**Approach**

Assess the present status at state, district and subdistrict levels
- Infrastructure
- Manpower
- Drugs and logistics
- Information system (National NCD Portal)

Setting up of state / district specific targets
- Estimate the load, as per prevalence
- Total patients on treatment with longitudinal records
- Number of patients to be put on treatment by 2025 (80% of total estimated)
- Number of patients with blood pressure/blood sugar under control

Scale up plan to achieve the targets
- Sustain the H&I strategies
- List the new interventions required to accelerate the coverage and follow up
- Continuous cohort monitoring
- Adequate budgetary requirement in the state PIP

Regular facility-based monitoring and supportive supervision
- Review progress at all levels on monthly basis
  - Patients on treatment
  - Patients with at least one follow up in last three months
  - Patients with blood pressure/blood sugar under control
  - Number of facilities with adequate drugs and logistics

Secondary healthcare level: (DHO/DHOCHC)
- Opportunistic screening, back referral of identified patients to HWC using CPHC NCD module, teleconsultation services, management of complicated cases, annual screening for complications, supportive supervision, motivating patients to utilise services at HWC.

HWC PHC/UPHC:
- Opportunistic screening, team-based care, timely diagnosis and protocol based management, ensure availability of drugs and diagnostics, decentralized care, timely disbursement of incentive, supportive supervision of Subcentre HWC, use CPHC NCD tool for monthly review meeting and packed tracking

Subcentre/HWC:
- Complete screening of all individuals aged 30 years and above. All suspected individuals will be facilitated for timely diagnosis and initiation of treatment through teleconsultation, monthly follow up of diagnosed cases, referral of uncontrolled cases and patient tracking.

**Contribution of health and wellness centres to achieve 75 by 25 target**

- **HWC/SC covering 5000 population**
  - 1800 individuals to be screened by 2025
  - 450-550 hypertensive patients* and 140-150 diabetic patients*
  - Approx. 550 individuals with hypertension and/or DM**
  - 80% may be put on treatment by December 2025, 80% on DM individuals

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* Considering hypertension prevalence (25% - 30%) and diabetes prevalence (7% - 9%)
** Considering combined prevalence of both the diseases
* Further, most of the targeted patients are already on treatment, however, longitudinal follow-up mechanisms have to be put in place.
75 million people with hypertension and diabetes on treatment by 2025 (75*25)

Largest expansion of noncommunicable diseases (NCDs) care under primary health care globally

- **Uncontrolled hypertension and diabetes can lead to heart attack, stroke, renal failure and blindness, eventually leading to high premature mortality.**
- **NCDs contribute to 63% of the deaths in India.**

A renewed focus is appropriate and timely to cover 75 million people with hypertension or diabetes by 2025 for standard care

### Tools
- **Scale up hypertension control**
  - Incorporate key programmatic strategies in HWCs
  - Digital system to ensure people identified through PHIS are managed adequately
  - Robust monitoring and supervision, and review

- **Diabetes**
  - To define parameters, IHCI strategies for DM
  - Equip HWCs and PHCs with protocols, medicines and technology for diabetes care, T2 and diabetes, HIV and DM/HHTN

- **Reduce and organ damage**
  - Examine fundus, kidney function, heart function and feet to detect and prevent complications
  - Referral care without delay
  - Digital solutions and linkages

- **Hypertension**
  - To define parameters, IHCI strategies for DM
  - Equip HWCs and PHCs with protocols, medicines and technology for diabetes care, T2 and diabetes, HIV and DM/HHTN

- **Prevent and detect complications**
  - Target for National Health Policy, 2017
  - 80% of known hypertensive and diabetic individuals at household level maintain controlled disease status by 2025.

### ENABLERS
- National Health Policy, 2017
- Ayushman Bharat Health and Wellness Centres (ABHWC)
- National Programme for the Prevention and Control of NonCommunicable Diseases
- Free Drugs Service Initiative and Free Diagnostics Service

### Operational Health and Wellness Centres as on March 2023
- District NCD Clinics: 714
- Community Health Centres NCD Clinics: 6068

### National NCD Portal (as on March 2023)
- Patients on treatment:
  - Diabetes: 26,42,038
  - Hypertension: 82,30,155