



INDIAN COUNCIL OF MEDICAL RESEARCH

Department of Health Research – Ministry of Health & Family Welfare
Government of India

Media report (2nd November to 15th November 2019)
(ICMR IN NEWS)

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Preface

The PR Unit/PRO office of ICMR since last one and half years have reached from (where is ICMR located) to (everyday mention of ICMR and DG ICMR in National Media). This change from where to why signifies the media visibility and importance of our organization within this stipulated time duration.

Every week Indian Council of Medical Research and Director General ICMR are mentioned by dozens of daily news papers, periodicals and magazines including online editions.

This two week report (ICMR IN NEWS dated 2nd November to 15th November 2019) includes the mention Indian Council of Medical Research (ICMR) in 22 news papers including top news papers such as The Times of India, The Indian Express, Hindustan Times and among others.

As an organization we first need to fill internal information vacuum at the headquarters as well as the Institutes for better visibility of ICMR which will pave way for complete dilution of external information gap between ICMR and external public including media, government and other related organizations.

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Common cancer prevalence may be way higher than estimated

November 2, 2019/The New Indian Express

Union Health Minister of India announces scale-up of Triple Drug Therapy to achieve elimination of Lymphatic Filariasis by 2021

November 2, 2019/MENA FN

Experts are mulling to group antibiotics into categories to combat misuse

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Govt may expand essential meds list, cut price of drugs

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Premature deaths in India: Different causes, different states

November 13, 2019/The Indian Express

15% people in Rajasthan at risk of diabetes: Study

November 14, 2019/The Times of India

Common cancer prevalence may be way higher than estimated

November 2, 2019/The New Indian Express

The prevalence rate of common cancer in India could be much higher than estimated by national registry for the disease, maintained by the **Indian Council for Medical Research**. The recently released National Health Profile 2019 has revealed that the number of per lakh cancer incidence in India, at nearly 258 per lakh population, is way higher than what was recorded earlier at about 106 per lakh population in 2016. The profile released earlier this week said of about 6.5 crore people screened under the National Programme for Prevention of Non-Communicable Diseases Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) in 2018, nearly 1.7 lakh were diagnosed with common cancers, which include oral, cervical and breast cancers. Under NPCDCS, launched first in 100 districts in 2010, persons above 30 years of age are screened for non-communicable diseases at NCD clinics at the community health centres and district hospitals. Since February 2017 the programme was scaled in more districts. Even considering that the population screened is at higher risk than the general population, the prevalence rate of cancer is considerably higher than registered earlier, an official in the NCD section of the Union Health Ministry pointed out.

Union Health Minister of India announces scale-up of Triple Drug Therapy to achieve elimination of Lymphatic Filariasis by 2021

November 2, 2019/MENA FN

Union Health & Family Welfare Minister, Dr. Harsh Vardhan, announced an aggressive strategy to address and eliminate Lymphatic Filariasis by 2021. Inaugurating the national symposium on 'United to Eliminate Lymphatic Filariasis' organized by the National Vector Borne Disease Control Programme (NVBDCP) in New Delhi today, he stressed upon the importance of building a mass movement or 'Jan Andolan' to address this preventable vector borne disease which affects is still endemic in 160 districts across India. The minister in his address during the symposium said, 'Elimination by 2021 is possible if we foster greater collaboration and commitment by all stakeholders including global public health experts, national & state representatives, partners & donors. Strategies like Triple Drug Therapy or IDA [Ivermectin, diethylcarbamazine (DEC) and Albendazole] with strengthened program delivery and robust community engagement are required to improve the quality of Mass Drug Administration (MDA) rounds'. Dr. Harsh Vardhan reiterated the Government's commitment towards achieving elimination by 2021. Mass movement (Jan Andolan) like undertaken for POSHAN Abhiyaan and FIT India movement need to be adopted to reach every household for accelerating elimination efforts. Collaborations with organizations such as NITI Aayog, **ICMR**, Ministry of AYUSH and other research institutions will be explored to improve programme delivery and effectiveness.

