

# Chapter 21

## Risk Factors for Non-Communicable Diseases in Maharashtra Urban Slums

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### **ABSTRACT**

*The prevalence of “non-communicable diseases (NCDs)” including diabetes and heart disease is on the rise, both worldwide and in India. Because HIV affects people of both sexes everywhere, it poses a significant problem for all health care systems right now. Unplanned rapid urbanization, globalization of unhealthy lifestyles, and ageing population are the reasons for the development of these diseases. Physical inactivity and diets that are unhealthy result in increased blood glucose, raised blood pressure, obesity, and elevated blood lipids. All these metabolic risk factors can lead to cardiovascular disease, one of the leading non-communicable diseases (NCD) which cause premature deaths. Tobacco and alcohol use, lack of exercise, poor diet, and high blood pressure are some of the most important causes of NCDs. The high prevalence of NCDs in India is mostly attributable to the prevalence of overweight and obesity as well as excessive blood glucose and abnormal serum cholesterol. If such risks are adequately addressed, premature mortality in India from NCDs might be decreased.*

### **1. INTRODUCTION**

Those who don't get enough exercise raise their chance of dying by 20% to 30%. Recent studies suggest that inactivity contributes to the deaths of around 1.6 million individuals worldwide every year (Agarwal, et al., 2018). Non-communicable diseases (NCDs) such as diabetes mellitus, cardiovascular disease, and stroke have emerged as significant public health concerns in India because of the toll they take on the country's economy and society (Anand, et al., 2007). Those who do not engage in appropriate physical

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activity raise their chance of dying by 20% to 30%. Statistics show that inactivity kills around 1.6 million individuals worldwide every year (Kumar, et al., 2018).

To conduct NCD risk factor surveillance, the STEPs approach has been developed by World Health Organization (WHO) to help member countries to monitor these risk factors and introduce appropriate interventions for reducing them (Li, et al., 2017). In response to the growing need to know non-communicable disease trends across countries as a part of the global surveillance strategy, the WHO STEPS approach has been introduced. WHO STEPS (2022) approach includes three standardised steps, i.e., assessment of behavioural, anthropometric and biochemical risk factors for analysing NCD risk factors. For monitoring within-country trends for NCDs and for making between-country comparisons, STEPS information by using the same standardised questions and protocols can be used by all countries (Alleyne, et al., 2013).

Urban poor among the urban population is in a disadvantageous position as they are at greater risk of developing NCDs because of the adopted urban lifestyle due to urbanisation; at the same time, the situation is much worsened by their lack of knowledge and information about health and poor socio-economic status (Radhika, et al., 2007). Urban poor have less access to healthcare mainly due to the same reasons. Very fewer studies have assessed comprehensively the risk factors of NCD using the STEPS approach, including all three steps – behavioural, anthropometric and biochemical risk factors among the Indian population, particularly in urban slums (Thankappan, et al., 2010). The majority of studies were carried out, including behavioural and anthropometric risk factors, excluding biochemical risk factors. So, our study was planned to be carried out including all three WHO STEPS – behavioural risk factors, anthropometric risk factors and biochemical risk factors in urban slums (Sivanantham, et al., 2021).

## **2. REVIEW OF LITERATURE**

It was previously believed that the prevalence of many NCDs was a disease of the wealthy because of its correlation to rising incomes. However, recent years have shown an increase in the incidence of these conditions in the world's poorest nations, despite the fact that this was not the case in the past. The prevalence of noncommunicable diseases has led to an increase in mortality rates in low- and middle-income countries. In the industrialised world, noncommunicable diseases connected to cardiovascular disease were generally considered to be the ailment of wealthy people.

In 2013, WHO produced a worldwide action plan for the prevention and control of noncommunicable diseases for the period 2013-2020. The plan consists of nine worldwide targets, all of which are focused on having the largest impact possible on the prevention and management of noncommunicable diseases (NCDs). According to the Agenda 2030 for Sustainable Development put forth by the United Nations, the most significant problem facing the world today is that of non-communicable diseases. The goal of the agenda is to cut the number of early deaths caused by NCDs by one-third by the year 2030 through increased efforts in prevention and treatment. WHO is playing a critical leadership role in the coordination and promotion of the worldwide battle against noncommunicable diseases (NCDs). In 2014, the World Health Organization (WHO) established the Global coordination mechanism for the Prevention and Control of non-communicable diseases, also known as the GCM/NCD (United Nations, 2021).

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