



## Non-Communicable Diseases

**For Prelims:** World Health Organisation (WHO), non-communicable disease (NCD), Sustainable Development Goal, cardiovascular diseases (CVDs), Sustainable Development Goal, National Health Mission (NHM), Pradhan Mantri Swasthya Suraksha Yojana (PMSSY).

**For Mains:** Impacts of Non-Communicable Diseases.

### Why in News?

Recently, the [World Health Organisation \(WHO\)](#) released its report “Invisible Numbers — The True Extent of Non-communicable Diseases and What To Do About Them”, which stated that every two seconds, one person under the age of 70 dies of a [non-communicable disease \(NCD\)](#) with 86% of those deaths occurring in low- and middle-income countries.

### What are the Key Highlights of the Report?

- Globally, one in three deaths – 17.9 million a year – are due to **cardiovascular diseases (CVDs)**.
- Two-thirds of the people with hypertension live in low- and middle-income countries, but almost **half of the people with hypertension are not even aware they have it**, it currently affects around 1.3 billion adults aged between 30 and 79.
- **Major Diseases:**
  - **Diabetes:** One in 28 deaths - 2.0 million people a year – is due to diabetes.
    - **More than 95% of diabetes cases globally are of type 2 diabetes.**
  - **Cancer:** It causes **one in six deaths – 9.3 million people a year**, a further 44% of cancer deaths could have been prevented or delayed by eliminating risks to health.
  - **Respiratory Disease:** It indicated that 70% of deaths due to chronic respiratory diseases could have been prevented or delayed by eliminating risks to health.
- Further, **Covid-19 highlighted the links between NCDs and infectious disease**, with serious impacts on NCD care. In the early months of the pandemic, 75% of countries reported **disruption to essential NCD services**.
- As per WHO portal only a handful of countries were on track to meet the [Sustainable Development Goal](#) target to reduce early deaths from NCDs by a third by 2030.

### What are Non-Communicable Diseases?

- **About:**
  - Noncommunicable diseases (NCDs), also known as chronic diseases, **tend to be of long duration** and are the result of a **combination of genetic, physiological, environmental and behavioural factors**.
  - The main types of NCD are **cardiovascular diseases** (such as heart attacks and stroke), **cancers, chronic respiratory diseases** (such as chronic obstructive pulmonary disease and asthma) and **diabetes**.
- **Causes:**
  - Tobacco use, unhealthy diet, harmful use of alcohol, physical inactivity and air pollution are

the main risk factors contributing to these conditions.

- **Status of Non-Communicable Diseases in India:**
  - According to WHO, over **60.46 lakh people died due to NCDs in India in 2019.**
  - **Over 25.66 lakh deaths** in 2019 in the country were **due to cardiovascular diseases** while 11.46 lakh deaths were **due to chronic respiratory diseases.**
  - Cancer led to 9.20 lakh deaths while 3.49 lakh deaths in the country were attributed to diabetes.
- **Indian Initiatives:**
  - **National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS)** is being implemented under the [National Health Mission \(NHM\)](#).
  - The Central Government is implementing the Strengthening of Tertiary Care Cancer facilities scheme to support the setting up of **State Cancer Institutes (SCI)** and **Tertiary Care Centres (TCCC)** in different parts of the country.
  - Oncology in its various aspects has a focus in case of new AIIMS and many upgraded institutions under [Pradhan Mantri Swasthya Suraksha Yojana \(PMSSY\)](#).
  - **Affordable Medicines and Reliable Implants for Treatment (AMRIT)** Deendayal outlets have been opened at 159 Institutions/Hospitals with an objective to **make available Cancer and Cardiovascular Diseases drugs and implants at discounted prices to the patients.**
  - **Jan Aushadhi stores** are set up by the Department of Pharmaceuticals to provide generic medicines at affordable prices.
- **Global:**
  - **Agenda for Sustainable Development:** As part of the 2030 Agenda for Sustainable Development, **heads of state and government committed to develop ambitious national responses, by 2030**, to reduce by one third premature mortality from NCDs through prevention and treatment (SDG target 3.4).
    - WHO plays a key leadership role in the coordination and promotion of the global fight against NCDs.
  - **Global action Plan:** In 2019, the World Health Assembly extended the WHO Global action plan for the **prevention and control of NCDs 2013-2020 to 2030** and called for the **development of an Implementation Roadmap 2023 to 2030 to accelerate progress on preventing and controlling NCDs.**
    - It supports actions to achieve a set of nine global targets with the greatest impact towards prevention and management of NCDs.

## Way Forward

- There is need for robust health system programmes that promote health, detect and control risk factors early and effectively, treat disease cost effectively and prevent untimely deaths.
- Further, NCDs need to be accorded higher priority in financial allocation and health system-strengthening initiatives with strong emphasis on primary care.

## UPSC Civil Services Examination Previous Year Question (PYQ)

### Prelims

**Q. Brominated flame retardants are used in many household products like mattresses and upholstery. Why is there some concern about their use? (2014)**

1. They are highly resistant to degradation in the environment.
2. They are able to accumulate in humans and animals.

**Select the correct answer using the code given below:**

- (a) 1 only
- (b) 2 only
- (c) Both 1 and 2
- (d) Neither 1 nor 2

**Ans: (c)**

**Exp:**

- Brominated Flame Retardants (BFRs) are mixtures of man-made chemicals that are added to a wide variety of products, to make them less flammable. They are commonly used in plastics, textiles and electrical/ electronic equipments.
- The BFRs are highly resistant to degradation in natural environment. **Hence, 1 is correct.**
- BFRs can be accumulated in humans and animals and **can cause diabetes, neurobehavioral and developmental disorders, cancer, reproductive health effects** and alteration in thyroid function. **Hence, 2 is correct. Therefore, option (c) is the correct answer**

**Source: IE**

PDF Reference URL: <https://www.drishtiias.com/printpdf/non-communicable-diseases-2>

