

Non-communicable diseases prevention in India:

A review of suitable instruments for surveillance and a general overview of cultural, behavioral practices and risk factors for the adult population

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Background

ICMR estimates that the proportion of deaths due to Non-Communicable Diseases (NCDs) in India has increased from 37.9% in 1990 to 61.8% in 2016.

The current paper was prepared to provide a broader overview in understanding an anthropological perspective of NCDs in India. This paper will try to find outcome assessments to assess the severity of non-communicable NCD's in India and specific cultural practices.

Methods

Methods: The four major NCDs are cardiovascular diseases (CVDs), cancers, chronic respiratory diseases (CRDs), and diabetes which share four behavioral risk factors – unhealthy diet, lack of physical activity, and use of tobacco and alcohol.

We searched for instruments on the PROQOLID database that were available in Hindi. The cultural practices of tobacco use, alcohol drinking, food, and diet, data were identified from (NFHS 2005-16) among adults. (Nethan et.al 2017)

Results

- A total of 92 outcome instruments were translated into Hindi in the PROQOLID databases. These cover cardiovascular diseases (CVDs) (16), cancers (34), chronic respiratory diseases (CRDs) (23), and diabetes (19).
- Concepts of interest include quality of life (HQOL), Signs and symptoms, Physical Functioning, and activities of daily living.
- Local health and illness treatment practices are also outlined to determine whether the instruments have cultural relevance to this context.

Figure- 1 Sankey Diagram Showing Concepts of Interest related to Four major diseases areas covered by PROQOLID databases

