

**Burden of NCDs and their risk factors in India**  
**(Excerpted from Global Status Report on NCDs -2014)**

- Noncommunicable diseases (NCDs) contribute to around 5.87 million deaths that account for 60 % of all deaths in India. India shares more than two-third of the total deaths due to NCDs in the South-East Asia Region (SEAR) of WHO.
- Four types of NCDs—cardiovascular diseases, cancer, chronic respiratory diseases and diabetes make the largest contribution to morbidity and mortality due to NCDs. Four behavioural risk factors are responsible for significant proportions of these diseases—tobacco use, unhealthy diet, physical inactivity and harmful use of alcohol. Major metabolic risk factors are obesity, raised blood pressure, raised blood glucose and raised blood total cholesterol levels.
- Cardiovascular diseases (coronary heart disease, stroke, and hypertension) contribute to 45% of all NCD deaths followed by chronic respiratory disease (22 %), cancers (12 %) and diabetes (3%).
- The probability of dying between ages 30 and 70 years from four major NCDs is 26%, which means that a 30-year old individual has a one-fourth chance of dying from these diseases before the age of 70 years.
- The prevalence of current tobacco smoking has shown a slight decline in males but the prevalence (23.6%) is still higher than the global prevalence of current tobacco smoking (22%). Tobacco use has been identified as single largest risk factor attributable to NCDs.
- The prevalence of obesity and overweight is also showing a rapid increase in trends. Age standardized prevalence of obesity (BMI $\geq$  30) has increased by 22 % in the span of four years (2010-2014).
- Nearly one out of every ten persons aged 18 years and above in India has raised blood glucose, which poses extra financial and service burden on health systems. The age standardized prevalence of raised blood glucose is 9.0 % for both sexes.

- Every fourth individual in India aged above 18 years has raised blood pressure (hypertension) and the prevalence has increased by 10% from 2010 to 2014.
- The per capita consumption of pure alcohol (age +15) in India is estimated to be 5.2 litres per year. In 2010, the corresponding figure was 4.3 litres per year, which was significantly higher than the average consumption in the SEAR. (3.2 litres per year).
- More than two-thirds of the adolescents aged 11-17 years are physically inactive in India as per WHO standards. The level of physical inactivity among adults is around 13 %.