[Experts are mulling to group antibiotics into categories to combat misuse](#)



November 4, 2019/The Economic Times

In a bid to combat the problem of overuse and underuse of antibiotics in India, experts are mulling if antibiotics can be grouped into categories with recommendations when each category should be used. In a revision of the antibiotics section in the National List of Essential Medicines (NLEM) public health experts that met today are deliberating if the WHO's action plan on antimicrobial resistance which aims to ensure the best use of antibiotics-can be replicated in India. The WHO in its revision exercise of antibiotics have grouped them into three categories- access, watch and reserve. WHO recommends that antibiotics in the access group be available "at all times" as treatments for a wide range of common infections. While the "watch" group includes antibiotics that are recommended as first- or second-choice treatments for a small number of infections. The third group-reserve includes antibiotics such as colistin and some cephalosporins that should be considered last-resort options. The government's Standing National Committee on medicines which has been tasked to shortlist essential medicines list met the stakeholders today to examine their recommendations before the list is updated and finalised for NLEM 2019. The committee on the National List of Essential Medicines (NLEM) headed by Balram Bhargava, secretary, department of health research and director-general of the **Indian Council of Medical Research** will decide on those medicines that should be available in adequate numbers and assured quality. "The committee is looking at the inclusion and deletion of those medicines from the NLEM which have become resistant," added sources.

[Govt may expand essential meds list, cut price of drugs](#)

November 5, 2019/The Times of India

In good news for patients, the government for the first time is considering revising the National List of Essential Medicines (NLEM) based on therapies like oncology, anti-infectives, diabetes, cardiology, respiratory etc, in line with WHO's recommendation to expand the purview of "essential medicines" that can be accessible and affordable to all. Besides, it is also looking to address the issue of anti-microbial resistance (AMR) through this exercise by adding and removing key antibiotics from the existing list, sources said. The Standing National Committee on Medicines (SCAM), headed by the secretary department of health research and **ICMR** director general Balram Bhargava, held a stakeholders' consultation on Monday to deliberate on the revision of the existing NLEM which is based on widely used formulations. The key issues on the agenda included elimination of irrational antibiotics, inclusion of some key antibiotics which are part of the WHO list of essential medicines but are missing from the Indian NLEM, addressing scarcity of some first line antibiotics because of combination medicines and adopting WHO's categorisation of drugs to counter AMR as well as evaluate its guidance in the Indian context. Sources said the government plans to revise NLEM based on WHO's recently revised list of essential medicines which added 12 ground-breaking medicines for five cancer therapies to treat melanoma, lung, blood and prostate cancers. It has also added new oral anticoagulants to prevent stroke. The development assumes significance as NLEM typically forms the basis of price caps extended on essential medicines. The recommendations from SCAM will also go to the standing committee on affordable medicines and health products (SCAMP), headed by NITI Aayog member V K Paul.

Breast cancer awareness campaign reaches 1.5 lakh people

November 5, 2019/The Hindu



The Malabar Cancer Care Society (MCCS) sensitised 1.5 lakh persons during a month-long intensive breast cancer awareness drive conducted in five districts of North Malabar. The awareness drive, which concluded recently, was organised in Kasaragod, Kannur, Kozhikode, Wayanad, and Malappuram districts under the leadership of Dr. V.C. Ravindran, medical director of MCCS, said D. Krishnananda Pai, president of MCCS, in a press statement.

Events

Flash mobs, awareness rallies, quiz competition and other programmes conducted jointly with All Indian Radio, were organised to reach out to the people. Around 1,500 women were examined by experts and 21 abnormalities were detected.

Low cancer rates

A continuous awareness drive since 2001 has helped to reduce cancer cases, Mr. Pai said.

From 1 pre-cancer for every 100 married women in the age group of 35-55, it has been drastically reduced to 1 for 6,000 among the women of the same age group in 2018, in all the villages in Kannur, Kasaragod, and Kozhikode, he said.

ICMR report

The awareness drive has been conducted in the wake of a report published by **Indian Council of Medical Research (ICMR)** which showed that Kerala tops in incidents of breast cancer and mortality rate in India.

