

NCDs IN THE DEVELOPMENT AGENDA



Developed By:  PARTNERSHIP TO FIGHT
CHRONIC DISEASE
A VISION FOR A HEALTHIER FUTURE



Technical Inputs By: 
National Health
Systems Resource
Center

WHY NCDs: NEED FOR A SHIFT IN POLICY AGENDA

- Over the last 10-15 years, India's disease burden has shifted from communicable to non-communicable diseases
- Out of the total 98.16 lacs deaths in India in 2014, NCDs hold over 60% share (5,869,000), and accidents and injuries add another 12%.

60%

- 25 lacs Cardiovascular Diseases
- 12 lacs Chronic Respiratory Diseases
- 6.8 lacs Cancers
- 1.9 lacs Diabetes
- 11 lacs Other NCDs

28% Communicable, Maternal, Perinatal and Nutritional Conditions

12% Injuries

Source: Noncommunicable Diseases Progress Monitor, 2015 and NHSRC

- The underlying reasons being:



Urbanisation



Industrialisation



Fast-paced socio-economic development

HEALTH IMPACT



- NCDs account for 53% of disease burden and 60% of all deaths in India, and increasing rapidly¹
- Over 20% of the population in the country has at least one chronic disease and more than 10% of the people have more than one.² Probability of death during the most productive years from one of the four NCDs is 26%³
- Rising NCDs burden due to urbanization and lifestyle changes contribute to unprecedented health transition in India. NCDs not only affect health and quality of life, but also productivity and economic growth

SOCIETAL IMPACT



- The WHO claimed that nearly 60% of total health expenditure in India is being paid by the common man from his own pocket⁶
- According to WHO, 60 million of India's 1.25 billion people "are pushed into poverty" annually due to high out-of-pocket health expenditures⁷
- About 47% and 31% of hospital admissions in rural and urban India were financed by loans and sale of assets, according to a Lancet report⁸

ECONOMIC IMPACT



- The World Health Organization calculates diabetes, heart disease and stroke cost India US\$237 billion in lost income from 2005 to the end of 2015⁴
- The burden of NCDs would cost India US\$6.2 trillion during the period 2012-2030, according to the United Nations and the World Health Organization
- In a report by the World Economic Forum and the Harvard School of Public Health, it is estimated that India could lose US\$4.8 trillion in lost economic output by 2030 due to NCDs⁵

BUILDING A CASE FOR MAJOR NCDs

CARDIOVASCULAR DISEASES (CVDs)



1/4th of all mortalities are due to CVDs in India

- CVDs have now become the leading cause of mortality in India, with a quarter of all mortality attributable to it
- Ischemic heart disease and stroke are the predominant causes and are responsible for more than 80% all CVD deaths⁹
- The Global Burden of Disease study estimate of age-standardized CVD death rate of 272 per 100,000 population in India is higher than the global average of 235 per 100,000 population¹⁰
- Premature mortality in terms of years of life lost because of CVD in India increased by 59%, from 23.2 million in 1990 to 37 million in 2010¹¹
- The rate of CVD mortality in India in the 30-59 year age group is double than that in the US
- The incidences of CVDs have increased significantly for people between the age 25 and 69 to 24.8%, resulting in the loss of more productive people¹²

CANCER

- Prevalence of cancer in India is estimated to be 3.9 million people with reported incidence of 1.1 million in 2015¹³
- The National Cancer Registry Program of the India Council of Medical Research (ICMR) shows that new cancer cases or its incidence in India is estimated to grow by 25% by 2020, with around 1.4 million in 2016 to over 1.7 million by 2020¹⁴
- Breast and cervical cancers among women, head, neck, lung and gastrointestinal cancers among men represent more than 60% of the incidence burden
- According to a Tata Memorial Hospital study, more than 20% of the world's childhood cancer deaths happen in India
- At least 70,000 kids between the ages of 4 months and 14 years are diagnosed with one of the 16 forms of childhood cancers annually



