

# National Action Plan and Monitoring Framework for Prevention and Control of NCDs

A READY RECKONER

5.8 million Indians die from heart and lung diseases, stroke, cancer and diabetes. In other words, 1 in 4 Indians risks dying from an NCD before they reach the age of 70.

## WHAT DOES IT COVER



## SPECIFIC TARGETS

By 2025, India wants to have a:

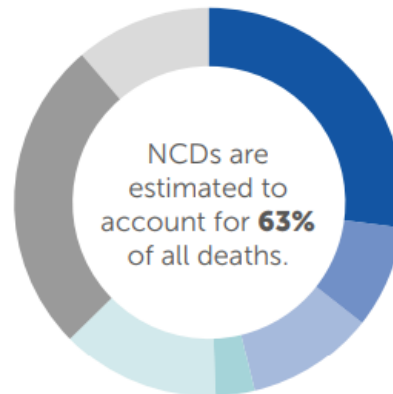
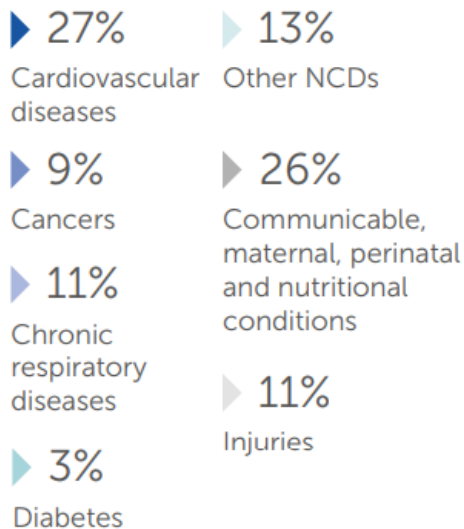


- 50% relative reduction in household use of solid fuel
- 30% relative reduction in prevalence of current tobacco use by 2025.
- 80% increase in availability of quality, safe & efficacious essential NCD medicines, including generics and basic technologies in public & private facilities

India is the first country to develop specific national targets and indicators aimed at reducing the number of global premature deaths from NCDs by 25% by 2025. A National Multisectoral Action Plan that outlines actions by various sectors in addition to the health sector, to reduce the burden of NCDs and their risk factors, is in the final stage of development.

# Burden of NCDs in India

## PROPORTIONAL MORTALITY\*



Source: WHO NCD India Profile  
\*The mortality estimates have a high degree of uncertainty because they are not based on any national NCD mortality data

## Key Action Points at Various Levels to Achieve National NCD Targets

Sl. No	Framework Element	Targets		
		Outcome	2020	2025
1	Premature Mortality from NCDs	Relative Reduction in cardiovascular disease, cancer, Diabetes, or Chronic respiratory disease	10%	25%
2	Alcohol use	Relative reduction in alcohol Use	5%	10%
3	Obesity and Diabetics	Halt the rise in obesity and diabetes prevalence	No mid target set	Halt the rise in obesity and diabetes prevalence
4	Physical Inactivity	Relative reduction in Prevalence of insufficient physical activity	5%	10%
5	Raised Blood Pressure	Relative reduction in Prevalence of raised Blood Pressure	10%	25%
6	Salt Sodium Intake	Relative reduction in mean population intake of salt, with the aim of achieving recommended level of less than 5gms per day	20%	30%
7	Tobacco Use	Relative reduction in Prevalence of current tobacco use	15%	30%
8	Drug Therapy to Prevent heart Attacks and Stroke	Eligible people receiving drug therapy and counselling (Including glycaemic control) to prevent heart attacks and strokes	30%	50%
9	Essential NCD Medicines and Basic technologies to treat NCDs	Availability and affordability of quality, safe and efficacious essential NCD medicines Including generics and Basic technologies in both public and private facilities	60%	80%
10	Household Indoor Air Pollutions	Relative Reduction in household of solid fuels as a primary source of energy for cooking	25%	50%

Source: National Action Plan and Monitoring Framework for Prevention and Control of NCDs

### National Action Plan and Monitoring Framework for Prevention and Control of NCDs- A Ready Reckoner

This resource was designed by REACH as part of our efforts to help improve the quality and frequency of media reporting on NCDs. If you have any questions, please write to us at [rashmika.reach@gmail.com](mailto:rashmika.reach@gmail.com)