

MCQ Question · mcqquestion.com

Non-Communicable Diseases (NCDs) in India: Cancer, Diabetes, Obesity

Free · Share

Non-Communicable Diseases (NCDs) in India: Cancer, Diabetes, Obesity

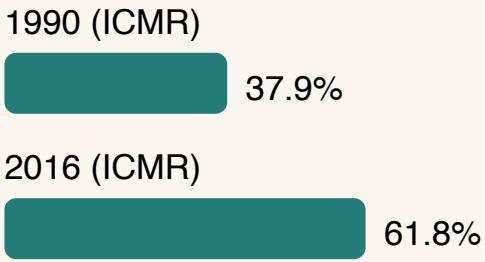
Why do chronic illnesses now cause most deaths in India? Heart disease, cancer, diabetes and lung disease do not spread from person to person. They build up over years. They now cause roughly six in ten deaths in India.

1 How big are NCDs in India's death toll?

NCDs cause about 63% of all deaths in India. That figure is widely quoted. Different studies give slightly different numbers.

What do the main sources say?

- ICMR’s disease-burden study found NCDs caused 37.9% of deaths in 1990.
- The same study put the share at 61.8% in 2016.
- The national action plan reports 6.0 million NCD deaths in 2016, which is 62%.
- WHO’s data portal gives 66% for 2019, as reported by Down To Earth.



The NCD share rose sharply in 26 years. Original explanatory diagram.

What is the memory hook?

Think “37 to 63”. About a third in 1990, about two thirds now.

> **Quick check 1.** ICMR estimated that NCDs caused 61.8% of deaths in India in 2016. *(True or False?)* See answer ↓

Sources: pib.gov.in; thewire.in; downtoearth.org.in

2 Which diseases count as NCDs?

The big four are cancer, heart and blood-vessel disease, chronic lung disease and diabetes. Each one grows slowly and lasts long.

What are the main risk factors?

- Tobacco use.
- Harmful use of alcohol.
- An unhealthy diet.
- Too little physical activity.
- High blood pressure. A WHO report found it in 21% of Indians.

What is the memory hook?

Think “four diseases, four habits”. Tobacco, alcohol, diet, inactivity.

> **Quick check 2.** Tobacco use is one of the main risk factors for NCDs. *(True or False?)* See answer ↓

Sources: downtoearth.org.in; pib.gov.in

3 How did India's NCD programmes develop?

India built these programmes in steps. Tobacco came first. Then came a wider NCD programme.

What are the milestones?

- The National Tobacco Control Programme began in 2007-08.
- The NPCDCS began in 2010 under the National Health Mission.
- It was later renamed NP-NCD.
- The Ministry says it has run NP-NCD in all States and Union Territories since 2010.
- The National Multisectoral Action Plan covered 2017 to 2022.

What is the memory hook?

Think “tobacco 07-08, programme 2010, plan 2017”. Three steps.

> **Quick check 3.** The National Tobacco Control Programme began in 2010. *(True or False?)* See answer ↓

Sources: ntcp.mohfw.gov.in; pib.gov.in

Sources: pib.gov.in; medbox.org

4 What does NP-NCD set up on the ground?

NP-NCD builds clinics and care units at several levels of the health system.

What is in place?

- 770 District NCD Clinics.
- 479 District Day Care Centres.
- 6,410 NCD clinics at Community Health Centres.
- 233 Cardiac Care Units.
- Frontline workers (ASHAs and ANMs) provide screening and referral.
- Tata Memorial Centre added new cancer hospitals in New Chandigarh (2022), Visakhapatnam (2023) and Muzaffarpur (2025).

What is the memory hook?

Think “district, day care, CHC, cardiac”. Four kinds of facility, plus new cancer hospitals.

> **Quick check 4.** NP-NCD has set up 233 Cardiac Care Units. *(True or False?)* See answer ↓

Sources: pib.gov.in

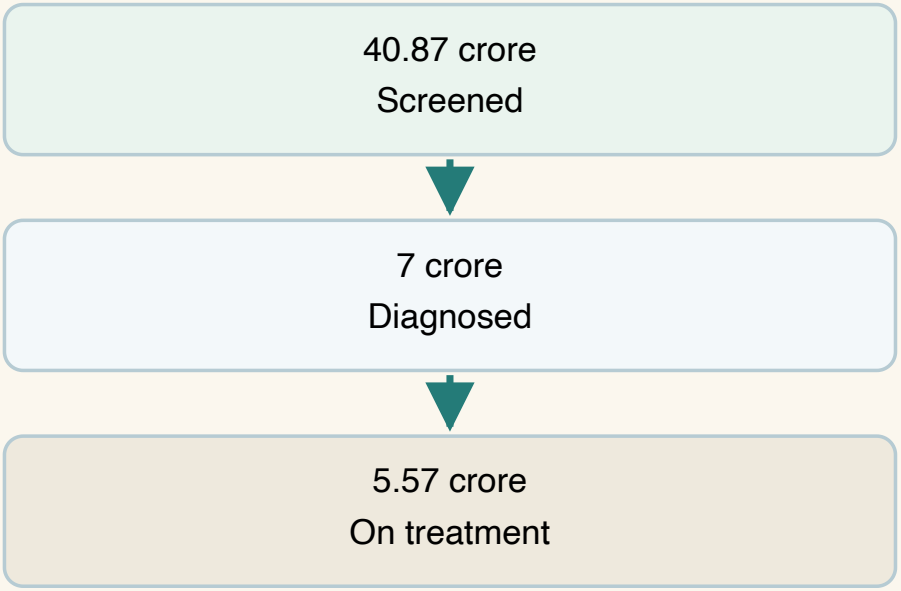
5 How many people has the programme screened?

