

Q → By reducing premature mortalities due to non-communicable diseases will make India resilient to the viral pandemics of future. Discuss (200 words)

A →

Non-communicable diseases (NCD) are contribute to 62% of total deaths in India, but the main concern is that 48% of those deaths occur due to premature mortalities i.e. they were preventable.

Although India's effort to reduce NCD deaths has been partial success as it's evident from Covid Case fatality rate of 1.16%, which is nearly half the world's average. Around 70% of covid deaths are due to associated underlying NCD such as Cardiovascular diseases, chronic lung diseases, cancers, etc.

More efforts are needed to reduce NCDs as according to a study, 10% decline in NCD

leads to 20% decline in Covid fatality rates.

Government steps taken to tackle NCD.

- fit India movement

↳ To make fitness an integral part of our daily lives

- Ayushman Bharat & PM Jan Arogya Yojana

↳ to provide insurance cover worth ₹ 5 lac to around 50 Cr citizens

- PM Ujjwala Scheme

↳ LPG distributed to around 90 Million families to reduce indoor pollution affecting mainly women.

Way forward

- During testing & tracing, for Covid, people should also be diagnosed for other diseases as well
- Telemedicines & Artificial Intelligence can also be used to increase coverage & ensuring universal access

to screening for NCD.

The effective tackling of NCD will not only ensure a healthy citizenry but also makes us resilient to future pandemics & epidemics.