WORDS THAT VALUE

It came as a shock to me that my blood sugar level was as high as 505mg/dl during the screening camp. I am so thankful to Arogya team who have helped me to know from which problem I am suffering and linked me with the health center for treatment free of cost. I am feeling much better now.

-Putuli Begum
52 yrs

I, Subhash Ghosh, 43 yrs from Kalaphar attended Arogya camp on 30th May this year. The doctor at the camp told me that my blood sugar level is high (258 mg/dl). Doctor asked me to start eating fruits and vegetables, do physical activity and quit smoking. He also told me to visit Serabhati Primary Health Center. I am taking my medicine regularly. Thanks to Arogya team for help and support.

-Subhash Ghosh
43 yrs

IMPORTANT INFORMATION

- For more information on Non-communicable diseases, please contact ANM/ASHA/CHO.
- For free check-up and treatment of non-communicable diseases, please visit your nearest SC/HWC/PHC/CHC.
CHANGING DISEASE PATTERN

- Non communicable disease (NCDs) are the leading cause of deaths worldwide.
- Four major NCDs are Cardiovascular Diseases, Chronic Respiratory Diseases, Cancers and Diabetes.
- NCDs account for 63% of all deaths in India.
- Major risk factors for NCDs are tobacco use, harmful use of alcohol, physical inactivity and unhealthy diet.

PERCENTAGE MORTALITY IN INDIA (WHO, 2018)

AROGYA

A Community Based Intervention on Non-communicable Disease Prevention & Control

Implemented by Voluntary Health Association of India & Lal PathLabs Foundation
in close collaboration with the Government of Assam
Implementation Area: District Kamrup Metropolitan, Assam

OUR APPROACH

Sensitize the local community on NCDs and its associated risk factors and encourage them to adopt a healthy lifestyle.

To screen the high risk population for common risk factors for NCDs

Referral of positive cases to the local government health facility

Follow-up of the positive cases to ensure adherence to treatment

Strengthen the relationship between the community and government health system

Sensitize various key stakeholders on NCDs and associated risk factors

Cardiovascular diseases

Communicable, maternal, perinatal and nutritional condition

Other NCDs

Injuries

Chronic respiratory diseases

Diabetes

Other NCDs
OUR KEY ACTIVITIES

Community Awareness on NCDs and its associated risk factors
Community awareness on health promotion and NCDs with community leaders, Self-Help Groups, Patient Support Groups, Women Groups, village Health and Sanitation Committee were done. Wall paintings and Nukkad Natak to create awareness were also executed.

Screening of the Population
Symptomatic Opportunistic Screening of high risk patients, based on the Community Based Assessment Checklist (CBAC) of the Government’s National Programme for Cardiovascular Diseases, Diabetes, Stroke (NPCDCS) is done. Cases with a CBAC score of 4 of more are further screened at the screening camps, where Random Blood Glucose, Blood Pressure, Weight, Height and Waistline measurement (for abdominal obesity) is done.

Referral of the Positive Cases to the local government health facility
This ensures early diagnosis and treatment and also strengthens the relationship between the community and government health system.

Follow-up of positive cases
Follow-up of positive cases is closely monitored by our team through home visits, phone calls or through the local Anganwadi and ASHA workers.

KNOWLEDGE, ATTITUDE, BEHAVIOUR AND PRACTICES (KABP) SURVEY
A Baseline Survey was conducted in the initial phase (September to November 2018) to primarily get an understanding of the existing Knowledge, Attitude, Behaviour and Practices of the community on NCDs and its associated risk factors. The Survey helped us to customise the programme design and methods based on the actual needs of the community. To measure the impact of the intervention an end line survey was conducted.

KABP SURVEY BACKGROUND AND METHODOLOGY

STUDY AREA
District Kamrup Metropolitan, Assam

STUDY DESIGN
A cross-sectional study was conducted using quantitative and qualitative research tools to assess the existing Knowledge, Attitude, Behaviour and Practices of the community.

STUDY PERIOD
Baseline Survey – September to December 2018
Endline Survey – August to September 2019

SAMPLING TECHNIQUE & FRAME
600 households, both in Baseline and Endline Survey were covered using simple random sampling method in rural as well as urban localities, District Kamrup Metropolitan, Assam

STUDY TOOLS USED
Closed-ended questionnaire for quantitative data and Focus Group Discussions for qualitative data
A Baseline Survey using Knowledge, Attitude, Behavior, and Practice (KABP) Study was conducted in the preparatory phase in 600 households using Random Sampling Method. The results were then compared with the End line Survey which was conducted after a year to evaluate the impact of our intervention.

**Change in Knowledge of NCDs and its Risk Factors**
- People who have knowledge about risk factors of NCDs: 7 to 61%
- People aware about at least one risk factor associated with diabetes: 2 to 77%
- People aware about at least one risk factor associated with hypertension: 12 to 89%
- People who had heard about NCDs: 45 to 91%
- People who consider chewing tobacco as harmful for health: 63 to 92%

**Changing Behavior Patterns**
- People consuming fruits at least once daily: 2 to 26%
- People consuming vegetables more than once daily: 12 to 89%
- People identified as Hypertensive, taking regular treatment: 21 to 62%
- People identified as Diabetic, taking regular treatment: 23 to 72%
- People engaging in recommended physical activity: 26 to 60%
- People having at least one symptom of Diabetes and Hypertension respectively: 21 to 62%

**Measurer Achievement**
- Increase in number of people consuming recommended servings of fruits and vegetable daily: 54%
- Decrease in number of people smoking inside the house: 46%
- Increase in number of people engaged in moderate to heavy physical activity for more than 250 minutes in a week: 22%
- Increase in number of people who have knowledge about four major risk factors of NCDs: 36%
- Increase in number of people aware about the harmful health effects of chewing tobacco: 77%
- Increase in percentage of people aware about at least one symptoms of Diabetes and Hypertension respectively: 37%