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DIABETES

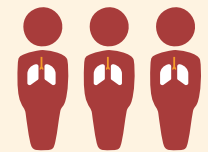
65.1 million diabetic patients at present



- India is a home to 65.1 million diabetic patients at present, compared to 50.8 million in 2010, and the number expected to increase to 101.2 million by 2030, according to the International Diabetes Federation¹⁵
- The WHO estimates that 80% of diabetes deaths occur in low and middle-income countries and projects that such deaths will double between 2016 and 2030¹⁶
- India's diabetic population is seen rising by a staggering 79% to 123.5 million by 2040, according to The International Diabetes Federation
- Indians are diagnosed with diabetes on average 10 years earlier than their Western counterparts

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

- India is estimated to have 30 million COPD patients¹⁷
- According to the recent Global Burden of Disease Study, COPD has become one of the major causes of death in the country
- India contributes a significant and growing percentage to global COPD mortality rates, with India projected to be amongst the highest in the world
- The prevalence rate is likely to average around 5% in the adult population with higher rates in smokers, males, rural areas, depending on the type of domestic fuel use and socioeconomic status



30 million COPD patients in India

MENTAL ILLNESS



1 in 5 people in India need counselling

- At least 5% of the population in India lives with a mental illness, which translates to over 50 million people, spread across both urban and rural area
- According to recent papers published in The Lancet and The Lancet Psychiatry, 38.1 million years of healthy life will be lost due to mental illness in India by 2025, an increase of 23% from 2013
- Nearly half of those with severe mental disease aren't treated and of those with less severe versions, nearly 9 in 10 go uncared for
- According to the government's estimates, about 1 in 5 people in the country need counselling, either psychological or psychiatric
- Depression, the most prevalent form of mental illness, is estimated to exist in 3 of every 100 in urban areas, and of this 1 in 3 are severely neurotic

WHAT NEEDS TO BE DONE

MULTI-STAKEHOLDER PARTNERSHIP – KEY TO MANAGING NCDs

- ♦ With such high disease burden, government alone would not be able to solve the problem, what is required is a multi-sectoral approach.
- ♦ Different stakeholder groups need to find scalable, feasible and effective interventions to prevent their onset



* Recommendations made by over 150 experts including policy makers, health experts, patient groups, medical practitioners, pharmaceutical and medical device companies, healthcare providers and associations, while developing **SANKALP- DISHA SWASTHA BHARAT KI**, a national blueprint on NCDs.

National Action Plan and Monitoring Framework for Prevention and Control of NCDs



- National NCD Monitoring Framework outlines 21 indicators and 10 targets for the prevention and control of NCDs
- The specified indicators and targets will be used to track progress of actions designed to prevent and control NCDs until 2025, in India
- Suggested action points by diverse sectors to meet the NCD targets at various levels have been outlined

Screening

• Guidelines for the prevention, early detection and control of:

- Diabetes
- Hypertension
- Common Cancer



Awareness



- M-Diabetes initiative under which information is being provided through mobile telephony network on how to prevent and manage diabetes
- Digital and broadcast media campaigns to raise public awareness on diet and/or physical activity

Reduction Measures for the Harmful Use of Tobacco

- Ban on smoking in many public places and work places as well as on public transport
- Ban on the sale of tobacco products to person below 18 years, and in places within 100 metres radius from educational institutions
- Advertisement of tobacco products is prohibited. Surrogate advertisement is also not allowed



Draft National Health Policy 2015

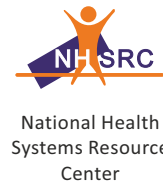


- Inclusion of NCDs for the very first time in the draft National Health Policy
- It would support an integrated approach where screening for the most prevalent NCDs would be incorporated into the comprehensive primary health care network
- It would ensure emphasis on medication and access for select chronic illness on a round the year, basis

Unhealthy Diet Reduction Measures

- Marketing to children restrictions
- Marketing of breast-milk substitutes restrictions





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