



An IT Enabled Initiative

## VMF- HOLISTIC CENTRE FOR DIABETES & LIFESTYLE DISEASES

### DIABETES AND HYPERTENSION IN INDIA

- Prevalence of these diseases has increased dramatically with urbanization and globalization.
- India has 62 million people with diabetes and these numbers are expected to increase to 87 million by the year 2025.
- 77 million people have pre-diabetes in India of which a significant number will develop diabetes every year.
- Cardiovascular diseases kill people at younger age in low and middle income countries like India - on an average ten year younger than in high income countries.

### THREATS FROM DIABETES AND HYPERTENSION

- Diabetes, hypertension, obesity and cardiovascular diseases accounts for the highest burden of ill health.
- They are rapidly gaining importance not only in urban but also in rural areas, in both genders, amongst young adult population and in the poor and marginalized section of the society.
- The prevalence of risk factors and determinants of these diseases is high across all age groups (beginning from childhood).
- These diseases are also prevalent in the socio - economically weaker section and urban slum population.
- Diabetes and hypertension are responsible for development of heart diseases, stroke, kidney failure, blindness, gangrene and amputation of extremities and many other diseases.
- These diseases pose a huge impact on the economy and productivity of the country by reducing healthy populations.
- They affect individuals, their families, society and the country as a whole through increased expenditure incurred on treatment, loss of wages and employment, premature deaths and disabilities, loan repayment etc.

### WHY SCREEN FOR DIABETES AND HYPERTENSION

- These diseases have a long and silent asymptomatic phase and are frequently not diagnosed until complications appear.
- Screening can identify patients with asymptomatic disease much earlier and appropriate steps can be instituted for treatment of these problems and grave complications related to these diseases can be avoided.
- Screening can identify persons with high risk for developing diabetes. Early institution of lifestyle changes in this group of population can prevent development of diabetes, hypertension and heart diseases.

#### ISSUED IN PUBLIC INTEREST BY VMF

SPONSORED BY		SUPPORTED BY	
			Administration, Rotary International District 3010, Amity University, IT Companies, Industries, NEA, RWAs, Developers, Prakash Paramedical Institute, IMT College, Hari Singh Oberoi & Co. etc.

## Lifestyle Management is the key to healthy living.

B-37, Sector 67, NOIDA, District Gautam Budh Nagar (U.P.)

Phone: 0120-2595700 (100 Lines)

E-mail: [info@visionmissionfoundation.org](mailto:info@visionmissionfoundation.org), Website: [www.visionmissionfoundation.org](http://www.visionmissionfoundation.org)