Azadi Ka Amrit Mahotsav

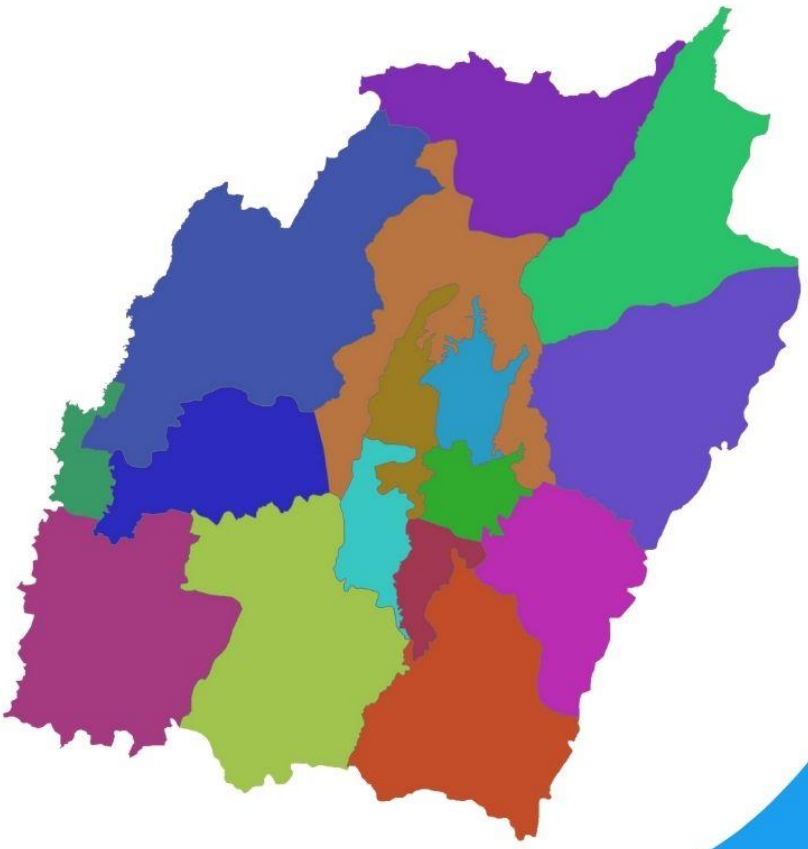
INDIAN COUNCIL OF MEDICAL RESEARCH

NCDIR
NATIONAL CENTRE FOR DISEASE INFORMATICS AND RESEARCH

CaRes
Cancer Research in North East, India
Research for better health

REPORT ON MONITORING SURVEY OF CANCER RISK FACTORS AND HEALTH SYSTEM RESPONSE IN NORTH EAST REGION (NER)

2022



MANIPUR

No: 291/01/NRHM-13(Misc)-pt.i

OFFICE OF THE
STATE HEALTH SOCIETY, NHM MANIPUR

MESSAGES

Imphal, the 26th April 2022

I am very glad that the ICMR-NCDIR, Bengaluru is bringing out the report on ***"Monitoring survey of Cancer risk factors and health system responses in North -East Region (NER) of India".***

The North-Eastern (NE) region has the highest incidence of cancer in India and also burdened by higher prevalence of risk factors and inadequate cancer treatment facilities. Cancer is among the top five leading causes of death in Manipur.

The survey report has described in detail the distribution of major cancer-associated behavioral and metabolic risk factors as well as the Health- System responses towards cancer prevention and control at the primary and secondary level in public and private sector health facilities.

It is observed from this survey that there is more than 50% prevalence in individuals above 45 years of cancer risk factors. This highlights the necessity of setting up of cancer risk factor surveillance program by the stakeholders of health-related departments in Manipur.

I am sure that the results of the survey will be fully utilized to reduce the cancer burden in this region.

