


# Chapter 10

## Health Challenges Caused by Non- Communicable Diseases

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### ABSTRACT

*Non-communicable diseases (NCDs) are a significant global health issue, contributing significantly to morbidity and mortality worldwide. According to the WHO (World Health Organization) Global Action Plan 2013-2020, NCDs cause the deaths of over 36 million people worldwide, 14 million of whom pass away before turning 70. The number of NCDs in India has increased over the past ten years. NCDs require worldwide action in the areas of surveillance, prevention, and control since they represent a major risk to public health. Developing successful preventative and management measures requires understanding the health issues associated with these illnesses. In this chapter four prevalent NCDs namely, cancer, cardiovascular diseases (CVD), respiratory diseases, and diabetes will be discussed. It will provide a comprehensive overview on the consequences of these diseases, including their prevalence, risk factors, healthcare costs, economic effects, health disparities, and societal determinants that increase their occurrence and management.*

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## INTRODUCTION

Non-communicable diseases (NCDs) are a significant global health issue, contributing significantly to morbidity and mortality worldwide. According to the WHO (World Health Organization) Global Action Plan 2013-2020, NCDs cause the deaths of over 36 million people worldwide, 14 million of whom pass away before turning 70. The number of NCDs in India has increased over the past ten years (Kastor & Mohanty, 2018; Mahal et al., 2010; Van Minh et al., 2013). NCDs require worldwide action in the areas of surveillance, prevention, and control since they represent a major risk to public health. Developing successful preventative and management measures requires understanding the health issues associated with these illnesses. In this chapter four prevalent NCDs namely, cancer, cardiovascular diseases (CVD), respiratory diseases, and diabetes will be discussed. It will provide a comprehensive overview (**Figure 1**) on the consequences of these diseases, including their prevalence, risk factors, healthcare costs, economic burden, health disparities, and societal determinants that increase their occurrence and management.

Along with this, there have been changes in dietary patterns, drinking patterns, smoking, urbanization, and tobacco use, all of which have contributed to the rise in non-communicable diseases in India (Prentice, 2006; Sinha & Kumar, 2010). The two primary focus areas for the National Policy are the rising burden of non-communicable diseases and the increasing prevalence of unsustainable healthcare expenses (MoHFW, 2017).

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