Delhi: Spike in emergency visits as air worsens, suggests AIIMS study

November 5, 2019/The Indian Express

A multi-centre study funded by the **Indian Council for Medical Research** and conducted by AIIMS on around 1.25 lakh patients over two years found that there was an increase by 20-40% in proportion of patients visiting the emergency ward with acute respiratory symptoms as the air quality worsened. The study, 'Effect of outdoor air pollution on acute respiratory symptoms in Delhi: A multisite study', was conducted at four centres in the city — AIIMS, Vallabhbai Patel Chest Institute, National Institute of Tuberculosis and Respiratory Diseases and Kalawati Saran Children's Hospital. While the other institutes are yet to complete the research, the country's top medical institute has got the initial findings, indicating a correlation between pollutant levels and daily percentage of patients with acute respiratory symptoms visiting the emergency ward. At AIIMS, the research was conducted from June 2017 to May 2019. More than 56,000 children were screened in the paediatric emergency room and around 70,000 adults in the main emergency room. Approximately 20-30% had respiratory symptoms. Daily pollution levels were obtained from the Delhi Pollution Control Committee. Based on the data, researchers divided the days into worst, moderate and low pollution levels. Experts said the values of pollutants were mostly above permissible levels throughout the year. Data also showed that patients visited the hospital even six days after pollution levels had subsided.

India International Science Festival 2019 begins in Kolkata

November 5, 2019/Reserch Matters



The India International Science Festival, the country's science extravaganza, begins today in Kolkata, the City of Joy. The event, held from 5th of November to the 8th of November, 2019, is being organised by the Ministry of Science and Technology and Ministry of Earth Sciences, Government of India, in association with Vijnana Bharati (VIBHA). The event, held in multiple venues across the city, hosts many conferences, conclaves and exhibitions aimed at anyone enthusiastic about science. There are also specific gatherings for students from Northeast India, women researchers, science journalists and science literature enthusiasts.

Started in 2015, the India International Science Festival is an annual event held across many cities in the country. The event is “a celebration to promote Science and Technology and demonstrate how science could lead India towards a developed nation within a short span of time”. The event is being supported by Vigyan Prasar, All India Council for Technical Education (AICTE), Council for Scientific and Industrial Research (CSIR), Indian Council of Agricultural Research (ICAR), Indian Space Research Organisation (ISRO), Defence Research and Development Organisation (DRDO) and the **Indian Council of Medical Research (ICMR)**.

There are a few events that are open to the public and others that need registrations. The entire program guide can be found [here](#). *Research Matters* is happy to be invited to be a part of a few panel discussions organised as a part of the Science and Technology Media Conclave. In case you are in the City of Joy, here is your chance to discover the joy of science!

Medical commission takes another important step, panel to select chairman formed

November 6, 2019/Hindustan Times

Cabinet secretary Rajiv Gauba will head the seven-member search committee formed to choose the chairperson of the newly-constituted National Medical Commission (NMC) that aims to replace graft-ridden Medical Council of India (MCI) as the country's apex medical education regulator. A health ministry named Dr Pankaj Chaturvedi— Tata Memorial Centre's senior oncologist, Dr Balram Bhargava—head of **Indian Council of Medical Research (ICMR)**, Renu Swaroop— Secretary for Department of Biotechnology, Dr D Nageshwar Reddy— senior gastroenterologist at Asian Institute of Gastroenterology, Preeti Sudan— health secretary and Dr Ajay Kumar Khanna—elected member Uttarakhand Medical Council, as the six other members of the panel. The ministry said it had received close to 300 applications to fill the post of the chairman and the seven remaining posts in the 33-member commission. The last date for receiving applications was October 18. The ministry on October 14 had selected 19 members through a draw of lots from a list of 65 candidates nominated by the States and the Union Territories. Another six were chosen from amongst the ex-officio members and medical experts of eminence. The commission will have four autonomous boards, including a Medical Assessment and Rating Board (MARB) to assess medical colleges and develop a system of ranking to help the students make an informed choice.

