

## **9. National Programme for Non-Communicable Diseases (NP – NCD)**

### **Background**

- Non-communicable diseases (NCDs) are a major public health challenge in India, accounting for over 60% of all deaths in the country. The National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) was launched in 2010 by the Ministry of Health and Family Welfare (MoHFW) to address the rising burden of these NCDs.
- The same programme has been renamed to National Programme for Non Communicable Diseases - NP - NCD in 2023.
- To strengthen infrastructure, human resource development, diagnosis and management of NCDs, the National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD) is being implemented.
- Subsequently, Chronic Obstructive Pulmonary Disease and Asthma, Non-Alcoholic Fatty Liver Disease, Stroke, ST- Elevated Myocardial Infarction and Chronic Kidney Diseases are added into it.
- The NP-NCD Strategy has been revised with a newer focus on “75 million people with hypertension and diabetes on standard care by 2025”.

### **Objectives**

The NPCDCS aims to:

- Reduce the premature mortality and morbidity due to NCDs
- Promote early diagnosis and management of NCDs
- Create awareness about NCD risk factors and promote healthy behaviours
- Strengthen the NCD service delivery infrastructure

## Key Components

The NPCDCS comprises five key components:

1. **Screening and early diagnosis of NCDs:** The program provides free screening services for cancer, diabetes, hypertension, and cardiovascular diseases at various levels of healthcare facilities.
2. **Treatment and management of NCDs:** The program ensures the availability of essential medicines and treatment for NCDs at public health facilities.
3. **Health promotion and education:** The program implements various initiatives to raise awareness about NCD risk factors and promote healthy behaviours, such as a healthy diet, regular physical activity, and avoiding tobacco use.
4. **Capacity building and training of healthcare workers:** The program provides training to healthcare workers on NCD prevention, screening, diagnosis, and management.
5. **Monitoring and evaluation:** The program regularly monitors and evaluates its implementation to ensure effectiveness and make necessary adjustments.

## Achievements

The NPCDCS has made significant progress in reducing the burden of NCDs in India:

- **Under NP-NCD:** 724 District NCD Clinics, 210 Cardiac Care Centre, 326 District Day Care Centres and 6110 Community Health Centres NCD Clinics have been set up.

- **Increased Screening:** Over 50 crore people have been screened for NCDs under the program.
- **Early Diagnosis:** Early diagnosis of NCDs has increased, leading to timely treatment and improved outcomes.
- **Improved Treatment Access:** Availability of essential medicines and treatment for NCDs has improved at public health facilities.
- **Reduced Morbidity and Mortality:** NCD-related morbidity and mortality have shown a declining trend.
- **Ayushman Bharat Health and Wellness Centres (AB-HWCs) :** Population-level interventions for the prevention, screening, control, and management of five common NCDs i.e., hypertension, diabetes, oral cancer, breast cancer and cervical cancer.
  - Initiative for wellness have started with regular Yoga sessions, Zumba sessions, Walkathons, Cyclothons etc. Other initiatives like “Eat Right India” for consuming the right kind of food and “Fit India” for exercise have become nation-wide movements.
  - Recently, Ayushman Bhav initiative was launched to saturate all health care services in every village/ town to ensure that healthcare services reach the last mile and enable access to health care services to everyone in the society”,

#### **Data on the impact of the NPCDCS**

- **Early Detection: Over 50 crore (500 million)** individuals have been screened for NCDs under the NPCDCS, leading to early detection and timely intervention.
- **Treatment Access:** Over 2 crore (20 million) NCD patients have received treatment under the program, improving their health outcomes and quality of life.
- **Behavioural Changes:** The NPCDCS has contributed to a significant increase in the adoption of healthy behaviours, such as increased physical activity and reduced smoking prevalence.

## Improvement in addressing Non-Communicable diseases in Indi

Metric	2010	2023
NCD-related mortality rate	53%	48%
NCD-related morbidity rate	22%	19%
Early diagnosis of cancer	15%	30%
Early diagnosis of diabetes	20%	45%
Early diagnosis of hypertension	25%	50%
Early diagnosis of cardiovascular diseases	30%	55%

### Conclusion:

The NPCDCS has played a significant role in reducing the burden of NCDs in India. Continued efforts to address the challenges and implement innovative strategies will further strengthen the program's impact and contribute to a healthier India.