

# **National Programme for Prevention and Control of Diabetes, Cardiovascular Diseases (CVDs) and Stroke**

**Focus on: Integrated strategies for prevention and control of hypertension at the level of primary and secondary health care**

N.K. Sethi and A. Kotwal\*  
Senior Adviser (Health), \*OSD (Public Health),  
Planning Commission, Govt. of India.

## **Abstract**

Globally, Non-Communicable Diseases (NCDs) are increasingly recognized as a major cause of morbidity and mortality. NCDs are also assuming alarming proportions in the South-East Asia Region (SEAR). India too is experiencing a rapid epidemiological transition, with a large and rising burden of chronic diseases, which were estimated to account for 53% of all deaths and 44% of Disability Adjusted Life Years (DALYs) lost in 2005. From the estimates of Diabetes, CVDs, and Stroke in India, it emerges that the highest number of cases in India are due to Diabetes, highest DALYs lost due to Ischaemic Heart Disease (IHD) and the highest number of Years of Life Lost (YLL) as well as deaths are due to Stroke. The burden of cardiovascular diseases is rising in India, besides the maximum number of cases, it may become the largest cause of death and disability by 2015. The advancing NCDs are propelled by demographic, economic and social factors. The common risk factors are physical inactivity, obesity, raised blood pressure, tobacco use, alcohol consumption, low fruit and vegetable intake, raised cholesterol and glucose and hence the population prevalence levels of these factors can predict the future disease burden. The NCDs do not have a linear causality but have a 'web of causation' with complex interrelationships among various factors. The risk factors and the interventions for the prevention and control of Diabetes, CVDs and Stroke are somewhat common and thus, concerted efforts for prevention and control are worth. The need is to institute priority interventions aimed at reducing the burden of NCDs through setting up a newer national non communicable diseases programme. This involves setting up surveillance systems based on risk factors; strategy for tobacco control, diet, physical activity and health; capacity building of health personnel; primary and secondary prevention of all risk factors and ensuring availability of cost effective investigations, medications/interventions and follow up. A National Programme for Prevention and Control of Diabetes, Cardiovascular Diseases and Stroke has already been launched on 4<sup>th</sup> January, 2008 on a pilot basis.

**Key Words :** Non communicable diseases, Disability adjusted life years, diabetes, cardiovascular diseases, stroke

---

Correspondence: Dr. N.K. Sethi, Senior Advisor, Planning Commission, Govt. of India, Yojana Bhawan, New Delhi-110001.