



KAMARAJ IAS ACADEMY
Only IAS Academy by Grandson of "Perunthalaivar Kamarajar"

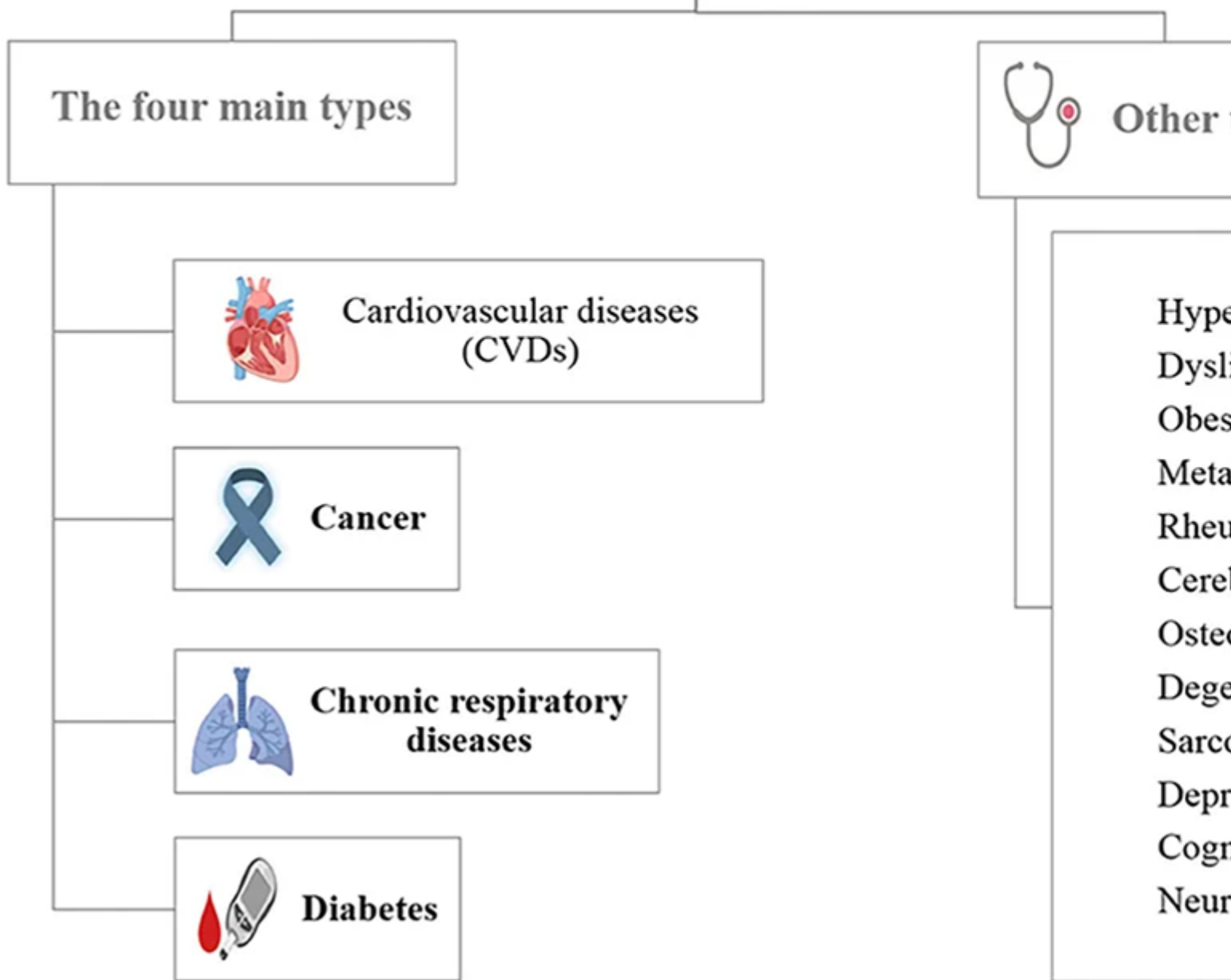
NON COMMUNICABLE DISEASES AND ITS LONGEVITY CHALLENGE:

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DEFINITION:

*Non-communicable [diseases](#) (NCDs), also known as **chronic diseases**, are long-lasting conditions affecting millions globally. They arise from a combination of genetics and lifestyle factors like **unhealthy diet, physical inactivity, and smoking**. NCDs are a major health concern, particularly in low- and middle-income countries, where they cause a significant portion of deaths.*

Non-Communicable Diseases (NCDs)



STATISTICS:

The UN's Sustainable Development Goal (SDG) target 3.4 aims to reduce premature mortality from NCDs by one-third by 2030.

- A World Bank report titled “**Unlocking the Power of Healthy Longevity**” warns that non-communicable diseases (NCDs) are emerging as the dominant cause of mortality, particularly in low- and middle-income countries (LMICs).
- By 2050, global deaths are projected to increase to 92 million, a significant portion of which will be NCD-related, especially in aging societies.