26/4/22

(Dr. Somorjit Ningombam)
State Mission Director
State Health Society, NHM Manipur

डॉ प्रशान्त माथुर एम.बी.बी.एस., डी.एन.बी., पी.एच.डी., एम.ए.एम.एस.
निदेशक
Dr Prashant Mathur DCH, DNB, Ph.D., MNAMS
Director
E-mail: director-ncdir@icmr.gov.in

आई सी एम आर - राष्ट्रीय रोग सूचना विज्ञान एवं अनुसंधान केंद्र
स्वास्थ्य अनुसंधान विभाग, स्वास्थ्य एवं परिवार कल्याण मंत्रालय, भारत सरकार
ICMR - National Centre for Disease Informatics and Research
Department of Health Research, Ministry of Health and Family Welfare, Government of India

Foreword

The rising burden of cancer across the country is a cause for worry. The incidence and mortality rates for cancer are highest in the North East Region (NER) of the country. The ICMR-NCDIR has successfully completed the 'Monitoring survey of cancer risk factors and health system response in NER 2019-2021' as part of the cancer research NER (CaRes NER) Programme in the state of Manipur. The aim of the survey was to estimate the prevalence of major cancer- associated behavioral and metabolic risk factors and pattern of their distribution in the population. The response of the health system towards cancer prevention and control at the primary and secondary level in public and private sector health facilities has also been assessed. The findings from this survey will form a baseline for monitoring of risk factors for comparison in subsequent surveys.

This report contains the findings that were generated from the monitoring survey which was conducted in the state of Manipur, implemented through PBCR Manipur situated at Regional Institute of Medical Sciences, Imphal.

I sincerely appreciate the efforts of the Principal Investigator and Co-Principal Investigator of the study site for their role in supervising and coordinating a smooth and efficient conduct of the survey. The role and support provided by the scientific and technical staff at ICMR-NCDIR, Bengaluru is duly acknowledged.

I hope that this survey will aid in establishing a cancer surveillance program in the region which has so far been compiling data on cancer related statistics. As cancer registration is an integral part of cancer surveillance, an ongoing surveillance of risk factors will help to correlate trends in cancer incidence and risk factors. Valuable information shared with the state and local authorities shall facilitate efforts to reduce the cancer burden through appropriate interventions.

Prashant Mathur

निर्मल भवन, आई सी एम आर कॉम्प्लेक्स, पूजनहळ्ळी रोड,
कन्नमंगला पोस्ट, बेंगलुरु - 562 110. कर्नाटक (भारत)

Nirmal Bhawan-ICMR Complex, Poojanahalli Road,
Kannamangala Post, Bengaluru - 562 110. Karnataka (India)

Tel: +91 080 22176400
Fax: 080 30723643
Email Id: ncdir@ncdirindia.org
https://ncdirindia.org

REGIONAL INSTITUTE OF MEDICAL SCIENCES
IMPHAL : MANIPUR
(An Autonomous Institute under the Ministry of Health & Family Welfare, Govt. of India)

Foreword

It gives me great pleasure to forward the report on 'Monitoring survey of cancer risk factors and health system response in North-East Region (NER) of India – Manipur State, 2019-2020. The report gives a collective description of major cancer-associated behavioral and metabolic risk factors as well as the health-system response towards cancer prevention and control at the primary and secondary level in public and private sector health facilities in the state.

The North-Eastern (NE) region has the highest incidence of cancer in India, and is also burdened by higher prevalence of risk factors and inadequate cancer treatment facilities. Cancer is among the top five leading causes of death in Manipur.

It is observed from this survey that the state is experiencing high burden of cancer risk factors. This report also highlights the poor health seeking behavior among the respondents and lack of resources for prevention and control of cancer at healthcare facilities. The indicators of health-related behavior and health system status in the state could be related to the magnitude of cancer.

