

How can one prevent Non-Communicable Diseases?

Healthy Lifestyle

Health Awareness

Healthy Eating

Physical Activities

Good Personal Hygiene

Weight Management

Stress Management

Absence of Addiction
(tobacco, drugs, alcohol)

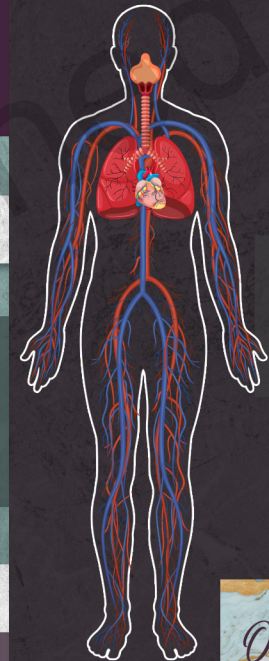
Adequate Sleeping
Pattern



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NON-COMMUNICABLE DISEASE

English



Cardiovascular
Diseases



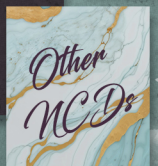
Chronic
Respiratory
Diseases



Diabetes



Cancer



*Other
NCDs*



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What is a Non-Communicable Disease (NCD)?

Diseases like heart attack, stroke, cancer, asthma, breathing difficulty, mental disorder, injuries, kidney, liver and other problems are called Non-Communicable Diseases (NCDs). These are non-infectious conditions that cannot be transmitted to other individuals.

Why are Non-Communicable Diseases being given such a high priority?

- Over 60% of deaths in India are contributed to by Non-Communicable Diseases (WHO – Global Health Estimates, 2015). Cardiovascular disease and cancers account for majority of deaths.
- Non-Communicable Diseases affect both urban and rural populations in their most productive age (30 – 60) years.
- Tobacco use, alcohol use, physical inactivity, unhealthy diet, stress increases risk of Non-Communicable Diseases.
- The poor and disadvantaged are at greater risk for Non-Communicable Diseases. If the primary earners are those who get sick or die, families can face great hardships to meet expenses like food, education and health.

- Non-Communicable Diseases are costly to treat, both for the person affected and for the health care providers.
- More than three quarters of Non-Communicable Diseases are preventable. An important way to control Non-Communicable Diseases is to focus on reducing the risk factors associated with these diseases.
- The higher the number of risk factors, the higher the risk of developing Non-Communicable Diseases.