



ISSUES AND CHALLENGES TO FIGHT AGAINST NON-COMMUNICABLE DISEASES IN INDIA

Dr. Jitendra S. Gandhi

Associate Professor, Department of Social Work, Walchand College of Arts and Science, Solapur, Maharashtra (India)

ABSTRACT :

Crunching in the public health care budgetary allocation in India has advocated an urgent need to tackle Non-communicable Diseases (NCDs). In Indian context public health care system has been widely utilized by poor and under-served sections of society. The estimate indicates the higher prevalence of Non-communicable Diseases (NCDs) is increasing among the Indians day by day. As we have witnessed that Indian private player in health care delivery system is not affordable and accessible for every poor and marginalized population of our country; it is the responsibility of the state and central government to provide all possible care and treatment for Non-communicable diseases to its population.

As matter of fact that India as a diverse country with multiple health care issues and thus the article advocates various issues/challenges as well as opportunities for the combating non-communicable diseases specifically for Indian framework.

The paper is based upon secondary review data as well as observation of the researcher. The article also highlighted various measures to deal with Non-Communicable Diseases (NCDs) especially in Indian context.



KEYWORDS : Non-Communicable Diseases, health care system, public health, public awareness.

INTRODUCTION

NCDs have become a major health care concern for the century. The overall cost of the diseases carried out by NCDs is much higher than any other spectrum of diseases across the globe. The majority deaths across the global population has been taken place due to NCDs. NCDs not only affects the individual as well as family; but it affects the society, health care system and national socio-economic development too. The various national and International health agencies and organization has warned to all of us about the upcoming burden and increased projections related with NCDs. As far as Indian is concerned it has the same and prominent picture about the NCDs projected by various health agencies and organization. India is being country of young population need to pay greater attention towards the current and upcoming threats as far as NCDs are concern.

NCDs are the increasing health risk factors among the general population. To fight against NCDs need lot collaborative efforts. Individual, family, Government, NGOs and health care delivery system has to work hand in hand. The modification in the life style as well as high level of awareness about the NCDs is the key factors to minimize the overall risk to human being. Maintaining healthy blood pressure, saying no to smoke and alcohol, increased physical activity, maintain healthy weight, less

sugar intake and healthy diet are some key factors which are directly associated with NCDs. Being country of young population we have to concentrate a lot among the school and colleges going young children/youths who needs to adapt new life style that will encourage to fight against NCDs.

Issues Challenges and Opportunities for combating NCDs

No	Issues and Challenges to fight against NCDs	Opportunities/Intervention for Combating with NCDs
1	Public Awareness	People in our country are not enough aware about the risk factors associated with life style disorders and NCDs. The urgent need to make people aware about the same. More the increased public awareness it will minimize the risk factors among the general population towards NCDs.
2	Separate Health care system	To deal with NCDs among the general community; it is needed to have separate public health care units which will deal and provide various health care services for the population suffering or at high risk towards NCDs. These separate health care system will be dedicated only for prevention, treatment and rehabilitation of NCDs.
3	Online counseling/ help desk	People are now being connected with an internet through their mobile phone. The Government or the agency working towards minimizing NCDs must apply online counseling network on its platform. These online counseling or help desk will help to avail maximum and important information about NCDs, its prevention, and treatment and rehabilitation services for general population.
4	Usage of public platform	Schools, colleges, public transport, public places and market place shall be utilized to spread more and more information about NCDs. Utilization of the public places will be great opportunity to make general population aware about issues and health implication of NCDs.
5	Catching at YOUNG stage	The India is the country of young people. The young population needs to be catch as early as possible to make them aware about NCDs. Younger people once understood the implication of NCDs then they will try to change their life style as well as pass on the information to the next generation too.
6	Public health facility	Life style changes are the key factors to deal with NCDs; the public health facility must focus on various preventive, curative and rehabilitative approaches which will help to minimize the risk factors among the general population.
7	Programme and policies	The government has to prepare various programmes and policies which will effectively deal with the crisis of NCDs. The government will have to create various task forces which will work together for the prevention, treatment and rehabilitation to mitigate the NCDs.

CONCLUSION:

Currently NCDs have become greater health concern around the globe. The India being the country of young population needs to understand the long-lasting health implication of NCDs. Today we have to create a holistic health care delivery system which will deal with prevention, treatment and rehabilitative aspects of NCDs. The article highlighted that the increased public awareness, separate health care delivery system to deal with NCDs, online counseling or help desk facility, usage of public platform, catching young population and engaging them in the awareness process about the NCDs, improving public health care system and creating programmes and policies relevant to deal effectively with NCDs are the some key factors to fight against NCDs in India.

REFERENCES:

- Sinha R, Pati S. Addressing the escalating burden of chronic diseases in India: need for strengthening primary care. *J Family Med Prim Care*. 2017;6(4):701–8.
- Nethan S, Sinha D, Mehrotra R. Non communicable disease risk factors and their trends in India. *Asian Pac J Cancer Prev*. 2017;18(7):2005–10.
- Ministry of Health & Family Welfare. Voluntary National Review Report on the Implementation of Sustainable Development Goals. New Delhi: MoHFW; 2017.
<https://sustainabledevelopment.un.org/content/documents/15836India.pdf>. Accessed 19 Feb 2019.
- Arokiasamy P. India's escalating burden of non-communicable diseases. *Lancet Glob Health*. 2018;6(12):e1262–3.
- World Health Organization. Global Action Plan for the prevention and control of noncommunicable diseases 2013–2020. 2012.
https://apps.who.int/iris/bitstream/handle/10665/94384/9789241506236_eng.pdf;jsessionid=52E1B3C677527E0D4DB828DDB046B5A3?sequence=1.
- <https://www.nhp.gov.in/healthyliving/ncd2019>