The study highlights the necessity of setting up of cancer risk factor surveillance program at the Population Based Cancer Registries and overall strengthening of healthcare facilities. This report will be a useful tool to drive policy and program towards cancer prevention and control advocacy efforts in the NER. I am hopeful that these findings of the study will be owned up by the concerned decision makers and incorporate them in making or reinforcing the existing program policy.

21/5/22

(Prof. A. Santa Singh)
Director,
Regional Institute of Medical Sciences,
Imphal

Acknowledgement

It is an immense pleasure of bring out the report on "Monitoring survey of cancer risk factors and health system response in North East Region (NER) of India" for the state of Manipur which has been made possible by the valuable contribution of several person.

First and foremost, I would like to thank all the study respondents whose data were included in the report. I would like to thank my Co-PI's Dr. Ph. Madhubala Devi, Professor, Department of Pathology and Dr. K. Shantibala Devi Professor, Department of Community Medicine and Professor Brogen Singh Akoijam, Professor and Head, Department of Community Medicine , for their immense support and co-operation during the survey period till the final drafting of the result. I would like to thank all the survey staff especially Dr. L. Victoria Devi (Research Scientist-B), N. Fancy Devi (Project Technician officer) and Mr. Kh. Nabachandra (Social Investigator, PBCR, RIMS) for their active role in organising the logistics of each place despite the challenges imposed by field condition and COVID-19 pandemic.

I would also like to thank respected Shri Leishemba Sanajaoba (Titular king and Rajya Shaba MP of Manipur) for the help rendered in coordinating with the village chiefs of interior hilly terrains of our state and local clubs of various PSU's covered for their support and hospitability given to our staff.

I would like to thank Dr. Anita Nath and Dr. Prachi Phadke for the constant help and guidance during the period of survey.

I am very grateful to Prof. Balram Bhargava, Director general ICMR and Secretary DHR and Dr. Prashant Mathur, Director ICMR-NCDIR for giving us the opportunity of conducting this survey which will help the stakeholders of our state to take up concrete steps regarding the various NCD.

Sushma
25/04/2022

Dr. Sushma Khuraijam
Professor and Head
PI-PBCR &HBCR
Department Of Pathology
Regional Institute of Medical Sciences (RIMS)
Imphal, Manipur-795004

List of Abbreviations

BMI	Body Mass Index
BP	Blood pressure
CCA	Central Coordinating Agency
CEBs	Census Enumeration Blocks
CHCs	Community Health Centres
Co-PI	Co-Principal Investigator
CSA	Coordinating PBCR covering State Agency
CVDs	Cardiovascular Diseases
DHs	District Hospitals
HHs	Households
ICMR	Indian Council of Medical Research
MSW	Medical Social Worker
NCDs	Noncommunicable Diseases
NCDIR	National Centre for Disease Informatics and Research
NER	North-East Region
NNMS	National NCD Monitoring Survey
NHM	National Health Mission
NPCDCS	National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke
PBCR	Population Based Cancer Registry
PHCs	Primary Health Centres
PI	Principal Investigator
PPS	Probability Proportional to Size
PSUs	Primary Sampling Units
SDGs	Sustainable Development Goals
TWG	Technical Working Group
WHO	World Health Organization
STEPS	STEPwise approach to surveillance
SARA	Service Availability and Readiness Assessment
WC	Waist Circumference

Executive Summary

The incidence, mortality, and cumulative risk of developing cancer has been consistently high in the Northeastern Region (NER) of India, according to reports of the National Cancer Registry Programme (NCRP). While the Population Based Cancer Registries (PBCRs') under the NCRP have been instrumental in providing the much-needed cancer data for the geographic area covered by a registry, it is vital to understand the likely reasons for the reported cancer incidence and its outcomes. Cancers share several common risk factors, and comparable health system needs with other significant NCDs (cardiovascular diseases, diabetes, stroke, chronic obstructive pulmonary disease and chronic kidney disease) for prevention, early detection and control. These include major behavioural and metabolic risk factors such as tobacco use, unhealthy diet, inadequate physical activity, alcohol use, raised blood glucose and overweight/obesity. Therefore, establishing a cancer risk factor surveillance system within a cancer registry is essential to track changes, implement suitable interventions and evaluate their impact, which would be reflected in the magnitude of cancer that is periodically reported from the registry.

