

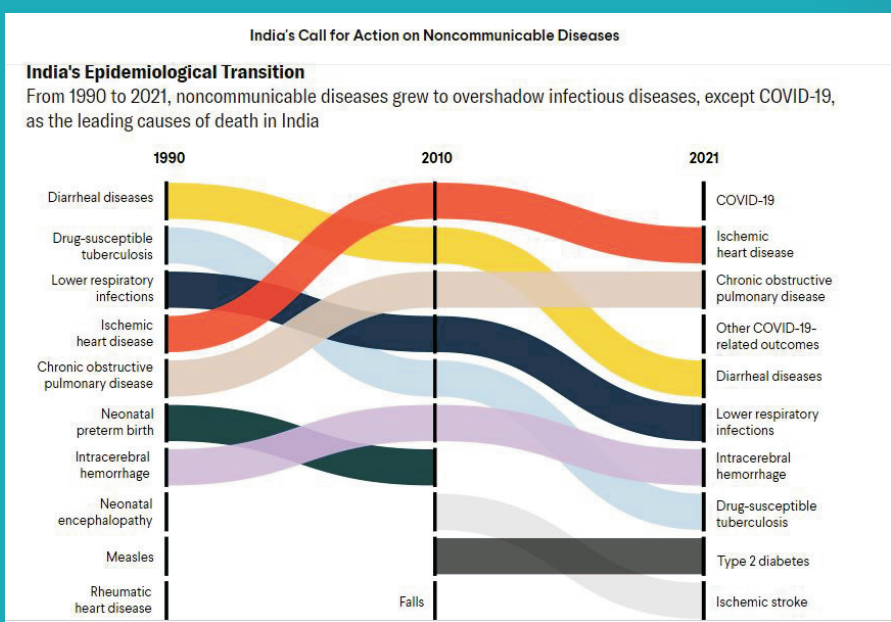
BREAKING THE BURDEN OF NCDs !

There is a continuing decline in overall burden of diseases in India along with change in disease profile. This decline is about 36% per person from 1990 to 2016. However, non-communicable diseases (NCDs) and injuries have now become the main health challenge in India because of their rapid rise in the last two decades. Cardiovascular disease, chronic respiratory disease, cancer and diabetes have emerged as the most prevalent NCDs in India and are approximated to cause 63% of all deaths in the country. According to reports, about 40% of hospital stays and 35% of outpatient visits in India are due to NCDs. The major causes for NCDs identified are tobacco use, harmful use of alcohol, lack of physical activity, stress, and improper diet.

The following measures can help reduce the risk of NCDs:

- **No to tobacco and alcohol:** Tobacco use and harmful alcohol use are major risk factors for NCDs and must be stopped.
- **Healthy diet:** Eat a nutritious diet high in fruits, vegetables, legumes, whole grains, nuts, milk, egg, meat, fish etc. Limit sugar, salt, and unhealthy fats.
- **Physically activity:** Include regular physical activity in your daily routine and maintain a healthy weight.
- **Manage stress:** Avoid any kind of stress. Sleep well.
- **Regular health check-ups:** Regular health check-ups can help diagnose key risk factors for NCDs like high blood pressure, cholesterol, blood sugar levels, etc allowing for early detection of potential NCDs and their timely treatment and management.

To combat rising numbers of NCDs, Government of India launched the National Program for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) under National Health Mission (NHM) in the year 2010 which was later renamed National Program for Prevention and Control of Non Communicable Diseases (NP-NCD).



2025

MONTHS	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed
JAN			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
FEB						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28					
MAR						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28					
APR		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							
MAY				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
JUN						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			
JUL		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
AUG					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
SEP	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30								
OCT			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30						31
NOV						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30			
DEC	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							



GOVERNMENT MUST ENSURE EFFECTIVE INTERVENTIONS PRIORITIZING AWARENESS AND BUILDING ROBUST PUBLIC HEALTH INFRASTRUCTURE AND MECHANISMS TO FACILITATE EARLY DETECTION AND TREATMENT OF NCDs !