

## **Urban Behavioural Patterns Which Effect on Non Communicable Diseases (NCDs): Case Study of Pattiwila area, Biyagama Divisional Secretariat Sri Lanka**

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Non communicable diseases (NCDs) are the most common in discussing story in Sri Lanka recently. According to Register Generals data in 2001, the NCDs accounted for 71% of total deaths in Sri Lanka. With the rapid increase of urban landscape, lifestyles of the people has changed and facilitate with lot of technical accessories to get rid of busy and stereotyped daily routine. Especially lack of exercises and food pattern make lot of urban people victim of NCDs.

The aim of this study is find out the urban behavioural pattern which effect on NCDs and identify the most common NCDs among urban people. The sample area of this study is Pattiwila urban area situated in Biyagama Divisional Secretariat, Gampha District. 5% of families of the area selected as a sample for this study. Primary data collected by Questionnaires and interview method. Data was analysed by using qualitative and quantitative methodologies.

The outcome of this study reveals that less of exercises and unbalance food style with lot of flour foods are the major reasons for being a victims of NCDs in urban landscape. Stereotyped way of urban life and attitudes caused to majority of urban citizens keep away from exercises. Some of the rapid constructions also badly effected to the active life style of younger generation due to restricted to the playground and recreation spaces. Awareness programs and institutional actions, change of the food pattern and balance way of city planning are the vital need to normalize this situation with the rapid increased of urbanization.

*Key words: Non communicable diseases (NCDs), Urbanization, Urban behavioral pattern*

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