

# National Non-communicable Disease Monitoring Survey (NNMS)

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**In news :** The Minister for Health and Family Welfare released the National Non-communicable Disease Monitoring Survey (NNMS)

## About the National Non-communicable Disease Monitoring Survey (NNMS)

- **Purpose:** The purpose of the survey was to collect reliable baseline data on key indicators (risk factors, select NCDs and health systems response) related to the National NCD monitoring framework and NCD Action Plan.
- **Time period of the survey:** It was conducted during the period of 2017 – 18
- **Unique feature:** This is the first of its kind of a comprehensive survey on NCDs using standardised tools and methods, covering the age groups of 15-69 years, males and females residing in urban and rural areas of the country
- **Coverage:** The survey covered a national sample of 600 primary sampling units from 348 districts in 28 States in collaboration with eleven reputed institutions across the country.
- The survey was undertaken to provide baseline information on NCD risk factors and it highlights the need to improve comprehensive multi-sectoral approaches focussed on both prevention and management of NCDs.
- Regular surveillance of NCDs is critical to monitor the trends and to guide the interventions

## Key findings

The results show that:

- **One in every three adults and more than one-fourth proportion of men used any form of tobacco and consumed alcohol** in past 12 months respectively
- Average daily intake of salt was 8gms
- More than two in five adults and one in four adolescents were doing insufficient physical activity
- More than one in every four adults and 6.2% adolescents were overweight or obese
- Almost three out of ten adults had raised blood pressure and 9.3% had raised blood glucose
- Two in five adults had three or more risk factors for NCDs.
- The status of the health system in responding to the NCD burden was also underscored.

## The National Cancer Registry Program

The National Cancer Registry Programme (NCRP) was commenced by the Indian Council of Medical Research (ICMR) with a network of cancer registries across the country in December 1981.

### The main objectives of this Programme were:

- To generate reliable data on the magnitude and patterns of cancer
- Undertake epidemiological studies based on results of registry data
- Help in designing, planning, monitoring and evaluation of cancer control activities under the National Cancer Control Programme (NCCP)
- Develop training programmes in cancer registration and epidemiology.

With these objectives three Population Based Cancer Registries (PBCRs) at Bangalore, Chennai and Mumbai and three Hospital

Based Cancer Registries (HBCRs) at Chandigarh, Dibrugarh and Thiruvananthapuram were commenced from 1 January 1982. The PBCRs have gradually expanded over the years and as of now there are 23 PBCRs under the NCRP network.

The National Cancer Registry Program is a very valuable cancer surveillance tool for the country. Actions to tackle cancers benefit a lot from good and reliable data monitoring