

## Containing the Morbidity Attributed to Non-Communicable Diseases: World Health Organization

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The Non-Communicable Diseases (NCDs) have been attributed to the deaths of more than 40 million people on a yearly basis, of which 37.5% are premature deaths [1,2]. Even though, the number of deaths associated with cardiovascular diseases is higher in comparison to other NCDs, millions of people also lose their lives while battling malignancies, chronic pulmonary diseases and diabetes [1]. As a matter of fact, these four major NCDs have been associated with 4 out of 5 premature deaths occurring because of NCDs [1]. Further, factors like consumption of tobacco, misuse of alcohol, physical inactivity, and unhealthy diets, have been regarded as the most common predisposing potential risk factors [1-3].

Acknowledging the magnitude of the problem, its global distribution, and associated sufferings, NCDs have been incorporated in the Sustainable Development Goal-3, with a target to minimize by at least 33% of premature deaths resulting because of NCDs [1]. In order to attain this target, a global action plan was adopted for the period 2013-2020, and the plan is to strengthen the gains achieved by launching a roadmap on NCDs to ensure that it is regarded as the sustainable development priority in the period 2018 to 2030 [1,3]. The successful implementation of the proposed strategies becomes an essential entity as more often than not people who cannot afford health care have to bear the burden of the NCDs [2,3].

It is very essential to understand that the sound implementation of primordial, primary (both among high-risk population groups & general population), secondary and tertiary prevention strategies can play a significant role in not only minimizing the incidence of disease & complications, but will also minimize sufferings, and improve the quality of life of the patients [2,4]. It is the responsibility of the national governments to intensify their actions to prevent the onset of the disease, and expand the range of services to warrant that all the affected

people can obtain the desired services [1]. The failure to execute the same will pose a massive burden on the public health systems as well as a significant financial burden on individuals, family and society [1,2].

However, it is important to develop a response against the existing challenges such as uneven and insufficient progress in different geographical regions, the influence of the private sector on governments to prioritize trade and not public health concerns, and absence of sustained political commitment to warrant that NCDs related prevention and control activities are an integral component of the government policy [2-4]. Considering the reality that most of the drivers (such as tobacco industry, food industry, finance, education, etc.) of poor health fall beyond the purview of the health sector, there is an immense need to have a coordinated & collaborative response involving all the concerned sectors and the whole of the community [1-4].

To conclude, acknowledging the global problem of NCDs, the proposed roadmap for the period 2018 to 2030, offers the national governments the best chance to take some tough actions and make some considerable gains to eventually attain targets set under the Sustainable Development Goals.

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