Hence, this survey is an approach to implement a baseline monitoring system to drive us in understanding the linkage between exposures to risk factors, other NCDs and cancer incidence derived from the PBCRs in the NER and would aid in analysing the trends over time. This will enable the policymakers and stakeholders at making best decisions to address cancer prevention and control in the state.

The survey objectives included:

Primary objectives: To generate prevalence of key cancer and other NCD related risk factors and estimate health system response in the state of Manipur.

Secondary objectives:

- To set a baseline to monitor and track trends in the prevalence of risk factors associated with cancer and other NCDs in the state of Manipur.
- To link or correlate risk factors with cancer incidence and burden collected by the PBCR in the Manipur state.

Key findings

- The proportion of solid fuel use was high in rural areas (61.7%). Over half (59.9%) of the rural population used wood as cooking fuel. Nearly 60% of the rural population used 'open stove' or 'chulha' for cooking.
- Over half of the respondents (52.1%) were current tobacco users, comprising 63% men and 41.4% women. Nearly one third (29.5%) of men were current users of smoked tobacco.
- 16.3% of the respondents reported to have consumed alcohol over the past 12 months and 14.4% reported alcohol use within the past month.
- The mean number of days on which either fruits or vegetables were consumed was 5.4 days in a week.
- According to the WHO criteria, the proportion of those who were obese was 9.8%, while the prevalence of obesity was higher (42.3%) using Asian cut off points.
- The prevalence of raised blood pressure was 33.2%, of which the proportion of newly detected (27.6%) was higher than previously known (5.6%).
- The proportion of respondents whose blood glucose level was over 126 mg/dl was 6.3%, among whom the proportion of known diabetics was 3.0%.
- Nearly 42% of the cancer patients had sought health care outside of their state, the majority (64%) were availing of treatment at a government health facility.
- Over a third (40%) of the cancer patients were self-financing their treatment; 12% were covered by health insurance.
- Cancer screening for all three types of cancers (cervical, breast, oral) was available in none of the PHC and CHC, while it was available at 33.3% of the District hospitals.
- A few District hospitals had a specialist in position in the following departments: surgery (66.7%), medicine (66.7%) and gynecology (33.3%).
- Nearly 60% of the General Duty Medical Officers at the CHC and District hospitals had been trained for NPCDCS/NHM (NCD related)/State program. Likewise, the proportion of staff from other cadres who had undergone NCD-related programme management training was low in PHC, CHC and District hospitals.
- More than a quarter of the District hospitals had daycare facilities for chemotherapy.

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Chapter 1: Introduction

The National Cancer Registry Programme (NCRP) was established as early as 1981, and has its coordinating centre at NCDIR, Bengaluru. The role of NCRP is vital in assessing indicators like incidence & prevalence of cancer, the mortality trends and the quality of the healthcare systems being provided in different regions. The relevant health indicators are then collected, assessed, analysed and interpreted to provide inputs that help in formulating policies, programmes, and research activities. The cancer data is collected from the respective state PBCR for the above analysis. The PBCR of Manipur is situated in Regional Institute of Medical Sciences, Imphal. The data analysed from these PBCRs helps not only to study the cancer pattern of the population of a defined region, but also helps with time trend analysis of predominant cancers in the state. This in turn leads to formulation of prevention and control strategies for cancers prevalent in the region.

