

MAJOR INITIATIVES AT A GLANCE



Together, Let's Build a World Free from the Burden of NCDs



One Earth, One World, Free from NCDs
 Web: www.nrcncd.org | facebook.com/nrcncd.india | instagram.com/nrcncd.india/

For more information
www.nrcncd.org | nrcncd.india@gmail.com
 Chairman: Prof. Dr. George Chandy Matteethra
 Executive Director: Mr. Johnson J. Edayaranmula



Empowering Communities, raising awareness and promoting healthy lifestyles while advocating for policies to create a Healthier World free from the burden of Non-Communicable Diseases and serving as a catalyst in achieving the Global NCD-SDG Targets



NATIONAL RESOURCE CENTRE FOR NON-COMMUNICABLE DISEASES
 Registered under the Indian Trusts Act
 Affiliated to World NCD Federation (WNF)
 BCMCH Campus, Thiruvalla
 Kerala - 689103, India

INTRODUCTION

The National Resource Centre for Non-Communicable Diseases (NRC-NCD) has been established as a joint venture of Believers Church Medical College Hospital and Alcohol & Drug Information Centre (ADIC)-India to lead efforts in the prevention and control of NCDs, aligning with the objectives of the WHO Global NCD Action Plan and the UN Sustainable Development Goals (SDGs) 2030.

As the sole Centre of its kind in India, NRC-NCD represents a significant milestone in public health. Situated within the tranquil and eco-friendly BCMCH Campus in Thiruvalla, it spans over 10,000 square feet and boasts state-of-the-art facilities that adhere to international standards..

The NRC was inaugurated on 28th April 2022 by Mr. Arif Mohammed Khan (Honourable Governor of Kerala) at a grand function in the presence of a galaxy of dignitaries representing, World Health Organization (WHO), World NCD Federation (WNF), Government Departments and other major Stakeholders.

- Equipped with a modern multi-gymnasium, and spaces for various indoor games such as badminton, table tennis, archery, table football, chess and carrom.
- Fun and Leisure Facilities: A Dance floor and Kids' Play Zone.
- Performance and Event Stage: A large stage for public performances and events.
- Healthy Cafeteria: A modern cafeteria promoting nutritious food options and healthy eating.



Role and Mission

The NRC-NCD also functions as a Training and Research Centre and a comprehensive Clearinghouse for data and information on NCDs. Additionally, it actively implements projects focused on achieving the 9 Voluntary NCD Targets and Indicators, furthering progress in reducing the burden of Non-Communicable Diseases.

Key Facts

- ❖ Non-Communicable Diseases (NCDs) are responsible for 41 million deaths annually, equivalent to 71% of all deaths globally. Over 15 million people die prematurely from NCDs each year, between the ages of 30 and 69. The burden is particularly heavy on low and middle income countries, which account for 77% of all NCD related deaths.

- ❖ Cardiovascular diseases cause 17.9 million deaths each year, followed by cancers (9.3 million), respiratory diseases (4.1 million) and diabetes (1.5 million). These four groups of diseases account for over 80% of all premature NCD deaths.
- ❖ Alcohol consumption, tobacco use, physical inactivity, unhealthy diet, and air pollution are the key risk factors for Non-Communicable Diseases (NCDs).

Our **Primary Goal** is to address the five major risk factors of Non-Communicable Diseases (NCDs), which include alcohol consumption, tobacco use, physical inactivity, unhealthy diet and air pollution through...

- Comprehensive assessment of the NCD situation, with a focus on the 9 Voluntary Targets and 25 Indicators aligned with the Global NCD Goals 2030.
- Empowering stakeholders and communities to promote awareness of Non-Communicable Diseases and foster healthy lifestyle habits.
- Implementing evidence-based interventions to address alcohol, tobacco, and substance use effectively.
- Encouraging best practices for physical activity and unhealthy diet to support overall well-being.
- Advancing clean and healthy environments to reduce risk factors and improve public health outcomes.



Key Facilities at NRC-NCD

- ❖ Library and Research Lounge: A dedicated space for research and knowledge sharing.
- ❖ 12 Cluster Focal Points: Led by a team of distinguished doctors specializing in various aspects of NCDs.
- ❖ Recreation Centre for Physical Activity & Diet :-