[A guideline telling doctors when not to revive terminally-ill patients, expected soon](#)



November 7, 2019/Hindustan Times

India's apex medical research body, **Indian Council of Medical Research (ICMR)**, is attempting to address a grey area in medical care by drafting guidelines to stop doctors from reviving the terminally ill, whose resuscitation is non-beneficial and only causes further suffering. The guidelines, aim to arm doctors to deal with the complex question-- when to give up-- without being binding. A nationwide consultation with all stakeholders including patient groups will begin in the first week of December before the policy is finalized. An expert group discussion on the proposed policy, aptly named, 'Do Not Attempt Resuscitation (DNAR) guide', was held in Delhi on Monday. "This policy document is meant to help doctors decide whether they should or shouldn't attempt cardiopulmonary resuscitation (CPR)," said Dr Balram Bhargava, director general of the ICMR. It will apply to situations when doctors feel revival of patients with incurable condition will be inappropriate, non beneficial, aggravate suffering and interrupt the natural dying process, says the draft. The policy document seen by HT also lays down the protocols for communicating the decision to not revive such patients on a case to case basis. Dr Roli Mathur, who is a senior scientist with ICMR and one of the experts working on the guidelines, says DNAR policy is meant to better equip doctors to manage a complicated scenario-- when a patient's death seems inevitable.

[National Institute of Nutrition to host global meet on natural products](#)

November 7, 2019/The Hans India

The **ICMR**-National Institute of Nutrition in association with International Union of Basic and Clinical Pharmacology (IUPHAR) and Indian Pharmacological Society (IPS) will be organising the 5th world conference on the pharmacology of Natural Products from December 4 to 7. Natural products (NPs) and traditional medicine including AYUSH represent one of the biggest challenges in modern therapeutics and there have been major technological advances that would revolutionise these products. Over the last five years, the consumption of natural products and natural medicines have grown rapidly. However, the global demand for such medicines is dependent on evidence-based research. Therefore, the applications of advanced technologies can revolutionise to bridge the gap between 'classical/traditional medicine' and natural products. Over 1,000 delegates from across the globe will be participating in the conference, over 100 international speakers from countries like the United Kingdom, France, USA, Switzerland, Germany, Brazil, Japan, Spain, etc are scheduled to speak. In addition, scientists, academics and regulators from ICMR, CSIR, DBT, DST, INSA, DRDO, AYUSH, FSSAI, ICAR, MoEF & CC will be participants and stakeholders.

"We think that the conference provides a platform to share experiences and prepare a strategic approach in harmonizing the guidelines for research on natural products through a series of Plenary Lectures, Brain Storming sessions, and free communications" said Dr B Dinesh Kumar, Head, Drug Safety Division, ICMR-NIN, President, IPS and Organizing Secretary of the Conference.

Ebola circulating in Indian bats

November 7, 2019/Health Issues India



Bats and bat hunters in northeast India carry reactive antibodies to the Ebola and Marburg viruses according to the research, indicating that the filoviruses associated with the disease circulate among the local bat population. This presents the opportunity for animal-to-human (zoonotic) transmission of the disease which, in the worst case scenario, could result in an outbreak of Ebola similar to that witnessed in the Democratic Republic of the Congo (DRC). Fears of Ebola spreading to India were voiced earlier this year by Dr Balram Bhargava, director general of the **Indian Council of Medical Research (ICMR)**. Bhargava said that “nearly 30,000 Indians live in Uganda, where Ebola has been reported. Some of our troops are also present in the [DRC], where the viral infection has led to an outbreak situation at present.” The disease is currently running rampant throughout the civil war-ravaged DRC. Due to conflicts, treatment efforts have been impeded and the disease is beginning to spill across the borders into neighbouring nations such as Uganda – hence Bhargava’s fears. Ebola ranks among the most prominent causes of potential future epidemics due to the fact that it is not only highly contagious, but has a mortality rate of around seventy percent. The disease is spread through bodily fluids. Much like India’s struggle with cholera, open defecation in rural areas could exacerbate the spread of the condition should it reach India.

