

# NATIONAL NCD MONITORING SURVEY (NNMS)

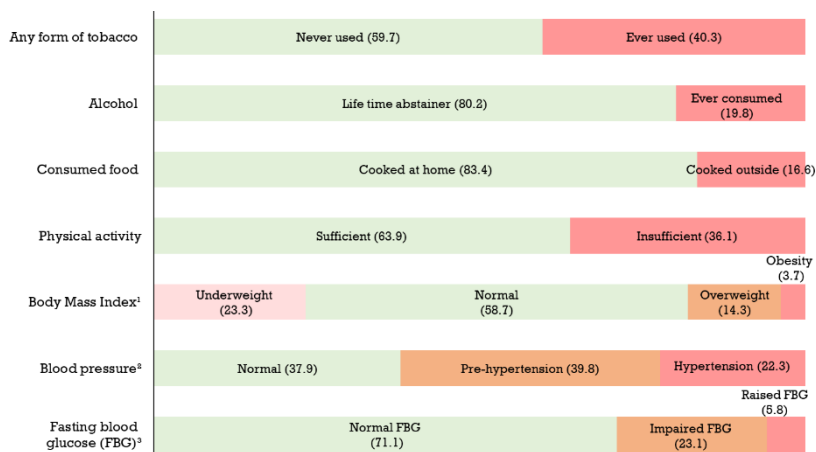
## World Health Day

Theme: "Building a fairer, healthier world"

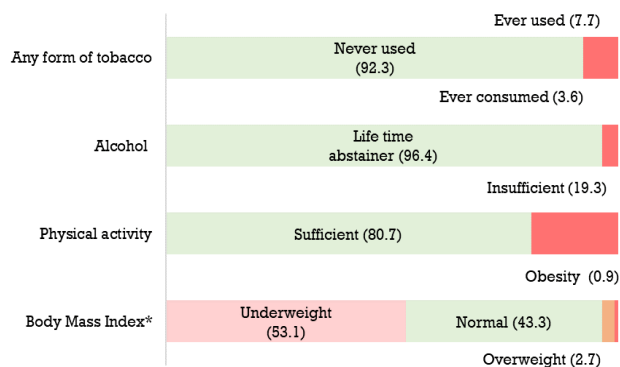
**National Noncommunicable Disease Monitoring Survey (NNMS)** was conducted during 2017–18 by ICMR-NCDIR. The survey covered a nationally representative sample of 12,000 households. It provides key national evidence on both behavioural and metabolic risk factors for noncommunicable diseases (NCDs) among adults (18-69-years) and adolescents (15-17 years) residing in urban and rural areas, including national level indicators for health seeking behaviours and health system response to tackle NCDs.

### Key findings – Rural areas - Proportion healthy and exposed to NCD risk factors

#### Adults (18-69 years) – (%)

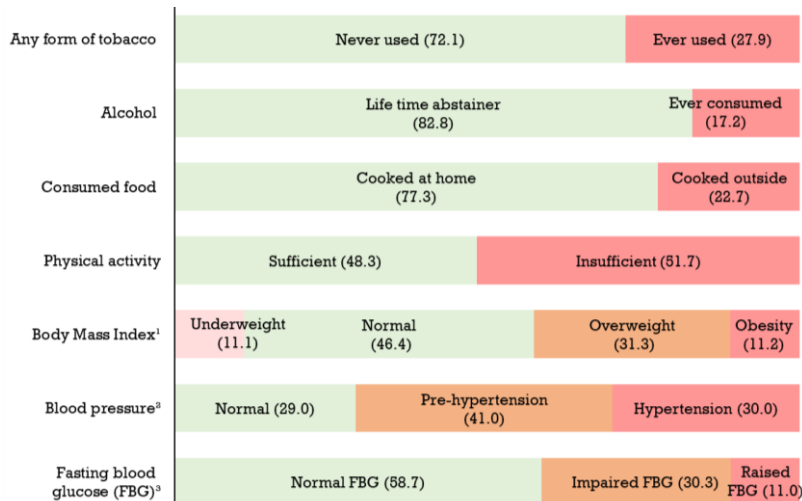


#### Adolescents (15-17 years) - (%)

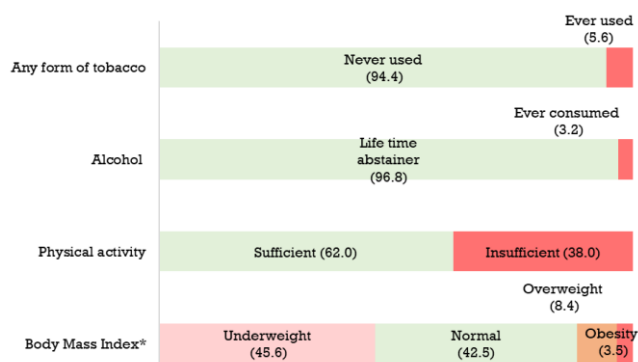


### Key findings – Urban areas - Proportion healthy and exposed to NCD risk factors

#### Adults (18-69 years) – (%)



#### Adolescents (15-17 years) - (%)



\*Body Mass Index (BMI): Underweight: equivalent to BMI <18.5 Kg/m<sup>2</sup>; Normal: equivalent to BMI 18.5-24.9 Kg/m<sup>2</sup>; Overweight: equivalent to BMI ≥ 25.0 Kg/m<sup>2</sup> and Obesity: equivalent to BMI ≥30.0 Kg/m<sup>2</sup>

<sup>1</sup> Body Mass Index (BMI) in Kg/m<sup>2</sup>: Underweight <18.5; Normal: 18.5-24.9; Overweight: 25.0-29.9; Obesity: ≥30.0 Kg/m<sup>2</sup>  
<sup>2</sup> Blood pressure categories (mm Hg): Normal: <120/80; pre-hypertension: 120-139/80-89; Hypertension: ≥140/90 mm Hg.  
<sup>3</sup> Fasting blood glucose (FBG): Normal: <100 mg/dl; Impaired FBG: 100-125 mg/dl and Raised FBG: ≥126 mg/dl.

#### Summary of findings:

- High proportion of adults and adolescents from rural areas, used any form of tobacco and consumed alcohol.
- Prevalence of unhealthy dietary practices, insufficient physical activity and metabolic risk factors are high among urban residents.

### Key implications to meet the global and national NCD Targets for 2025

1. Healthy diet, sufficient physical activity, maintenance of weight, cessation of tobacco and alcohol prevents diseases like diabetes, hypertension, heart diseases, stroke and cancer.
2. To intensify efforts on equitable access, availability and affordability to NCD care and treatment.

