



16 August 2024

Kerala Regional News

<p>Rising Cancer Risk in Kerala Women</p>	<p>Context:</p> <ul style="list-style-type: none"> • A recent survey in Kerala has revealed a concerning increase in the number of women at risk of breast and cervical cancer. • The data was collected from over 700,000 women aged 30 and above. • Nearly 12,093 women (1.71%) are at risk of breast cancer. • And cervical cancer patients stood at 4,993 (0.71%). <p>About:</p> <p>Breast Cancer</p> <ul style="list-style-type: none"> • Cancer that starts in the breast tissue. • Risk factors include age, genetics, lifestyle factors. <p>Cervical Cancer:</p> <ul style="list-style-type: none"> • Cancer that starts in the cervix, the lower part of the uterus. • Primarily caused by the Human Papillomavirus (HPV). • Regular Pap smears and HPV vaccinations can prevent or detect early stages. <p>Note: Both cancers are highly treatable when detected early. Regular screenings, awareness, and healthy lifestyle choices are essential for prevention and early detection.</p>
<p>Draft Coastal Zone Management Plan (CZMP)</p>	<p>Context:</p> <ul style="list-style-type: none"> • Kerala is set to submit its Draft Coastal Zone Management Plan (CZMP) 2019 to the Ministry of Environment, Forest, and Climate Change for approval. • Once approved, the plan will introduce relaxed regulations for development in many coastal areas of the state. <p>Key Points:</p> <p>CRZ-II Expansion:</p> <ul style="list-style-type: none"> • 66 grama panchayats have been reclassified from the restrictive CRZ-III to the less stringent CRZ-II



	<p>category, allowing for more development.</p> <p>CRZ-III Refinements:</p> <ul style="list-style-type: none"> • Divided into CRZ-III-A (high population density of 2,161 per sq km) and CRZ-III-B (lower population density less than 2,161 per sq km). • No Development Zone (NDZ) reduced from 200m to 50m in CRZ-III-A. • NDZ for inland water bodies reduced from 100m to 50m. • Island Management: An Integrated Island Management Plan will be prepared for all islands, with the NDZ reduced from 50m to 20m upon approval. • Pokkali and Kaipad Fields: The High Tide Line (HTL) for these fields will be fixed at pre-1991 bunds and sluice gates. • Mangrove Forests: Buffer zones will be avoided for privately owned mangrove forests, unlike government-owned ones which require a 50m buffer. <p>Refer to Addapedia notes for detailed info on CRZ rules.</p>
<p>Kerala's Obesity Epidemic</p>	<p>Context:</p> <ul style="list-style-type: none"> • Kerala is grappling with a rising obesity crisis. <p>Key points:</p> <ul style="list-style-type: none"> • According to the 'Women and Men in India 2023' report, the state has witnessed a significant increase in obesity rates, particularly among men. • While obesity is more prevalent in women, the number of obese men has nearly doubled in just five years. • According to the report, the proportion of adult males who are obese (BMI greater than or equal to 30) increased from 3.8% in 2015-16 to 6.7% in 2019-21. • For adult females, the proportion rose from 6.4% to 9.8% • Among the 36 states and Union Territories, Kerala was positioned eighth in terms of obesity among males and ninth in the case of females. • The proportion of adult males with obesity in the country rose from 3% to 4% during the period and for women from 5.1% to 6.4%, according to the report. • Lifestyle changes, including dietary shifts towards



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processed foods and reduced physical activity, are believed to be primary contributors to this health concern.

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