

# The global burden of Non-communicable Diseases (NCDs)

## I N D E X

- Types of NCDs
- Disease Burden in India
- Risk Factors
- Prevention & Control
- Early Detection

## Definition

Non-communicable diseases (NCDs), also known as chronic diseases or sometimes referred to as **lifestyle diseases**, tend to be of long duration and are the result of a combination of genetic, physiological, environmental, and behavioural factors.

It is often said, “**Your genetics load the gun, and your lifestyle pulls the trigger.**”



## Types of NCDs

NCDs cover a vast area of medical practice and include complex conditions as varied as Alzheimer's disease, osteoporosis, and autoimmune disorders.

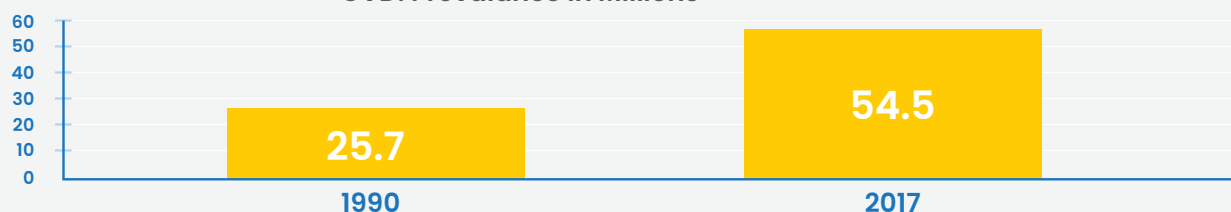
Within this, there are four main groups that cause 80 percent of all "premature" NCD deaths:

- **Cardiovascular diseases**  
(such as heart attacks and hypertension)
- **Chronic respiratory diseases**  
(including COPD and asthma)
- **Diabetes**
- **Cancer**

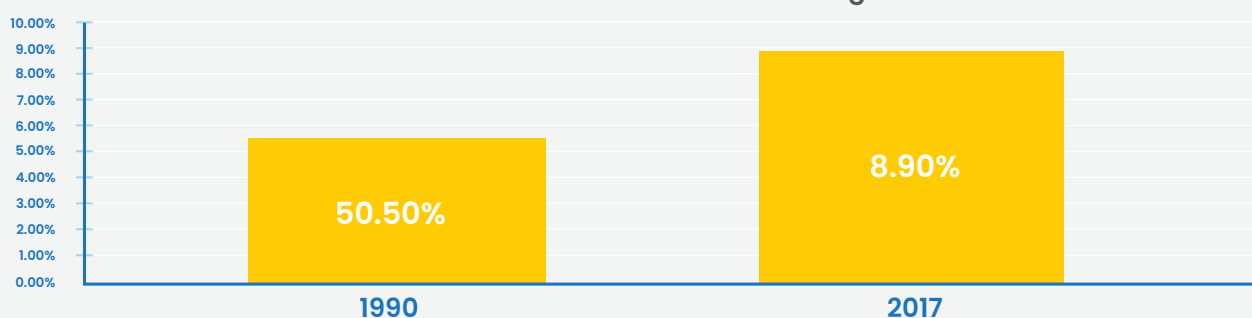


## Disease Burden in India

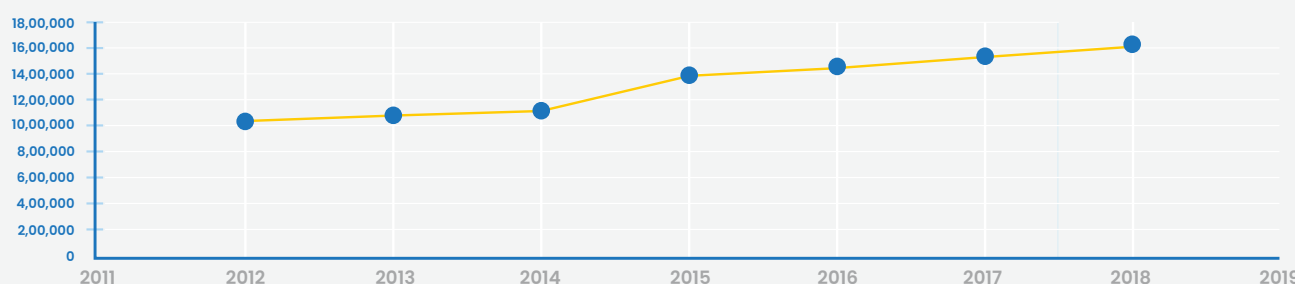
CVD: Prevalance in Millions



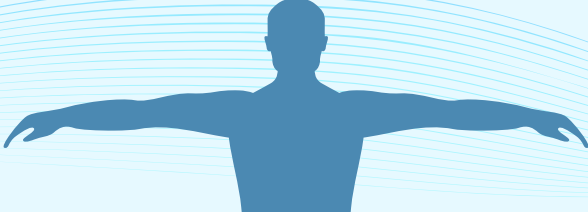
Diabetes: Prevalance in Percentage



Cancer: Prevalance



## Risk Factors

Modifiable	Non-modifiable
Obesity	Genetics
Diet	Age
Alcohol	Social determinants of health
Tobacco smoking	
Sleep duration & quality	
Sedentary behaviour	
Air pollution	

## Prevention & Control

Prevention of non-communicable diseases:

### Healthy Diet:

Consume a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats. Limit your intake of processed foods, sugar, salt, and unhealthy fats



### Regular Physical Activity:

Engage in regular physical activity, such as walking, jogging, swimming, or any form of exercise, for at least 30 minutes a day. Physical activity helps maintain a healthy weight and reduces the risk of NCDs



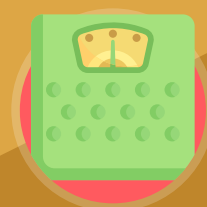
### Avoid Tobacco and Alcohol:

Refrain from smoking and alcohol consumption. Both tobacco and alcohol use are significant risk factors for NCDs like cancer, heart disease, and liver disease



### Maintain a Healthy Weight:

Aim to keep a healthy weight through a combination of a balanced diet and regular physical activity. Obesity is a major risk factor for NCDs like diabetes and cardiovascular diseases



### Get Enough Sleep:

Ensure you get 7-9 hours of sleep each night. Adequate sleep is essential for maintaining overall health and reducing the risk of chronic diseases



# Early Detection

1

## Regular Health Check-ups (Yearly or once every 2 years):

Schedule regular medical check-ups to monitor blood pressure, cholesterol levels, and blood sugar levels. Early detection of any abnormalities can prevent complications

2

## Avoid Exposure to Harmful Substances:

Minimise exposure to pollutants, chemicals, and other harmful substances in the environment that can increase the risk of developing NCDs

3

## Manage Stress:

Practice stress management techniques such as meditation, yoga, or deep breathing exercises. Chronic stress can lead to high blood pressure and other health issues

4

## Specific Check-ups

Some specific tests included in the PSA (prostate-specific antigen), PAP smear, and mammogram should be included in the yearly health checkup as suggested by the doctor

By making these lifestyle changes, you can significantly reduce the risk of developing non-communicable diseases and lead a healthier life.



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