



Notice for the PhD Viva-Voce Examination

Ms Monika (Registration Number: 1830075), PhD scholar at the School of Social Sciences, CHRIST (Deemed to be University), Bangalore will defend her PhD thesis at the public viva-voce examination on Monday, 19 August 2024 at 11.00 am in Room No. 044, Ground Floor, R & D Block, CHRIST (Deemed to be University), Bengaluru - 560029.

Title of the Thesis	:	Economic Burden and Productivity Loss of Employees with Lifestyle Diseases in Sedentary Occupations during Pandemic
Discipline	:	Economics
External Examiner (Outside Karnataka)	:	Dr Rajendra N P Associate Professor Indian Institute of Technology Bihta, Patna -801106 Bihar
External Examiner (Within Karnataka)	:	Dr M D Usha Devi Senior Professor Centre for Human Resource Development Institute for Social and Economic Change Nagarabhavi, Bengaluru - 560072 Karnataka
Supervisor	:	Dr Viji B Assistant Professor Department of Economics School of Social Sciences CHRIST (Deemed to be University) Bangalore Bannerghatta Road Campus Bengaluru - 560076 Karnataka

The members of the Research Advisory Committee of the Scholar, the faculty members of the Department and the School, interested experts and research scholars of all the branches of research are cordially invited to attend this open viva-voce examination.

Place: Bengaluru
Date: 12 August 2024



Registrar

ABSTRACT

Over the past few decades, the prevalence of 'Lifestyle Diseases' or 'Non-Communicable Diseases' (NCDs) has increased. There has been an increasing concern about these lifestyle diseases, with hypertension acting as the most prevalent lifestyle disease in the populace. It further exaggerates the issue as its prevalence increases exposure to other lifestyle diseases such as Diabetes and Cardiovascular Diseases (CVD). With 'health' being an important component of human capital, the presence of lifestyle diseases has an economic impact on the individual and the organisation. The presence of an illness reduces the productivity level delivered by the individual to work, resulting in productivity loss. Apart from impacting an employee's productivity, the prevalence of lifestyle diseases incurs a significant monetary expense in the form of healthcare required to manage them. This monetary expense is called an 'economic burden' or 'out-of-pocket expenditure'.

On these grounds, the current study examines the economic burden and impact on the productivity of employees suffering from lifestyle diseases (Hypertension, Diabetes and CVD) working in sedentary occupations. With lifestyle diseases majorly influenced by the lifestyle patterns of an individual, employees working in a sedentary occupation are at greater exposure to lifestyle diseases and hence were selected as the target population.

A cross-sectional study was conducted among 426 employees of sedentary occupations in the Delhi-NCR region. The economic burden has been measured as a sum of the direct and indirect costs of the diseases incurred in a year. Using the estimates of economic burden, Catastrophic Healthcare Expenditure (CHE) was measured at different threshold levels. The study has also evaluated productivity loss through presenteeism and absenteeism approaches. An attempt was made to examine the relationship between the economic burden and productivity loss through presenteeism and absenteeism approaches.

The result of the study shows a significant share of the economic burden for lifestyle diseases and their comorbidities. CHE was highest at the 40% threshold level. The level of disparity in catastrophe among lower and high-income individuals was also highest at the 40% threshold level. Further statistical results show a high cost of absenteeism due to lifestyle diseases compared to presenteeism and found that economic burden has a strong positive relationship with absenteeism and presenteeism.

Overall, the study concludes that lifestyle disease incurs a substantial economic burden and CHE for employees working in sedentary occupations. Apart from causing monetary expense, the presence of lifestyle diseases also causes a high cost of absenteeism and presenteeism, increasing the economic cost of managing lifestyle diseases.

Keywords: Lifestyle Diseases, Economic Burden, Catastrophic Healthcare Expenditure, Presenteeism, Absenteeism, Sedentary Occupation

Publications:

1. Yadav, M., & B, V. (2023). Measuring the Economic Burden of Health Conditions among White-Collar Employees: A Cross-Sectional Study from Delhi-NCR. *Indian Journal of Occupational and Environmental Medicine*, 27(4), 317–326. https://doi.org/10.4103/ijocem.ijocem_210_22
2. Yadav, M., & Bathirasamy, V. (2024). A Cross-sectional Study for Examining Catastrophic Healthcare Expenditure Across Socio-demographic Variables among Employees in a Sedentary Occupation. *Indian Journal of Community Medicine*, 49(4), 638-641. https://doi.org/10.4103/ijcm.ijcm_768_22