Combating NCDs Challenge and the Evolving Responses in India

Dr Sudhir Gupta
Addl. Dy. Director General
Ministry of Health & Family Welfare
2nd November 2012
Contents of presentation

- NCDs as a public health problem in India
- The risk factors
- Challenges and needs
- Evolving response to NCDs
- NPCDCS: strategies and progress in implementation
- Future plans
Chronic & Infectious Disease rates in 19th Century (1900-1970)

Mortality estimates due to NCDs

- Globally all deaths (2008) 57 million*
- Globally deaths due to NCD (2008) 36 million* (63 %)
- All deaths in India (2004) 10.3 million #
- Deaths due to NCDs in India (2004) 5.2 million # (50.5%)

* Source: WHO
# Source: ICMR
Distribution of deaths by major cause-India 2001-2003

Deaths due to NCDs outnumber deaths due to communicable diseases, maternal and perinatal causes and nutritional conditions combined.

Source: RGI-CGHR Million Death Study
4 Major NCDs in India

- Cardio-vascular Diseases (CVDs)
- Diabetes mellitus
- Cancer
- Chronic Obstructive Pulmonary Disease
Trends & Projections of NCDs in India

**Diabetes**
- 2000: 32 million (WHO)
- 2010: 51 million (International Diabetes Federation)
- 2030: 80 million (WHO)

**Cardio-vascular Diseases**
- 1998: 19 million (ICMR)
- 2015: 64 million (Nat. Com. Macroeconomics & Health)

**Cancer**
- Estimated number of persons with cancer: 2.8 million (ICMR)
- Annual Incidence: 1.1 million (ICMR)

**COPD**
- Prevalence: 3.49% (ICMR)
Trends of cancer incidence in India

Source: ICMR National Cancer Registry Program
Risk factors and level of NCD prevention and management

**Behavioral RF**
- Tobacco
- Alcohol
- Physical inactivity
- Diet

**Physiological RF**
- BMI (obesity)
- Blood pressure
- Blood glucose
- Cholesterol

**Disease Outcomes**
- Heart disease
- Stroke
- Diabetes
- Cancer
- Chronic resp. disease

**Primary prevention**
(Health Promotion)

**Secondary prevention**
(Case management & Health promotion)

**Tertiary prevention**
(Tertiary care)
Relationship between BMI and diabetes prevalence in Asia (Boffetta, 2011)
A very curious thing
Tobacco use in India
Global Adult Tobacco Survey: 2010

- Current tobacco use in any form: 34.6%
- Use of smokeless tobacco: 25.9%
- Smoking: 14%
- Average age at initiation of tobacco use: 17.8 years
- > 25% women started tobacco use before 15 years of age
- 14.6% tobacco use among 13-15 years school going children (Global Youth Tobacco Survey India, 2009)
NCDs in India - challenges and needs

• Raise public and political awareness
• Modify risk factors
• Reorient health system
• Partnership with corporate sector, NGOs and community
• Inter sectoral coordination and collaboration
• Enhance economic, legal and environmental policies
NCDs in India - challenges and needs

- Raise public and political awareness
  - Development data base of NCDs
  - Raise the political priority and commitment of NCDs
  - Promote healthy lifestyle through effective education
  - Valid information to foster widespread sustained and accurate media coverage to improve awareness of economic, social and public impacts
NCDs in India - challenges and needs

• Modify risk factors

- Reduce tobacco use and enforce tobacco control Act
- Increase the availability and consumption of healthy food
- Promote physical activity
- Reduce alcohol intake
- Reduce salt intake
- Manage stress
NCDs in India - challenges and needs

• Reorient health system

  ➢ Allocate resources within health system based on burden of disease

  ➢ Health professional training and practice towards health promotion and prevention

  ➢ Increase number and skills of professionals who prevent and manage NCDs

  ➢ Integrate screening and prevention within health delivery

  ➢ Increase access to medications to prevent complication of NCDs
Healthcare cost in population

AGE & RISK FACTORS

HEALTH CARE EXPENSES

Healthy

At-Risk

Chronic

Acute

43% of Population 7% Cost

22% of Population 10% Cost

18% of Population 35% Cost

17% of Population 48% Cost

Health Advocacy Focus

Disease Progression
NCDs in India - challenges and needs

- Partnership with corporate sector, NGOs and community
  - Involve corporate sector and NGOs as key partners in promoting health and preventing diseases
  - Develop and monitor codes of responsible conduct with the food, beverages and restaurant industries etc.
  - Empower community resources such as civil society and faith-based organizations
NCDs in India - challenges and needs

• Inter sectoral coordination and collaboration

- Make other related department/ ministry, a key partner in promoting health and prevention of diseases (HRD, Food & Agriculture, Sports & youth affairs, Women and Child Development, AYUSH, Fertilizers & Chemical etc.

