

## **ABSTRACT**

This is a case control study comprising both Descriptive and Analytical components that included 310 Cases and 166 Controls. The objective of this study was to identify most common significant Risk Factors for Blood Pressure Diabetes and Heart Disease. This study was conducted in Four Hospitals in Lahore. Data was collected from patients and healthy persons. A specific Questionnaire was designed for this study to collect data. The total number of male subjects in this study was 221 and number of female subjects was 255. One hundred and sixty were healthy., sixty six were Heart patients, seventy nine were Diabetics, ninety four were Blood Pressure patients, ten were 'Heart and Diabetic patients', nineteen were Heart and 'Blood Pressure patients', Twenty five were 'Blood Pressure and Diabetic patients', seventeen were 'Heart, Blood Pressure and Diabetic Patients'. Since Response Variables have more than two categories, so the technique of Logit Models for Nominal Responses was applied to the data. Significance of Various Risk Factors was tested through Likelihood Ratio Test. Age, Educational Status, Living Area, Family history, Milk intake, Blood pressure, Cholesterol level and Blood Sugar level proved to be Significant effects, so they are included in the final model.