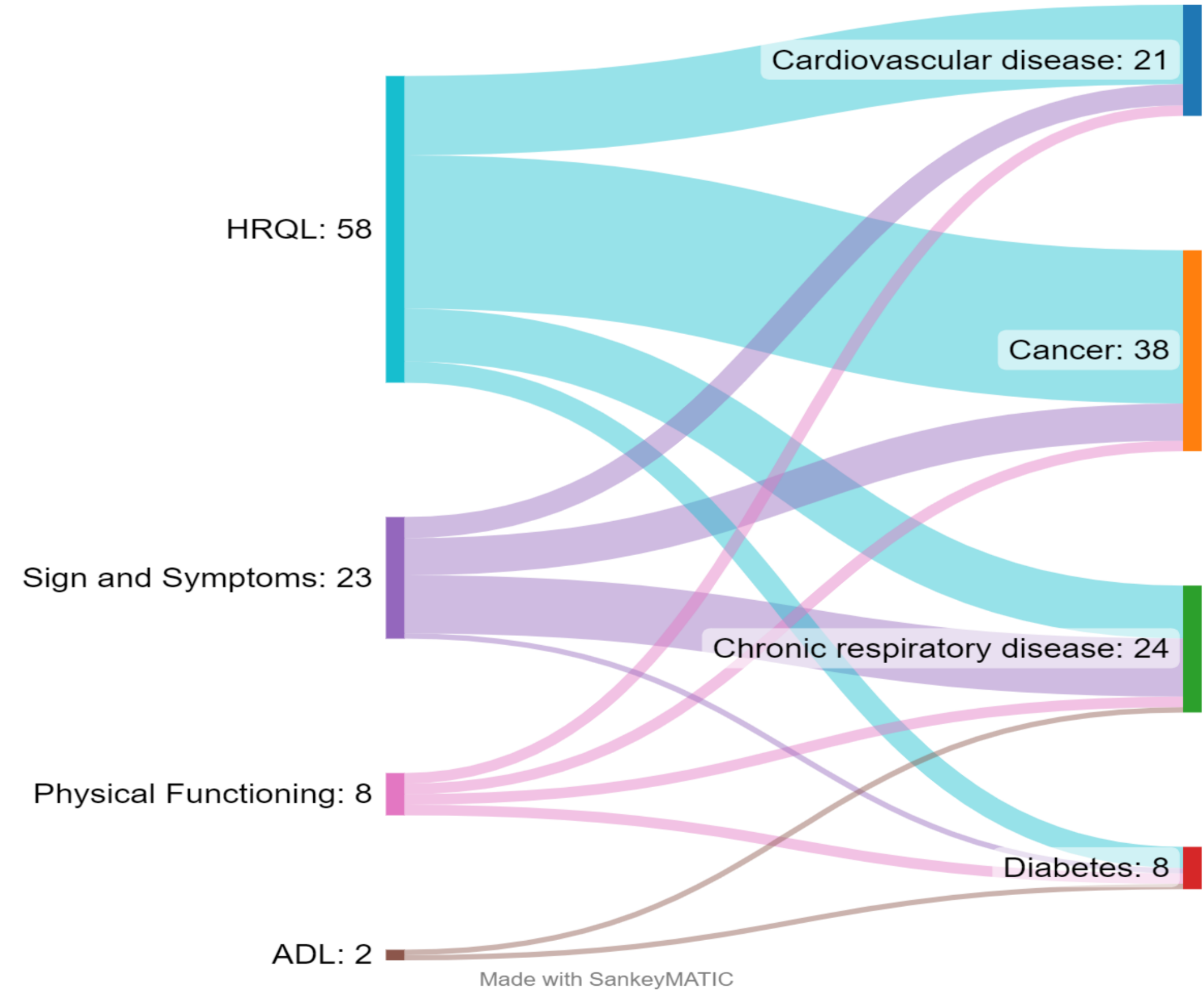


Figure-2

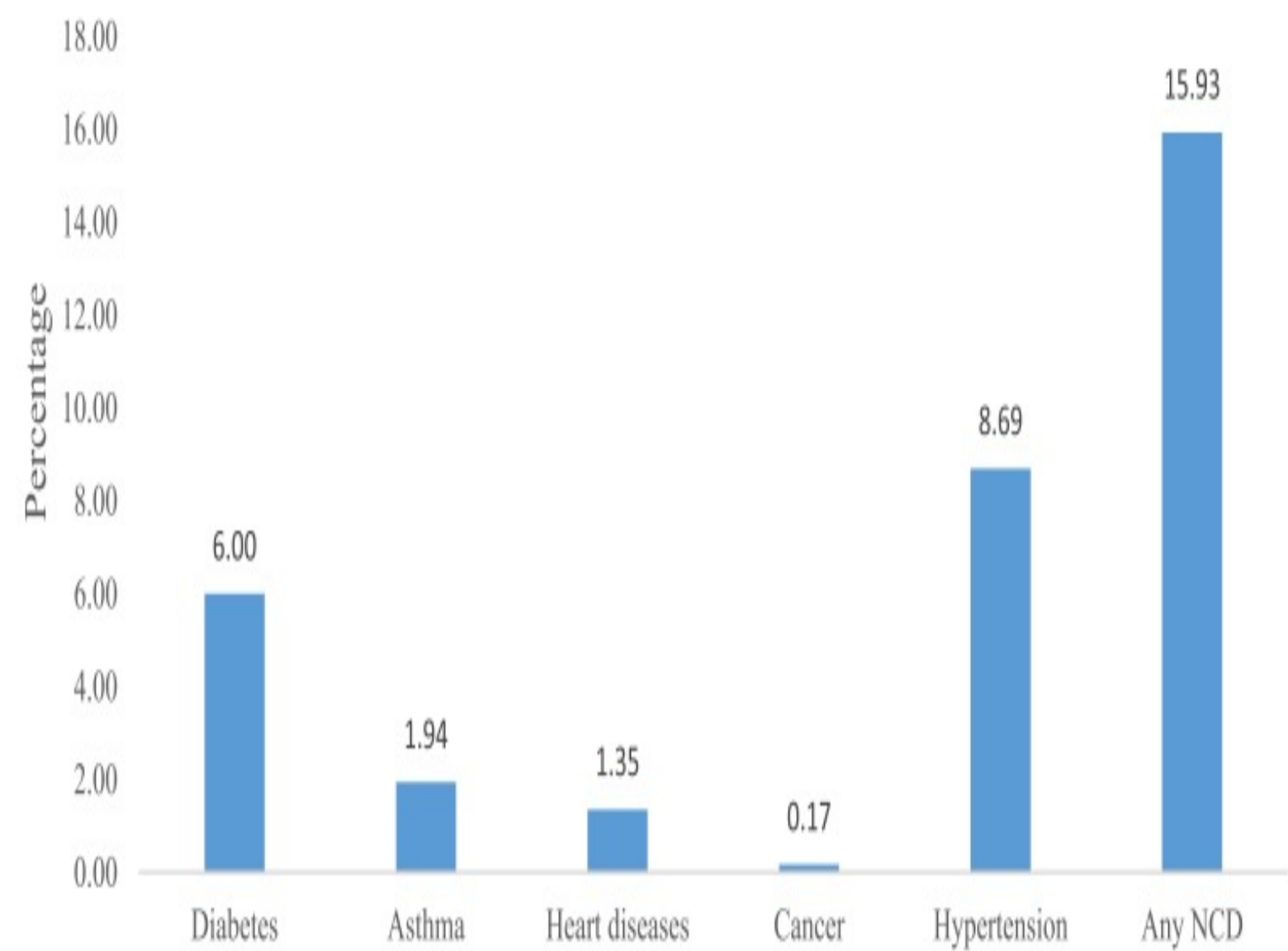


Fig.1 Percentage of NCDs among women aged 15-49 years in India, NFHS 2015-16

- Whilst Hindi is the national language in addition to English, Local dialects are incredibly common in India.
- For Survey collection – English may still be the most feasible option for collection of risk factor assessment as well as outcome assessment of clinical and health promotion interventions.
- Four survey questionnaires (Household Questionnaire, Woman's Questionnaire, Man's Questionnaire, and Biomarker Questionnaire) were canvassed in 17 local languages using Computer Assisted Personal Interviewing (CAPI). (Nethan et.al 2017)

