

Detailed Report

Activity- "Public Awareness Meet Come Together to fight NCDs"

Scheme- Non-Communicable Disease (NCD)

Organized by- Coordinator & Team NPCDCS (National Programme for Prevention & Control of Cancer, Diabetes, Cardiovascular Diseases & Stroke) Program, Agra and Eshan College, Farah

Chronic noncommunicable diseases (NCDs) are the number one cause of death and disability in the world. The term NCDs refers to a group of conditions that are not mainly caused by an acute infection, result in long-term health consequences and often create a need for long-term treatment and care. These conditions include cancers, cardiovascular disease, diabetes and chronic lung illnesses. Many other important conditions are also considered NCDs, including injuries and mental health disorders. Addressing non-communicable diseases improves individual well-being and advances development. Because these diseases have implications for nutrition, education and the environment, greater action is needed from governments, businesses and communities to prevent them from becoming epidemics. **"Public Awareness Meet "Come Together to fight NCDs)" under National Health Mission (NHM), Uttar Pradesh** was a vital step to spread awareness. The agenda was-

- Mental health disorders are the most common NCDs found in adolescents. Adverse behaviours and lifestyle factors, are key risk factors for NCD development in adolescence.
- Across countries, laws and policies for preventing NCD-related risk factors exist, however those targeting contraceptive use, drug harm reduction, mental health and nutrition are generally limited.
- Many effective interventions for NCD prevention exist but must be implemented at scale through multisectoral action utilizing diverse delivery mechanisms.
- Multivariable analyses showed that structural/macro, community and household factors have significant associations with NCD burden among adolescents and adults.

Multi-sectoral efforts are needed to target NCD risk factors among adolescents to mitigate disease burden and adverse outcomes in adulthood. Discussions could guide policy and programming to reduce NCD burden in the sustainable development era. 295 participants were present including Our Director, Dean R&D, Dean Academics and HODs.