- Regular and periodic exchange of information and feedback

- Assign tasks to stakeholders and monitoring the implementation of activities.
NCDs in India - challenges and needs

• Enhance economic, legal and environmental policies

  ➢ Study and address the impact of government spending and taxation on health

  ➢ Develop and implement national and regional policies to discourage the consumption of alcohol, tobacco and unhealthy foods

  ➢ Study and address the impact of poor health on economic output and productivity
NCDs in India-response

National Health Programs for NCDs

- National Program for Prevention and Control of Cancer, Diabetes, CVD, Stroke (NPCDCS)
- National Program for Health Care of the Elderly
- National Mental Health Program
- National Tobacco Control Program
- Trauma Care Facility on National Highways
- National Blindness Control Program
- National Iodine Deficiency Disorders Control Program
- National Deafness Control Program
NPCDCS
Implementation
2010-12

21 States

100 Districts

700 CHCs

20,000 Sub Centres
NPCDCS : Components

- Health Promotion
- Early detection and management
- Strengthening of health facilities
- Manpower development
- Monitoring
  - National NCD cell
  - State NCD cell
  - District NCD cell
NPCDCS: District Hospital

- **NCD clinic**: To provide emergency care and management of Diabetes, CVDs and Stroke;

- **Manpower**: Doctor, Nurses (2), Physiotherapist, Counselor(2), Care Coordinator, Data Entry Operator

- **Cardiac care unit (CCU)**: with 2-4 beds & equipped with ventilator and other necessary equipments

- **Laboratory diagnostic facilities**: such as lipid profiles, ECG, ECHO cardiography, CT Scan, MRI etc.

- **Cancer care**: Day Care facility for chemotherapy & palliative care
NCD Services at CHC

- **NCD clinic**: Early detection and management
- **Lab. investigations**
  
  (blood sugar, ECG, Total Cholesterol, Blood Urea, Urine albumin, urine sugar etc.) / Outsource, if facility not available
- **Referral**
- **Home based care of bedridden cases**
- **Health Promotion incl. counseling**
- **Data recording and reporting**
Services at Sub-Centre

Screening of persons above 30 yrs. & above by Health Workers for:

- Diabetes by blood sugar strip method
  (Random Blood Sugar: >140 ml/dl)

- Blood Pressure (>140/90mm)

- Health Promotion

- Referral
Tertiary Cancer Centre

• To provide comprehensive care (surgery, radiotherapy, chemotherapy & palliative care) at tertiary cancer care facilities

• To provide early detection & interventions at district level

• Human resource development

• Research
Activities in NCD Prev. & control

• National NCD summit Aug 23-24 2011 at Vigyan Bhawan
• Indian delegation participated in summit on NCDs in United Nations General Assembly, New York 19-20 September 2011
• Food labeling for nutritional information by FSSAI food authority
• Indian International Trade fair health ministry’s pavilion with NCD theme Nov 2011
• National review meeting under chairmanship of Hon’ble HFM on 17.11.2011
• Four regional review meetings of NPCDCS in December 2011
• NCD theme painting competition and ministry’s calendar for the year 2012
• Mass awareness through Prasar Bharti & Doordarshan TV
NPCDCS : 12th Plan Proposal -1

• Expansion of programme in entire country in phased manner

• Thrust on health promotion

• Screening for diabetes and hypertension at sub-centre level and in urban slums in metro/mega cities

• Screening of common cancers (oral, breast and cervical) at CHC and above

• PHCs to be included under the programme

• Cardiac Care unit in at least 25% district hospitals, wherever feasible
NPCDCS : 12th Plan Proposal- 2

• Chemotherapy facilities in at least 25% of district hospitals, where ever feasible.

• Linkages with Medical Colleges for mentoring the districts and to provide outreach and referral services

• Establishment of 20 State Cancer Institutes & 50 Tertiary Cancer Centres with augmented funding

• Government of India (GOI) and State share : 75: 25 90: 10 in North East and hilly states under NPCDCS
...in conclusion

• NCDs constitutes one of the major challenges for development in the 21st Century

• Focus on interventions to reduce the main shared modifiable risk factors for NCDs

• Strengthening of national policies and plans for the prevention and control of NCDs

• Strengthening of monitoring mechanism

• Promotion of partnership with stake holders, civil society and professional bodies
Thank You