at a tertiary care centre in Bengaluru. According to the survey, a sizable fraction of participants – 90.6% – led sedentary lifestyles, while 68.3% engaged in no physical activity and 11.5% were obese. Age group and these risk variables were shown to be significantly correlated, suggesting that older people may be more susceptible to certain health problems. Chi-square tests were utilised to determine significance after the data was examined using the Statistical Package for the Social Sciences software.

The study’s dependence on participants self-reported data, which is prone to bias and inaccuracy, may be a limitation. Furthermore, the study did not specify the precise parameters used to classify obesity and physical inactivity, which may have an effect on how the results are interpreted. Future studies should consider including objective measures, such as activity trackers or clinical examinations, to enhance the validity of the findings and verify the self-reported data.

One query for the author would be whether any recommendations or actions were made in light of the study’s findings to address the individuals’ high rates of obesity, physical inactivity and sedentary lifestyles. Prospective avenues for investigation may encompass longitudinal studies to monitor alterations in lifestyle practices and health consequences across time, in addition to interventions designed to encourage physical activity and curtail sedentary behaviour in this demographic. Furthermore, investigating the effects of additional variables on general health, such as nutrition, stress and sleep habits, may offer a more thorough comprehension of the elements that contribute to these risk factors. All things considered, this study offers insightful information about the frequency of lifestyle-related health problems in the population under investigation and emphasises the necessity of focused interventions to enhance overall health and well-being.

Use of artificial intelligence (AI)-assisted technology for manuscript preparation

The authors confirm that there was no use of artificial intelligence (AI)-assisted technology for assisting in the writing or editing of the manuscript and no images were manipulated using AI.

REFERENCE

1. Ramachandra P, Tariwal VS, Shree KR. The prevalence of risk factors for non-communicable diseases among patients attending outpatient department of tertiary care

centre, Bengaluru: A cross-sectional study. *Karnataka Med J* 2023;46:6-10.

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