‘Swachh Bharat Abhiyan will make society healthy’

November 8, 2019/The Tribune

“The Swachh Bharat Abhiyan launched by the Centre in 2014 does not only aim at cleaning up streets, roads and infrastructure of India’s cities, towns, urban and rural areas, but also taking care of overall health of general public so that India has a significant percentage of healthy population,” remarked Dr VM Katoch, former Director-General of the **Indian Council of Medical Research (ICMR)**, New Delhi, during a national-level conference “BISICON 2019” held recently in Ludhiana. Dr Katoch was delivering a keynote address during a conference on, ‘Strengthening controlling of GI diseases’ in the context of “Swachh Bharat Abhiyan. It was mentioned that Diarrhoeal diseases kill 100,000 children under the age of 11 months in India each year, making this water and food-borne infection the second largest killer of children after pneumonia.

Secretary of the DMCH Managing Society Prem Kumar Gupta said the DMCH had always aimed at educating masses about leading a healthy life and establishing a disease-free society.

Organising secretary of the conference Dr Deepinder Chhina, Professor & Head of Microbiology, said the DMCH had an exclusive ‘Infection Control Committee’ which had been regularly conducting awareness lectures for the public to maintain proper hygiene and follow the five basic steps of hand washing recommended by the World Health Organisation (WHO).

IISF 2019: Health conclave multitude of issues

November 8, 2019/Down to Earth



Medical experts called for adequate legislation and vigilance on the sale of antibiotics over the counters, at the health research conclave of India International Science Festival (IISF) in Kolkata on November 8, 2019. Easy availability of antibiotics without prescriptions at pharmacies, patients not completing prescribed courses and taking inappropriate pills in inadequate doses spur antibiotic-resistant infections in people, they said. Every year nearly two million suffered due to antimicrobial resistance (AMR) globally; 23,000 even die, Debjit Chakraborty, from the division of epidemiology at NICED, said. Some 40-70 per cent antibiotics prescribed for use in nursing homes were inappropriate — they were effective against bacterial infection, not viral attacks. More than 150 medical researchers, doctors, experts and students from organisations such as **Indian Council For Medical Research (ICMR)**, National Institute of Cholera and Enteric Disease (NICED), Regional Medical Research Centres (RMRC), World Health Organization (WHO) attended apart from 200 school students. Experts were also concerned over growing air pollution in India that leads to lung infections, cancers, morbidity and premature mortality. Another issue raised was nutrition, especially among infants up to five, in the country where impacts of such malnutrition — stunting, being underweight and anemia — have been observed. “This is particularly relevant in Indian context where two out of three deaths under five are attributed to malnutrition,” said Kaustubh Bora from RMRC Dibrugarh. On maternal health, Hari Shankar from AIIMS said: “While it is customary to improve the diet of a woman during her post-partum period, it is important to note that the nutritional preparations must begin prior to pregnancy itself for better development of foetus.”

Lack of Vitamin D can lead to faster weight gain in kids

November 8, 2019/The Indian Express

Kids who are deficient in vitamin D are known to accumulate fat around the waist and gain weight more rapidly than those who get enough of the sunshine vitamin, which is essential for bone health. Bone growth is high during childhood and adolescence, which is the right time to identify and treat vitamin D deficiency. Obesity, too, may put one at risk of vitamin D deficiency. It is not only a vitamin but works as a hormone in our body and regulates many cellular functions. Studies have proven its role in prevention of various cancers infections, cardiovascular diseases, metabolic diseases and autoimmune diseases. However, Trial data that proves that vitamin D supplements can decrease cancer, cardiovascular and metabolic disease risk. In various studies its role has been found is helping in weight loss and people who have adequate vitamin D levels in their blood lose more weight and have low tendency to gain it further after losing it. Numerous studies show that over 80 per cent of Indians suffer from deficiency of vitamin D, which is vital for the absorption of calcium in the body. Deficiency of this crucial vitamin among children is pushing doctors to prescribe for them compulsory playtime in the sun to kids. The **Indian Council of Medical Research** says diet provides less than 10 per cent of vitamin D; close to 90 per cent is synthesised in the skin with sunlight exposure.

