

By reducing premature mortalities due to Non-communicable diseases will make India resilient to the viral pandemics of the future. Discuss.

Non communicable diseases are the diseases which does not transmit from person to person. They are mainly due to Life style, Food habits, they includes Cardiovascular diseases, diabetes, cancer etc,

According to WHO 68% of total deaths globally & 60% of all deaths in India due to NCD.

70% of COVID-19 deaths in India are ^{needed for} people with NCD, which signifies the reduction of premature deaths due to NCD

- * According to Economic intelligence unit 10% decline in underlying NCD mortality rate leads to 20% decline in Covid Fatality rates
- * People with NCD are more prone to communicable diseases infectious
- * As they need constant health support COVID-19 lockdown deteriorate their healths
- * Developing of vaccines & vaccinating them is critical

- * Additional Economic cost to health support may decrease nutritional intake
- * COVID-19 further decrease their immune response & leads to other disease
- Ex:- Recent news report diabetes COVID patients are vulnerable to Black Fungus

Fortunately India's COVID-19 mortality is 1.16% nearly half of global average & better performing among neighbours in recovery rate, This due to govt efforts in following aspects

- * India is part of WHO's declaration on Non communicable disease 2008
- * India's Non communicable disease action plan to achieve 25% reduction in premature mortality by 2025
- * The Atmanirbhar Swasth Bharath scheme
- * Ayushman Bharat programme which strengthen primary healthcare centres to address NCD
- * "Eat Right Campaign" by FSSAI and "Fit India Movement" by Ministry of Youth affairs, UTWALA Yojana, clean air initiative

Non communicable disease burden indicates the healthy population, thrust reduction of it make India resilient to viral disease