

## **Adolescents & Non-communicable Diseases**

**Mrs. Sonal Patel**, Assistant Professor, Sumandeep Nursing College, Sumandeep Nursing College,  
Sumandeep Vidyapeeth deemed to be University, Piparia, Waghodia, Vadodara, Gujarat

Email Id: [sonalpatel6409@gmail.com](mailto:sonalpatel6409@gmail.com)

In 21<sup>st</sup> century Non-communicable diseases are one of the biggest public health challenges.<sup>1</sup> There are more than 1.2 billion adolescents worldwide, this indicates that nearly one in six persons is an adolescent.<sup>2</sup> About 243 million population covered by the adolescent in India.<sup>3</sup> Young people should understand the Non-communicable diseases and their risk factors. Two out of three premature deaths in adults is due to childhood conditions.<sup>4</sup> It is estimated that approximately 25 million boys and 13 million girls with age group 13–15 years old smoke cigarettes or use smokeless tobacco products<sup>5</sup>. In 2010 it was found that 81% of adolescents between 11–17 years were inadequately involved in physical activities. Adolescent girls were found to be less active than adolescent boys, with 84% and 78% respectively not meeting the 60 minutes of physical activity per day as per WHO recommendation.<sup>6</sup>

### **Importance of treating NCDs in adolescents.**

Treatment of NCDs is a huge burden not only economically but also huge amount of lives is lost. Thus, it becomes inevitable to prevent NCDs. Prevention of risk factors among young population can prove to be more effective. Adolescence is probably the best age to build positive health habits and limit the harmful behaviors. Adolescents have developing brain and their habits are being formed. Habits formed during this duration are most likely to be maintained through adult life. Thus, it is important to detect and manage harmful behaviors related to NCDs early.<sup>7</sup> These risk factors can cause less damage if they are recognised early in life when the habits are still forming. This will offer better health, better productivity and lesser cost of health care to nation.<sup>7</sup>

### **Risk factors for the NCDs.**



**Tobacco use/ Alcohol consumption**



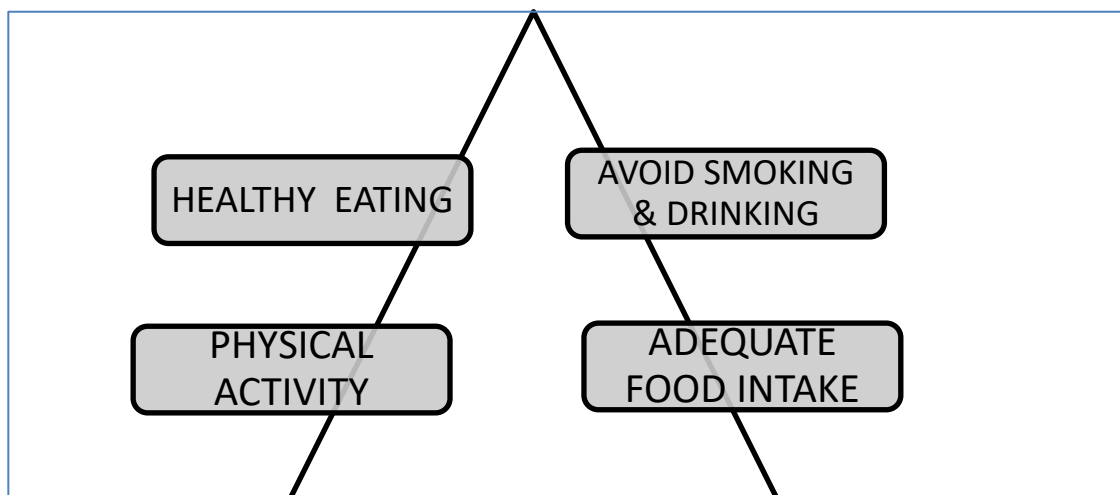
**Physical Inactivity/ Lack of exercise**



**Poor eating habits/ Unhealthy diet**

### Managing the risk factors of NCDs

Behavioural risk factors such as smoking, alcohol consumption, inadequate physical activity and sedentary lifestyle, and unhealthy food can be managed by proper counselling of parents and adolescents. Healthy habits are more likely to be followed when the whole family is ready for this change and choose healthy habits. Barriers towards healthy habits should be identified and managed. It is important to identify genetic risk factors by identifying family history, which will enhance susceptibility. Such cases should be encouraged to adopt healthy diets, regular physical activity, and less (<2 hours per day) sedentary activities (screen time like television, videogames and mobile phones). Smoking and other use of tobacco should be managed by counselling techniques.<sup>8</sup>



The overarching goal of the Global NCD Action Plan is to achieve the 2025 voluntary global targets.<sup>9</sup>

**Box I.1 Voluntary global targets for prevention and control of noncommunicable diseases to be attained by 2025**

	(1) A 25% relative reduction in the overall mortality from cardiovascular diseases, cancer, diabetes, or chronic respiratory diseases
	(2) At least 10% relative reduction in the harmful use of alcohol, as appropriate, within the national context
	(3) A 10% relative reduction in prevalence of insufficient physical activity
	(4) A 30% relative reduction in mean population intake of salt/sodium
	(5) A 30% relative reduction in prevalence of current tobacco use
	(6) A 25% relative reduction in the prevalence of raised blood pressure or contain the prevalence of raised blood pressure, according to national circumstances
	(7) Halt the rise in diabetes and obesity
	(8) At least 50% of eligible people receive drug therapy and counselling (including glycaemic control) to prevent heart attacks and strokes
	(9) An 80% availability of the affordable basic technologies and essential medicines, including generics, required to treat major noncommunicable diseases in both public and private facilities

**(Global status report on NCDs 2014)**

**References:**

1. Resolution adopted by the General Assembly on 10 July 2014 [Internet]. Who.int. 2019 [cited 15 July 2019].
2. Progress for children [Internet]. unicef report. UNICEF; 2010 [cited 2019Jul15].
3. Resolution adopted by the General Assembly on 10 July 2014 [Internet]. Who.int. 2019 [cited 15 July 2019].
4. Fact sheet on adolescent health. Manila: World Health Organization, Regional Office for the Western Pacific; 2015.
5. Youth | Tobacco Atlas [Internet]. Tobacco Atlas. 2019 [cited 15 July 2019].
6. YouthStats: Health. Adolescent Health. New York: Office of the Secretary General's Envoy on Youth, United Nations; 2015.
7. Non-Communicable Diseases and Adolescents — Vikaspedia [Internet]. Vikaspedia.in. 2019 [cited 15 July 2019].
8. Nhm.gov.in. 2019 [cited 15 July 2019].
9. Nhm.gov.in. 2019 [cited 15 July 2019].