[ICMR research: Heart ailments behind most urban deaths](#)

November 9, 2019/Hindustan Times



There were 9.7 million deaths in India in 2017, with heart disease leading to the most disease and deaths in urban areas, and perinatal conditions followed by heart disease causing the most deaths in rural areas, according to new national disease burden estimate by researchers from **Indian Council of Medical Research (ICMR)** and the University of Toronto. The study, published in The Lancet Global Health, shows that close to a fifth of the world's 56 million deaths occur in India. Newborn and nutritional conditions, chronic respiratory diseases, diarrhoea, and fever of unknown origin were at least twice as high in rural areas as compared to urban areas. Infectious diseases, maternal disorders, newborn deaths and nutritional deficiencies accounted for 36% of India's total burden of disease. Infectious diseases, maternal disorders, newborn deaths and nutritional deficiencies accounted for 36% of India's total burden of disease. Cancer, newborn deaths, diarrhoea, road traffic injuries, tuberculosis, and respiratory infections led to more deaths than disability, while psychiatric and neurological problems, nutritional deficiencies, vision and other sensory loss, and musculoskeletal disorders resulted in most disability. Injuries accounted for 11.4% of the disease burden.

[Indore: Swine flu testing at MGM from next week](#)

November 9, 2019/The Times of India

Mahatma Gandhi Memorial Medical College will begin swine flu testing in its virology laboratory from next week. MGM dean Dr Jyoti Bindal said that construction work for laboratory had been done and installation of equipment will be complete soon. "We will begin testing of swine flu in virology laboratory of microbiology department next week," said Bindal. The foundation stone of laboratory was laid in March this year and construction work was undertaken with a sum of Rs 50 lakh for building infrastructure and Rs 93.90 lakh for testing equipment. The colleges had also completed recruitment of scientists for laboratory and they joined services in October this year. The college have appointed scientist in three grades in accordance to guidelines of **Indian Council of Medical Research**. According to department officials, the laboratory will have capacity of testing 93 samples a day. Head of microbiology department Dr Anita Mutha said that new facility would help in easily detection of swine flu in Malwa-Nimar region. Earlier, we had to send samples to Bhopal for testing, said Mutha. In this laboratory we can test for each kind of virus including all kind of Hepatitis, Japanese encephalitis, chikanguniya, rubella and other diseases, added Mutha.

'Penicillin shortage hinders rheumatic fever prevention'

November 9, 2019/The Tribune



Acute shortage of penicillin is a major barrier for prevention and control of rheumatic fever (RF) and rheumatic heart disease (RHD) in India, experts today said during a meeting hosted by the Department of Community Medicine and School of Public Health, PGIMER, to generate consensus on operational guidelines for prevention and control of these diseases in the country. “Most of children suffering from RF/RHD die a premature death,” Dr JS Thakur, organising secretary, and Professor, Department of Community Medicine and School of Public Health, PGIMER, said while highlighting the need and importance of prevention and control of RF/RHD. The Ministry of Health and Family Welfare, **Indian Council of Medical Research**, World Health Organization and PGIMER, along with national and local experts from all over the country came together for this exercise. A panel of nearly 40 experts came together to deliberate on the issue. As planned, about 724 districts in the country will witness the implementation of these operational guidelines. Dr Arvind Rajwanshi, Dean Academics, PGIMER, elaborated on global burden of RF/RHD, pressing on the fact that the problem was serious, but preventable. Dr Saibal Mukhopadhyay, cardiologist from GB Pant Hospital, New Delhi, shared his experience of working in different parts of the country with challenging situations in the line of work. Dr Arun Singh emphasised on the social determinants that needed to be focused upon for successful resolution of this public health problem. He highlighted that the systems should be such that health services were accessible to people in an easy and approachable manner.

