

## Prevalence of Headache among Adult Population in Urban Varanasi, India

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**Abstract :** Headache is one of the most ubiquitous and frequent neurological disorders interfering with everyday life in all countries. India appears to be no exception. Objectives are to assess the prevalence of headache among adult population in urban area of Varanasi and to find out factors influencing the occurrence of headache. A community based cross sectional study was conducted among adult population in urban area of Varanasi district, Uttar Pradesh, India. Total 151 eligible respondents were interviewed by simple random sampling technique. Proportion percentage and Chisquare test were applied for data analysis. Out of 151 respondents, majority (58.3%) were females. In this study, 92.8% respondents belonged to age group 18-60 years while 7.2% was either 60 year of age or above. The overall prevalence of headache was found to be 51.1%. Highest and lowest prevalence of headache was recorded in age groups 18-29 year & 40-49 year respectively. Headache was 62.1% in illiterate and was 40.0% among graduate & above. Unskilled workers had more headache 73.1% than other type of occupation. Headache was more prevalent among unemployed (35.9%) than employed (6.4%). Females had higher family history of headache (48.9%) as compared to males (41.3%). Study subjects having peaceful relation with family members, relatives and neighbors had more headache than those having no peaceful relation. &nbsp;

**Keywords :** family relationship, headache, neighbors, ration cards

**Conference Title :** ICPH 2016 : International Conference on Public Health

**Conference Location :** London, United Kingdom

**Conference Dates :** May 23-24, 2016