



# Prevalence of Non-Communicable Diseases (NCDs) in J&K

## 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.

<b>Types of Diabetes</b>		
	<b>Type 1 Diabetes</b>	<b>Type 2 Diabetes</b>
<b>Causes</b>	<ul style="list-style-type: none"><li>• In this, the pancreas does not make insulin, because the body's immune system attacks the islet cells in the pancreas that make insulin.</li></ul>	<ul style="list-style-type: none"><li>• In this, the pancreas makes less insulin and the body becomes resistant to insulin</li></ul>
<b>Prevalence</b>	<ul style="list-style-type: none"><li>• Type 1 diabetes affects about 5-10% of people with diabetes, typically developing before age 30, though it can occur later in life.</li></ul>	<ul style="list-style-type: none"><li>• Type 2 diabetes is more common but typically begins after age 30 and increases with age</li></ul>
<b>Prevention</b>	<ul style="list-style-type: none"><li>• Cannot be prevented.</li></ul>	<ul style="list-style-type: none"><li>• Can be prevented with lifestyle changes.</li></ul>

▪ **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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