Hypertension, diabetes now common among lower income groups: Survey

November 10, 2019/The Times of India

Lifestyle diseases — hypertension and diabetes — are becoming common among lower income groups (LIGs), especially the slum dwellers. Data compiled between April and September this year has revealed that of over 8,500 people who visited urban primary health centres (UPHCs) in the city, 42% are suffering from the two silent killers despite the patients mostly belonging to the labour class. The health department of Nagpur Municipal Corporation (NMC) has started a survey under the National Programme on Prevention and Control of Cancer, Diabetes, CVDs and Stroke (NPCDCS). The move follows several studies indicating increasing incidences of hypertension and diabetes in last one decade. Lack of physical activity, dependence on technology, sedentary living and rising obesity are some of the reasons for diabetes and hypertension, which lead to coronary heart disease and other vascular complications among 30+ population from the LIG. “Do we really have a rural population? The class concept doesn’t apply in this case. They are all urbanized with everyone having a TV, cooler, refrigerator while life is governed by automation. Hence, these people are less active physically. Gone are the days when those from LIG would get up early and start work. **Indian Council of Medical Research (ICMR)** too has done studies on rural and urban population and found increase in the incidences in last two decades,” Dr Gupta said. Former president of Diabetes Association of India Dr Shankar Khobragade said no class barriers exist as far as diabetes is concerned. “It may happen to people leading healthy lifestyle and not necessarily only to affluent class. Awareness is more important and we recommend people check their sugar levels every birthday as diabetes damages kidneys,” he said.

Non-communicable diseases major contributor to loss of healthy life years: ICMR



November 11, 2019/Live Mint

Non-communicable diseases (NCDs) majorly contribute to loss of life years in India with an unequal distribution across states, according to the national disease burden estimates compiled by **Indian Council of Medical Research (ICMR)**.

The study titled "National Burden Estimates of healthy life lost in India 2017", also published in the Lancet, took into account the disability-adjusted life years (DALYs), a measure of overall disease burden, expressed as the number of years lost due to ill-health, disability or early death. The report has revealed that top 15 conditions that accounted for the most DALYs at all ages arose mostly from Years of Life Lost (YLLs)—namely, ischaemic heart disease (9.6% of all DALYs), perinatal (among newborns) conditions (8.5%), chronic respiratory diseases (5.7%), diarrhoea (4.7%), respiratory infections (4.5%), cancer (4.0%), stroke (3.6%), road traffic injuries (3.3%), tuberculosis (3.1%) and liver and alcohol-related conditions (3.0%). Pointing out a variation of disease burden across states, the study said, "Among NCDs, cancer YLLs were particularly high in northeastern states, Uttar Pradesh, Rajasthan, West Bengal, Haryana, Assam, Gujarat and Madhya Pradesh, and in the southern states of Kerala and Karnataka but the YLLs from specific causes of cancer varied even within those states with high cancer burden." The study also highlighted that road traffic injuries were high in the northern states of Uttar Pradesh, Punjab, Uttarakhand, Haryana and Himachal Pradesh, accounting for 33% of national totals. Drowning YLL rates were highest in the central states of Madhya Pradesh and Chhattisgarh and in Assam in the northeast, accounting for 11% of national totals.

Nine states, Northeast carry 44% of India's cancer burden: study

November 12, 2019/The Indian Express

The states in the Northeast, Uttar Pradesh, Rajasthan, West Bengal, Haryana, Assam, Gujarat, Kerala, Karnataka and Madhya Pradesh account for 44 per cent of India's cancer burden, an analysis of the disease burden data has found.

The analysis, published in The Lancet Global Health, looked at about 9.7 million deaths in India in 2017 and investigated reasons for 486 million disability-adjusted life years (DALYs) in the country. DALYs are an international unit of death and disability in terms of the number of life years lost of an average person to death and disability. "Among NCDs (non-communicable diseases), cancer YLLs (years of life lost) were particularly high in northeastern states, Uttar Pradesh, Rajasthan, West Bengal, Haryana, Assam, Gujarat and Madhya Pradesh, and in the southern states of Kerala and Karnataka. But YLLs from specific causes of cancer varied even within those states with high cancer burden; these high-burden states accounted for 44% of national YLLs from cancer," the analysis noted.

