Arogya A Community Based Intervention on Prevention and Control of Non-Communicable Diseases in Assam

Changing Disease Pattern of Assam

NCDs accounts for 51.2% of the total disease burden in the state.

Major risk factors for NCDs in Assam are:
- Unhealthy eating including Malnutrition (17.4%)
- High Blood Pressure (7.6%)
- Dietary Risks (6.9%)
- Tobacco (5.7%)

(Source: The State Level Burden of NCDs Report By ICMR, IHME & PHFI)

Area of Implementation

ASSAM

District Kamrup Metropolitan

Expected Outcomes

- To reach out 6-7 lacs population (both direct and indirect beneficiaries) through various modes of community mobilization and awareness generation
- Out of total population sensitized, high risk population will be screened for NCDs (50,000 to 100,000 population)
- All identified symptomatic /suspect of having diabetes/hypertension will be referred to the local government health facilities for further investigation and follow up of the cases
- Integration of the project with existing government programmes on NCDs
- Strengthened relationship with the community and government health systems
- Increased awareness about prevalence of NCDs particularly hypertension and diabetes among the general population.

Objectives

- To sensitize, educate and empower target population about their health & wellbeing and risk factors associated with NCDs
- To motivate them to adopt healthy lifestyle through behavior change and communication
- To help them in developing health responsible behavior
- Community based screening of the high risk population for common risk factors for NCDs
- To help them in getting proper treatment at local and the government health facilities through proper referrals and follow ups
- To strengthen the relationship between the community and government health system.

Keeping in view the growing incidence of NCDs in the state, VHAI along with Lal Pathlabs Foundation has initiated Arogya, a community based intervention in Assam. The programme is designed to strengthen the ongoing programme of the State Government on NCDs.

The main aim of the programme is to create awareness among the general population about NCDs and its associated risk factors and also help in early diagnosis and treatment of the patient through community based screening and proper referrals to the local government health facilities.