Premature Deaths: Around 17 million people under the age of 70 die prematurely from NCDs each year, with 86% of these occurring in low- and middle-income countries (LMICs).

CAUSES OF NON COMMUNICABLE DISEASES

Unhealthy Diets: Characterized by excessive consumption of salt, sugar, unhealthy fats (saturated and trans fats), and processed foods, along with insufficient intake of fruits, vegetables, and whole grains.

Example: A diet high in processed foods and sugary drinks can lead to obesity, type 2 diabetes, and cardiovascular diseases due to increased blood sugar, cholesterol, and blood pressure.

Physical Inactivity (Sedentary Lifestyle): A lack of regular physical activity and spending too much time sitting.

Air Pollution (Indoor and Outdoor): Exposure to harmful particles and gases.

Example: Living in a city with high levels of industrial and vehicle emissions can increase the risk of chronic respiratory diseases (like asthma and COPD), lung cancer, and cardiovascular diseases.

Poverty and Inequality: Limited access to healthy food, safe environments, healthcare services, and education.

Example: Individuals in lower socioeconomic strata may have fewer options for nutritious food, live in areas with higher pollution, and lack access to preventive care, increasing their susceptibility to NCDs like diabetes and hypertension.

Tobacco Use: This includes smoking cigarettes, bidis, cigars, hookahs, as well as using smokeless tobacco products like gutkha, zarda, and khaini.

Example: A lifelong smoker significantly increases their risk of lung cancer, chronic obstructive pulmonary disease (COPD), heart disease, and stroke.

Stress: Chronic psychological stress can impact the body's systems.

Example: Persistent high stress levels can contribute to hypertension, heart disease, and exacerbate conditions like irritable bowel syndrome (IBS).

IMPACTS OF NON COMMUNICABLE DISEASES:

Non-communicable diseases (NCDs) have far-reaching and devastating impacts that extend beyond individual health to affect families, communities, national economies, and global development.

Health Burden on Individuals:

Premature Mortality and Reduced Life Expectancy: NCDs are the leading cause of premature death globally.

Example: A young adult (e.g., in their 40s or 50s) dying from a sudden heart attack (CVD) or aggressive cancer

Chronic Pain and Suffering: Conditions like arthritis, certain cancers, and neuropathies associated with diabetes can cause persistent and debilitating pain.

Example: A patient with advanced cancer experiencing severe pain that requires strong medication and significantly diminishes their quality of life.

Economic Burden on Individuals and Households:

High Healthcare Costs (Out-of-Pocket Expenditure): Diagnosis, treatment, medication, and long-term care for NCDs are often expensive.

Loss of Income and Productivity: NCDs can lead to reduced work capacity, absenteeism, and premature retirement, impacting individual and household income.

Socioeconomic and Developmental Impacts on Nations:

Reduced Economic Productivity and Growth: The loss of productive years of life (premature mortality) and disability due to NCDs reduces the workforce, hampers innovation, and lowers overall economic output.

Example: Countries with a high burden of NCDs experiencing a decline in GDP per capita due to a smaller and less healthy workforce, impacting national development goals.

Strain on Social Security Systems: As populations age and NCDs become more prevalent, demands on social security, disability benefits, and pension systems increase.

Hindrance to Sustainable Development Goals (SDGs): NCDs are a major barrier to achieving several SDGs, particularly SDG 3 (Good Health and Well-being), but also those related to poverty reduction, education, and economic growth.

Steps taken to contain non communicable diseases in india.

National Programme for Prevention and Control of NCDs (NP-NCD): This is the cornerstone of India's NCD strategy, initially launched as NPCDCS (National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases, and Stroke) in 2010.

ABHA ID Integration: The Ayushman Bharat Health Account (ABHA) IDs are being integrated with the national NCD portal to create a seamless digital health ecosystem, allowing for digital storage of medical records.

National Tobacco Control Programme (NTCP): Aims to reduce tobacco consumption through legislation (COTPA 2003), awareness campaigns, cessation services, and enforcement of tobacco control laws.

"Eat Right India" Movement (FSSAI): Promotes healthy eating habits by encouraging food manufacturers to reformulate products, providing consumers with information on healthy choices, and ensuring food safety.

"Fit India" Movement (Ministry of Youth Affairs and Sports): Encourages physical activity and sports among all age groups to combat sedentary lifestyles and promote fitness.

"75 by 25" Roadmap: Announced at the 2023 G20 New Delhi summit, this ambitious plan aims to reach 75 million people with diabetes and hypertension under care by 2025. This roadmap builds on existing initiatives and involves strengthening primary care, capacity building, improving care pathways, enhancing quality of care, and strengthening supply chain management.

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