

LIST OF FIGURES

Figure No.	Title of Figure	Pg. No.
Figure a	Assessment of management of Hypertension among adults (18-69 years)	30
Figure b	Assessment of management of Diabetes mellitus among adults (18-69 years)	30
Figure c	Summary of prevalence of risk factors associated with NCDs among adults (18-69 years)	30
Figure d	Summary of prevalence of risk factors associated with NCDs among adolescents (15-17 years)	30
Figure 1.1.1	Causal pathway for NCDs	35
Figure 1.1.2	National NCD Monitoring Targets - NCD Action Plan for 2025	36
Figure 1.1.3	Sustainable Development Goals (SDGs) by 2030	36
Figure 2.2.5.1a	NNMS sampling design in rural areas	53
Figure 2.2.5.1b	NNMS sampling design in urban areas	54
Figure 2.4.1.1a	Geographical distribution of PSUs under NNMS - 2017-18	56
Figure 2.4.1.1b	Geographical distribution of PSUs for urinary sample under NNMS - 2017-18	57
Figure 2.4.1.1c	Geographical distribution of health facilities under NNMS – 2017-18	59
Figure 2.6.1	Data collection flowchart	65
Figure 4.1.1	Response rates for adolescents by area of residence (Percentage)	73
Figure 4.1.2.1	Type of house by area of residence (Percentage)	74
Figure 4.1.2.2	Type of toilet facility in households by area of residence (Percentage)	74
Figure 4.1.2.3	Main source of drinking water in households by area of residence (Percentage)	74
Figure 4.1.2.4	Type of fuel used for cooking in households by area of residence (Percentage)	75
Figure 4.1.2.5	Main type of fuel used for cooking in households by area of residence (Percentage)	75
Figure 4.1.2.6	Type of oil used for cooking in households (Percentage)	75
Figure 4.1.3.1	Age and gender distribution of adult respondents (Percentage)	76
Figure 4.1.3.2	Age distribution of adult respondents by area of residence (Percentage)	76
Figure 4.1.3.3	Educational status of adults by area of residence (Percentage)	77
Figure 4.1.3.4	Highest level of education among adolescents by area of residence (Percentage)	78
Figure 4.1.3.5	Highest level of education among adolescents by gender (Percentage)	78

Figure 4.2.1.1	Current tobacco use (any form) by area of residence and gender (Percentage)	80
Figure 4.2.1.2	Tobacco use among adults (Percentage)	81
Figure 4.2.1.3	Exposure to second hand tobacco smoke in past 30 days by area of residence (Percentage)	83
Figure 4.2.1.4	Age (in years) of initiation and cessation of any form of tobacco use by gender (Mean)	83
Figure 4.2.2.1	Alcohol use by gender (Percentage)	85
Figure 4.2.2.2	Adults who engaged in heavy episodic drinking in past 30 days by area of residence and gender (Percentage)	87
Figure 4.2.3.1	Type of oil most often used for cooking in households by area of residence (Percentage)	89
Figure 4.2.3.2	Inadequate consumption of fruits and/or vegetables per day by area of residence and gender (Percentage)	90
Figure 4.2.3.3	Salt intake of population by age group and gender (g/day) (Mean)	91
Figure 4.2.3.4	Adults who practiced any salt control measures regularly (Percentage)	92
Figure 4.2.3.5	Consumption of high salt containing foods among adults (Percentage)	92
Figure 4.2.3.6	Adults who consumed food cooked outside home in a week by area of residence and gender (Percentage)	93
Figure 4.2.4.1	Physical activity levels by area of residence and gender (Percentage)	94
Figure 4.2.5.1	BMI categories (WHO cut off) by area of residence and gender (Percentage)	98
Figure 4.2.5.2	BMI categories (Asian cut off) by area of residence and gender (Percentage)	98
Figure 4.2.5.3	Adults with raised blood pressure including those on medication by area of residence and gender (Percentage)	101
Figure 4.2.6.1	Adults with raised fasting blood glucose including those on medication by area of residence and gender (Percentage)	103
Figure 4.2.7.1	Clustering of at least ≥ 3 risk factors among adults (18–69 years) by area of residence and gender (Percentage)	104
Figure 4.2.7.2	Adults (40–69 years) with 10-year CVD risk of $\geq 30\%$ or with existing CVD by area of residence and gender (Percentage)	105
Figure 4.3.2.1	Alcohol use among adolescents by gender (Percentage)	111
Figure 4.3.3.1	Adolescents who skipped breakfast in the past 30 days by area of residence (Percentage)	113
Figure 4.3.3.2	Frequency of consumption of food items (Percentage)	114
Figure 4.3.4.1	Physical activity levels among adolescents (Percentage)	115
Figure 4.3.6.1	Noticed school teacher/staff smoking tobacco within premises and its sale around 100 metres by area of residence (Percentage)	119

Figure 4.3.6.2	Adolescents engaged in physical activity in school/college in last 12 months by area of residence and gender (Percentage)	120
Figure 4.4.1.1	Practices reported for blood glucose measurement by area of residence and gender (Percentage)	122
Figure 4.4.1.2a	Awareness, treatment and control of blood glucose among those with raised blood glucose (Percentage)	122
Figure 4.4.1.2b	Awareness, treatment and control of blood glucose among those with raised blood glucose by area of residence (Percentage)	123
Figure 4.4.1.2c	Awareness, treatment and control of blood glucose among those with raised blood glucose by gender (Percentage)	123
Figure 4.4.2.1	Practices reported for blood pressure measurement by area of residence and gender (Percentage)	124
Figure 4.4.2.2a	Awareness, treatment and control of blood pressure among those with raised blood pressure (Percentage)	124
Figure 4.4.2.2b	Awareness, treatment and control of blood pressure among those with raised blood pressure by area of residence (Percentage)	125
Figure 4.4.2.2c	Awareness, treatment and control of blood pressure among those with raised blood pressure by gender (Percentage)	125
Figure 4.4.6.1	Adults aged 40–69 years with 10-year CVD risk of $\geq 30\%$ or with existing CVD received drug therapy and counselling to prevent heart attacks and stroke as defined by WHO, by area of residence and gender (Percentage)	132
Figure 4.6.1	Adults who practiced yoga by area of residence and gender (Percentage)	148
Figure 4.6.2	Adults who practiced asana, pranayam and meditation among those who practiced yoga by area of residence and gender (Percentage)	148