



## Incidence of NCDs in MP

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### Why in News

Recently, a screening drive was carried out by the **National Health Mission (NHM)** under the **Centre's Non-Communicable Disease Control Programmes** in **Madhya Pradesh**.

### Key Points

#### Under pressure

Over 20% of the population in Madhya Pradesh is suffering from hypertension

- Out of the **100 districts** facing the highest prevalence of hypertension in India, **15** are in Madhya Pradesh

- **6.8% boys** and **7% girls** in schools suffer from hypertension in Indore, which has the largest population in the State

- Around **22%** residents in the State had higher than average blood pressure (140 mm of Hg/90 mm of Hg)



- West Nimar region recorded the highest levels of hypertension at **29%**

- **Non-communicable diseases** like hypertension, diabetes and cancer are posing a **bigger challenge in the non-tribal rural areas** of Madhya Pradesh owing to a rapidly **growing rate of incidence and the lack of awareness**.
  - Urban areas have more awareness which translates into patients undergoing treatment despite a high incidence and the burden is moderate.
  - However, the burden is increasing in rural areas due to low awareness.
- It needs to be noted that **despite the low awareness levels**, there was a **low incidence in the 89 tribal blocks** in the State, which **has the largest tribal population** in the country.

- Of the **country's 100 districts with the highest prevalence of hypertension, 15** were in Madhya Pradesh.

The **India Hypertension Control Initiative**, supported by the **World Health Organisation (WHO)**, is catering to patients above 18 suffering from the diseases in various districts of the state.

## Non-Communicable Disease Control Programmes

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- It is a **group of various national programmes** which focus on different non-communicable diseases separately. For example- National Mental Health Programme, National Oral Health Programme, National Tobacco Control Programme, etc.
- The programmes **focus on identifying non-communicable diseases at the Primary Health Centre (PHC) level** itself and ensuring treatment up to the district-level and follow-ups with patients to continue medication.
- **Also, Accredited Social Health Activist (ASHA)** workers go door-to-door to draft family profiles and screen them for the non-communicable diseases instead of patients visiting a health centre.

### India Hypertension Control Initiative

- It is a collaborative project of **Indian Council of Medical Research (ICMR), Ministry of Health and Family Welfare (MoHFW), State Governments, WHO** and **'Resolve to Save Lives'- initiative of Vital Strategies**.
- It was **launched in November 2017** in 25 selected districts in Punjab, Madhya Pradesh, Kerala, Telangana, and Maharashtra. It was expanded to cover **100 districts** across all states in **2019**.
- The primary goal of this project is to **reduce morbidity and mortality due to cardiovascular diseases (CVDs)**, the leading cause of death in India, by improving the control of high blood pressure, which is a leading risk factor for CVDs among adults in India.
- **It aims to:**
  - **Create patient-centred services** to improve patient support.
  - **Reduce reliance on bigger hospitals** and an increase in the utilization of 'Health and wellness centres' and primary health centres.
  - **Provide for regular monitoring of health facilities** and prompt feedback to program managers to bridge gaps if any in a timely manner.

**Source: TH**