



Kashmir Hosts its First-Ever International Marathon | Jammu & Kashmir | 21 Oct 2024

Why in News?

Recently, Kashmir added another achievement by hosting its **first-ever international marathon in Srinagar**, attracting over 1,700 runners from **across India and 12 foreign countries**.

- The total registrations included 469 runners for the 42-km full marathon and 666 for the half marathon, with **participants from nations such as Kenya, Denmark, Norway, and the UAE**.

Key Points

- The marathon served as a platform not only for showcasing sporting prowess but also for **promoting the region's rich cultural heritage, handicrafts, and famous cuisine on a global scale**.
- The restoration of peace and harmony has played a key role in enabling the area to host major international events such as [G20 meetings](#), **Formula-4 races**, and [International Yoga Day](#), highlighting the region's growing capability to attract global attention and participation.
 - To showcase the potential of J&K as a destination for tourism and investment, the **government hosted the [G20 Tourism Working Group](#) meeting in Srinagar**.
 - This was the **first significant international event in J&K** to integrate the region with the rest of the country and the world.
 - The city **hosted its first-ever Formula-4 racing event**, with the aim of promoting tourism and providing diverse career opportunities for local youth.
 - Prime Minister **celebrated the 10th International Day of Yoga in Srinagar**, emphasising yoga's global impact on health and societal harmony.
- The government **has also hosted other business meetings in J&K** to attract investment and promote industrial development.
 - In June 2022, the government also held a [Global Investors Summit in J&K](#), which witnessed participation from more than 200 domestic and foreign companies.
 - The summit **showcased various sectors and opportunities** for investment in J&K, such as agriculture, [horticulture](#), handicrafts, tourism, IT, [renewable energy](#), etc.
- These events have **demonstrated the government's commitment to boost the economy and livelihood of J&K**. They have also helped to change the global perception of J&K as a conflict-ridden region and highlight its potential as a peaceful and prosperous destination.

Prevalence of Non-Communicable Diseases (NCDs) in J&K | Jammu & Kashmir | 21 Oct 2024

Why in News?

Recently, the Union Minister Dr. Jitendra Singh, who is also a nationally renowned Diabetologist, today released the Jammu related data of the **'first of its kind' world's largest survey 'ICMR-India Diabetes 'INDIAB' Study** to assess the prevalence of [Diabetes](#) in India.

Key Points

Key Highlights from the ICMR-INDIAB Study:

- **Survey Scope and Methodology:**
 - The Jammu phase of the ICMR-INDIAB study included 1,520 participants from **both urban and rural areas**, providing critical insights into the region's health landscape.
 - The **survey was conducted by the Madras Diabetes Research Foundation** in collaboration with the [Indian Council of Medical Research \(ICMR\)](#) and the Department of Health Research.
- **Diabetes Prevalence in Jammu Region:**
 - The study reveals that the overall prevalence of diabetes in the Jammu region, covering 10 districts, is **18.9%**.
 - Urban areas show a **higher prevalence at 26.5%**, while rural areas report a rate of 14.5%, both surpassing the national average.
 - Additionally, **10.8% of the population in the region is affected by prediabetes**, indicating a significant risk of developing diabetes in the future.
- **Other Health Indicators:**
 - The survey found the **prevalence of [hypertension](#) to be 27.1%**.
 - Generalised [obesity](#) affects 41.7% of the population, while 62.7% suffer from abdominal obesity, which is a known risk factor for diabetes.
- **Significance of the Study:**
 - The findings are expected to guide policymakers, health professionals, and stakeholders in developing targeted interventions for the prevention and management of diabetes and [Non-Communicable Diseases \(NCDs\)](#) in Jammu, as well as across India.
- **Focus on Early Detection and Maternal Health:**
 - There is a need for early detection of diabetes to control the spread and recommended measures to prevent the intergenerational transmission of the disease, **particularly through managing diabetes in pregnant women**.
 - The need for a multi-sectoral approach involving government agencies, [non-governmental organizations](#), the community, and individuals to curb the rising cases of diabetes and other NCDs was also emphasised while highlighting the findings
- **Health and Wellness Centres Initiative:**
 - The government is setting up nearly **1.5 lakh Health and Wellness Centres across India**, focusing on the prevention and control of NCDs like diabetes, hypertension, and certain types of cancer.

Diabetes

- Diabetes or [Diabetes Mellitus \(DM\)](#) is a medical disorder characterised by **insufficient insulin production or an abnormal response to insulin**, leading to elevated blood sugar (glucose) levels.
- While **70-110 mg/dL fasting blood glucose is considered normal**, blood glucose levels between 100 and 125 mg/dL is considered prediabetes, and 126 mg/dL or higher is defined as diabetes.

Types of Diabetes		
	Type 1 Diabetes	Type 2 Diabetes
Causes	<ul style="list-style-type: none"> • In this, the pancreas does not make insulin, because the body's immune system attacks the islet cells in the pancreas that make insulin. 	<ul style="list-style-type: none"> • In this, the pancreas makes less insulin and the body becomes resistant to insulin

Prevalence	<ul style="list-style-type: none"> • Type 1 diabetes affects about 5-10% of people with diabetes, typically developing before age 30, though it can occur later in life. 	<ul style="list-style-type: none"> • Type 2 diabetes is more common but typically begins after age 30 and increases with age
Prevention	<ul style="list-style-type: none"> • Cannot be prevented. 	<ul style="list-style-type: none"> • Can be prevented with lifestyle changes.

▪ **Initiatives to Tackle Diabetes:**

- National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS).
- [World Diabetes Day](#)
- [Global Diabetes Compact](#)

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