By February 2026, screening had reached very large numbers. People over 30 are the target group.

What are the headline numbers?

- Hypertension: 40.87 crore screened, 7 crore diagnosed.

- Of those diagnosed, 5.57 crore were on treatment.
- Diabetes: 40.68 crore screened, 4.68 crore diagnosed.
- Oral cancer: 34.71 crore screened.
- Cervical cancer: 8.73 crore women screened, 93,062 diagnosed.



Screened, diagnosed, treated. Original explanatory diagram.

What is the memory hook?

Think “screen many, diagnose fewer, treat fewer still”. A funnel.

> **Quick check 5.** Under NP-NCD, more people were diagnosed with hypertension than were screened. *(True or False?)* See answer ↓

Sources: pib.gov.in

6 Is India on track for the global NCD target?

The global target is a 25% fall in premature NCD deaths by 2025. The base year is 2010.

What do the studies show?

- The Global NCD Action Plan was agreed in 2011.
- ICMR-NCDIR projects only a 13.9% fall from 2010 to 2025.
- So India is likely to miss the 25% target by a wide margin.
- WHO data show 22% of deaths in 2019 were premature.

What is the memory hook?

Think “25 wanted, 13.9 likely”. Short of the goal.

> **Quick check 6.** The global target is a 25% cut in premature NCD deaths by 2025, against 2010. *(True or False?)* See answer ↓

Sources: downtoearth.org.in

7 What are the exam traps?

Four mix-ups come up often.

What are the traps?

- **Which share of deaths?** Quote the source. ICMR says 61.8% for 2016. About 63% is the common estimate.
- **NTCP or NPCDCS?** Tobacco control began in 2007-08. NPCDCS began in 2010.
- **Old name or new?** NPCDCS is now called NP-NCD.

- **25% by when?** The global target is 2025, against 2010.

What is the memory hook?

Think “source, name, year”.

> **Quick check 7.** NPCDCS is the old name of the programme now called NP-NCD. *(True or False?)* See answer ↓

Sources: pib.gov.in; ntcp.mohfw.gov.in

Practice MCQs

1. Roughly what share of all deaths in India are now caused by Non-Communicable Diseases (NCDs)?

A. About 37%

B. About 90%

C. About 63%

D. About 30%

See answer ↓

2. In which year did India launch the National Tobacco Control Programme?

A. 2010

B. 2007-08

C. 2001-02

D. 2017

See answer ↓

3. Which programme did the Ministry rename NP-NCD?

A. Ayushman Bharat

B. NPCDCS

C. NTCP

D. NMAP

See answer ↓

4. What does the global NCD target aim for by 2025, compared with 2010?

A. A 50% fall in all deaths

B. Zero new diabetes cases

C. A 25% fall in premature NCD deaths

D. A 10% fall in tobacco sales

See answer ↓

5. Under NP-NCD, which group is mainly targeted for screening for common NCDs?

A. Only pregnant women

B. Only people over 60

C. Children under 5

D. People over 30 years of age

See answer ↓

Answer Key

1. **C.** The answer is about 63%. This is the widely quoted estimate. ICMR put the share at 61.8% in 2016, up from 37.9% in 1990. WHO data reported by Down To Earth give 66% for 2019. Memory hook: 37 to 63. ↑ Q1
2. **B.** The answer is 2007-08. The Health Ministry says the programme began that year. The wider NPCDCS followed in 2010. Memory hook: tobacco first, then the NCD programme. ↑ Q2
3. **B.** The answer is NPCDCS. It began in 2010 under the National Health Mission. It is now called NP-NCD. Memory hook: same programme, new name. ↑ Q3
4. **C.** The answer is a 25% fall in premature NCD deaths. ICMR-NCDIR projects only a 13.9% fall for India. So India will likely miss the target. Memory hook: 25 wanted, 13.9 likely. ↑ Q4
5. **D.** The answer is people over 30 years of age. ASHAs and ANMs do the screening. Community Health Centres and district hospitals handle referral. Memory hook: thirty and above. ↑ Q5

Quick-check answers

1. **True.** The share was 37.9% in 1990. ↑ 1
2. **True.** Alcohol, diet and inactivity are the others. ↑ 2
3. **False.** it is false. It began in 2007-08. The NPCDCS began in 2010. ↑ 3
4. **True.** This is the March 2026 count. ↑ 4
5. **False.** it is false. 40.87 crore were screened and 7 crore diagnosed. ↑ 5
6. **True.** India is projected to manage only 13.9%. ↑ 6
7. **True.** It began in 2010. ↑ 7

Curated by Arsalan Zuberi · mcqquestion.com

Scan to read online

https://mcqquestion.com/articles/non-communicable-diseases-ncds-in-india/