Prof Prabhat Jha of the Centre for Global Health Research, St Michael's Hospital, University of Toronto; and Dr Geetha Menon of the **Indian Council of Medical Research** are among authors of the article.

Premature deaths in India: Different causes, different states

November 13, 2019/The Indian Express



An analysis published in *The Lancet Global Health*, which looked at about 9.7 million deaths in India in 2017, found that every condition that was common in one part of India was uncommon elsewhere. For example, the Northeastern states, Uttar Pradesh, Rajasthan, West Bengal, Haryana, Gujarat, Kerala, Karnataka and Madhya Pradesh account for 44% of India's cancer burden (*The Indian Express*, November 12). Premature deaths due to various causes, expressed as YLLs, too were unevenly distributed in terms of the burden on the states. By the World Health Organization definition, YLLs, or years of life lost, are calculated from the number of deaths multiplied by a standard life expectancy at the age of death.

For example, liver and alcohol-related YLL rates were high in the northeastern states, Bihar, Karnataka, and Maharashtra, accounting for 18% of national YLLs. Suicide YLL rates were highest in the southern states, accounting for 15% of national totals. Road traffic injuries were high in the northern states of Uttar Pradesh, Punjab, Uttarakhand, Haryana and Himachal Pradesh, accounting for 33% of national totals.

In 2017, India had 486 million DALYs (disability-adjusted life years, a measure of the number of years lost due to ill health or disability). The ratio of DALYs to the 9.7 million deaths was about 50 to 1. More than three quarters of deaths and DALYs occurred in rural areas, and males accounted for 54.3% of all DALYs.

BURDEN OF DISEASE IN INDIA (IN DALYs PER LAKH POPULATION)

AGE	OVERALL	MALE	FEMALE	URBAN	RURAL
All ages	36,300	38,100	34,400	27,400	40,400
0-4	84,400	83,800	85,000	58,100	93,700
5-14	13,300	14,400	12,100	9,300	14,800
15-29	17,400	16,800	18,100	16,100	18,100
30-49	27,900	31,000	24,600	20,400	31,900
50-59	52,200	59,200	44,900	36,800	60,600
60-69	85,000	94,000	76,000	66,800	92,500
70-79	1,27,600	1,37,900	1,18,400	1,09,700	1,35,100
>80	1,12,900	1,20,400	1,06,800	99,600	1,18,600

Source: *The Lancet Global Health*

At all ages, the DALY rate per 100 000 population was 36,300, but rates were higher among rural residents and among males. DALY rates in rural areas were at least twice those of urban areas for certain conditions.

The study, funded by the Ministry of Health and Family Welfare, included authors from the **Indian Council of Medical Research**, and from the global health research wings of the University of Toronto and University of California, San Francisco.

15% people in Rajasthan at risk of diabetes: Study

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The findings of a study funded by the **Indian Council of Medical Research (ICMR)** has revealed that 15% population in the state is at the risk of developing diabetes. The study shows that people suffering from pre-diabetes is more than 14% in rural areas and 17% in urban areas. “Diabetes is like a ticking time bomb in the state. It will explode any time,” said Dr Arvind Gupta, principal investigator of the ICMR-funded study, whose data is yet to be published. The study shows the prevalence of diabetes in the state at 6%. The population of people with diabetes is much higher in urban areas compared to rural areas. In urban areas, 11% of the population and 4% of rural population are living with diabetes, the study shows. Health experts claimed that youths are more vulnerable to diabetes, which is why a large chunk of population is prediabetic. “Due to sedentary lifestyle and stressful life, more and more young people are being diagnosed with diabetes. It is becoming common even in villagers due to lifestyle changes,” said Dr Adil Aziz, a city-based diabetologist. The situation gets worse when youngsters, due to their busy schedule or touring jobs, do not pay attention to regular follow-up and diabetic diet. “The earlier you get diabetes, more stringent the control should be,” said Aziz. The doctors also expressed the need to counsel the population with diabetes so that they take treatment on time.

With regards,

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