Figure 3

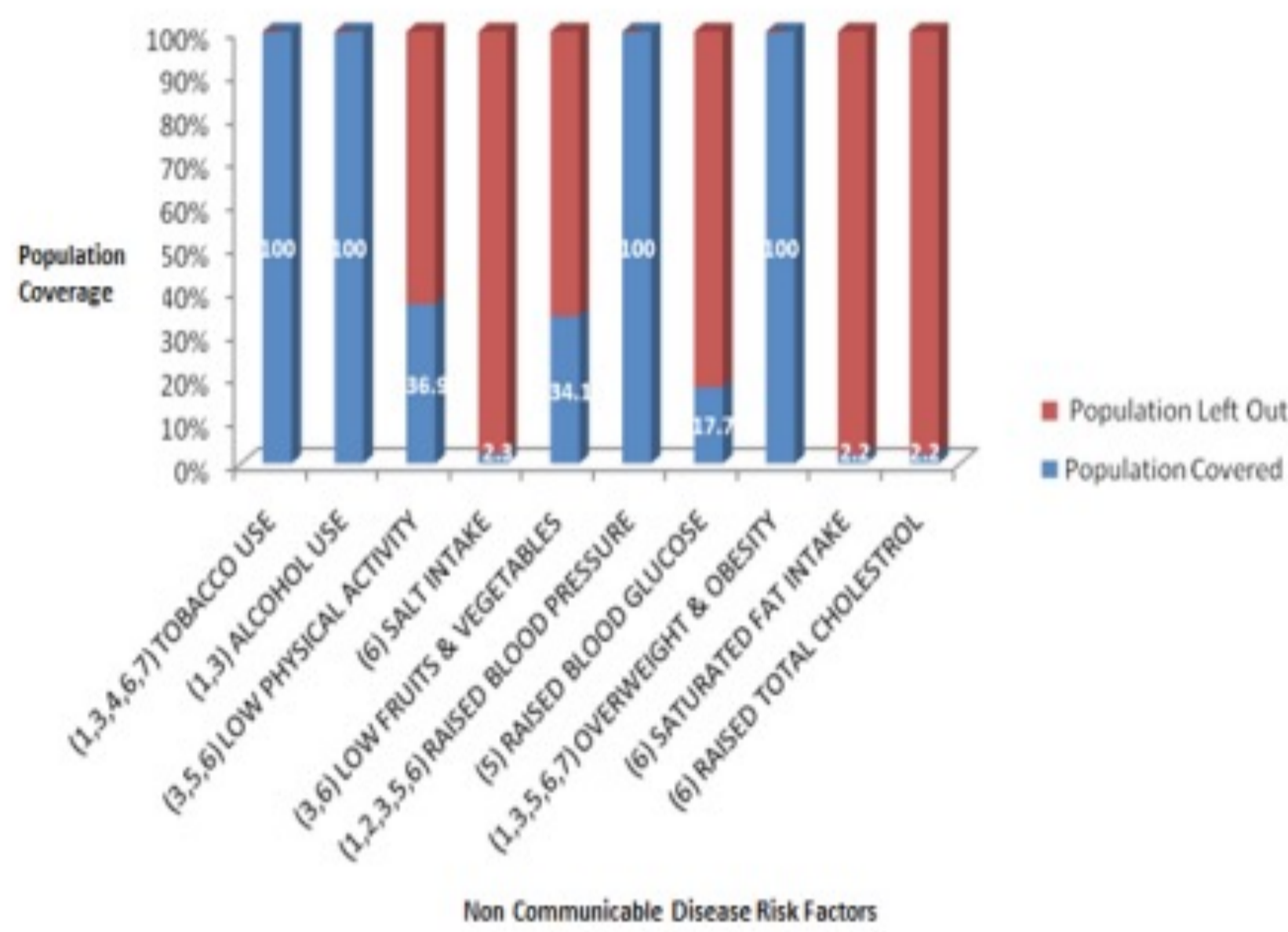
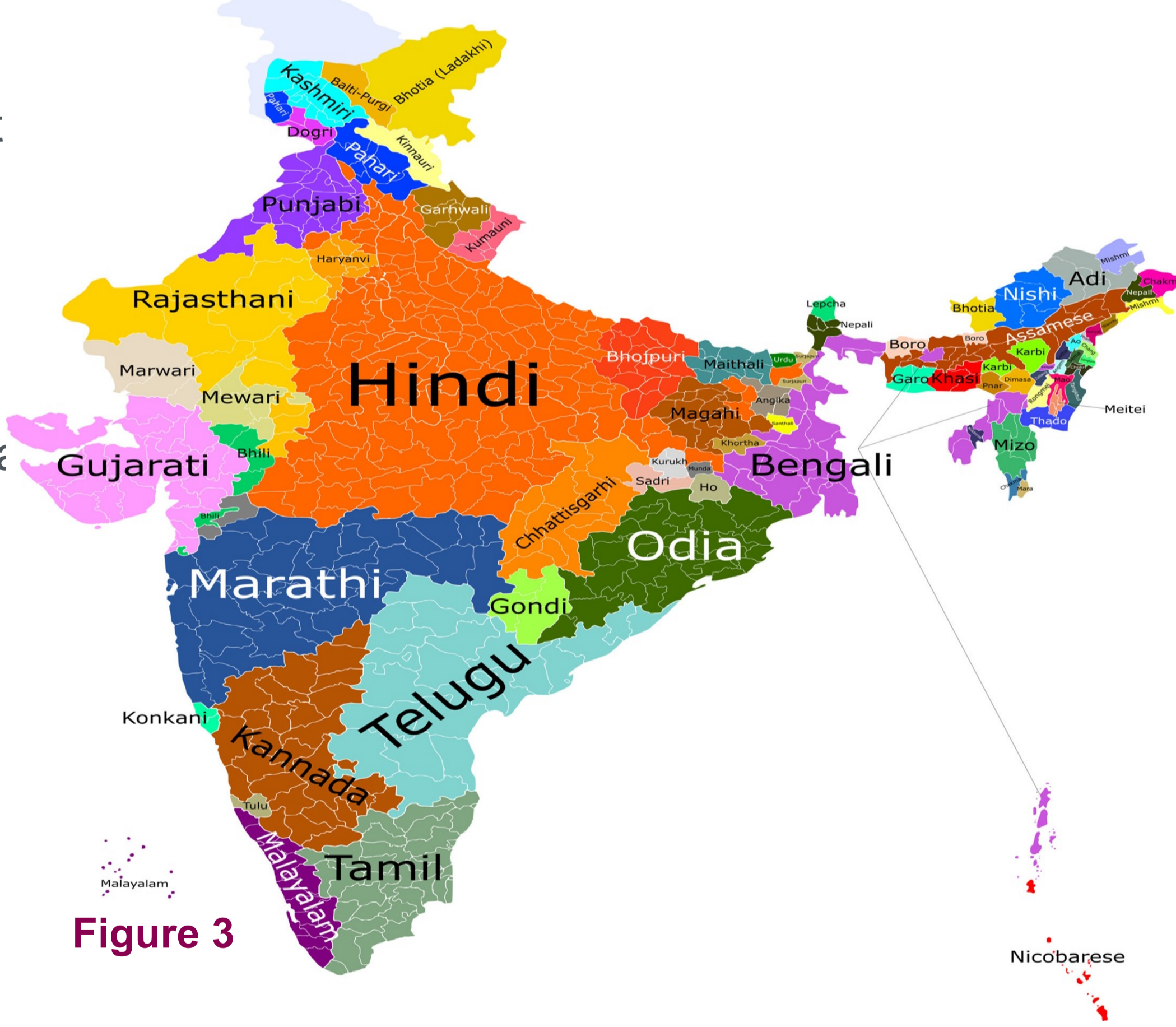


Figure 3. Percentage of Population Coverage for Each Non Communicable Disease Risk Factor by the Various Surveys. 1, National Family Health Survey; 2, District Level Household and Facility Survey; 3, Integrated Disease Surveillance Program; 4, Global Adult Tobacco Survey; 5, Indian Council of Medical Research India Diabetes Study; 6, Punjab State Survey; 7, Kerala State Survey



Conclusions

- Awareness should be spread in regard to NCD's and fully functional surveillance surveys should be run in the population to improve the quality of life of individuals.
- Our review identified instruments that are available in the most common local language (Hindi), additional regional languages maybe relevant in future reviews as well as cultural practices that should be considered to tackle NCD's effectively

REFERENCES

[1] Nethan S, Sinha D, Mehrotra R. Non communicable disease risk factors and their trends in India. Asian Pacific journal of cancer prevention: APJCP. 2017;18(7):2005.