Sociodemographic profile of Manipur		
	Population	**Literacy Rate**
Males	1438586	83.6
Females	1417208	70.3
Total	2855794	76.9

Source: [1]

PBCR Coverage	
PBCR name	Manipur
PBCR location	Regional Institute of Medical Sciences, Imphal
Coverage area	Imphal west district from 2003 upto 2004; Manipur state coverage from 2005.
Year of establishment	2003
Number of sources of registration	17
Area (in Sq. km)	22327
Coverage of urban and rural areas (%)	29.2 & 70.8

1.1 Profile of cancer in Manipur [2]

Cancer is among the top five leading causes of death in the state [3] In Manipur, the leading site of cancer was lung (18.9%) which was followed by cancer of the stomach (6.9%) and cancer of the nasopharynx (6.2%). Whereas in females, the breast is a leading cancer site (15.4%) followed by lung (14.4%) and cervix uteri (9.5%). Tobacco use related cancer sites were seen as high as a little over 35% among males and close to 20% among the females. Across both the gender, Cancer of the Lung (18.9% in males & 14.4% in females) constituted the leading site followed by oesophagus (5.3% in males and 1.4% in females).

Table.1.1 Number of cancer cases and Age Adjusted Incidence Rate (AAR) per 1,00,000 population

Gender	Number of New Cancer Cases	AAR
Males	3702	62.8
Females	4500	71.1

Table 1.2 Probability of one in number of Persons developing any of the leading cancer in 0-74 age group in males & females.

Sl. No	Manipur			
	Males		Females	
	Type of Cancer	**Probability**	**Type of Cancer**	**Probability**
1.	Lung	1 in 58	Lung	1 in 63
2.	Stomach	1 in 177	Breast	1 in 95
3.	Oesophagus	1 in 221	Cervix Uteri	1 in 126
4.	Nasopharynx	1 in 231	Thyroid	1 in 205
5.	NHL	1 in 294	Ovary	1 in 227

1.3 Availability of Health Services related to Cancer Care in Manipur State

The geographical indisposition, rugged terrain, vast hilly areas, and many ethnic groups contribute to the shortage of quality cancer-related health care facilities. Treatment seeking behaviour and delay in diagnosis often impact the mortality of the population in Manipur. The public health cancer continuum ranges from prevention to screening to treatment, including palliative care.

Table. 1.3 Availability of public health care services

A. Public sector health facilities [4,5,6]	Number
Sub centres (SC)	416
Health and Wellness Centre - Sub Centre (HWC-SC)	85
Primary Health Centres (PHC)	95
Health and Wellness Centre - Primary Health Centre (HWC-PHC)	29
Community Health Centres (CHC)	17
Sub-district Hospitals (SDH)	1
District Hospitals (DH)	7
Number of government allopathic doctors and dental surgeons	1268
B. Tertiary health care facilities	
Medical Colleges[7]	02
State cancer institute[8]	00
Regional cancer care centre[9]	01
C. State government health scheme [10]	Chief Minister-gi Hakshelgi Tengbang(CMHT)

1.4 Background

This survey was conducted as a part of cancer research in the North East Region (CaRes NER), a multidisciplinary programme for preventing and controlling cancer in the north-eastern states run by ICMR-NCDIR, Bengaluru. It aims to form a baseline database of cancer and other NCD-related risk factors for comparison in subsequent surveys, which would help establish an NCD risk factor surveillance program. As cancer registration is an integral part of cancer surveillance, ongoing surveillance of risk factors will correlate with cancer incidence and risk factors. Moreover, with the set time-bound and attempts provided by NCD targets (10) and indicators (21) by 2025 [11] to achieve universal health coverage, ongoing surveillance would determine outcomes of national health programmes. Therefore, the establishment of a surveillance system is of vital importance to track changes and evaluate interventions. The survey objectives were as follows.

1.5 Objectives

1.5.1 Primary objective

To generate key cancer and other NCD related risk factors and health system response indicators in the PBCR covered regions of Manipur.

1.5.2 Secondary objectives

To set a baseline to monitor and track trends in the prevalence of risk factors associated with cancer and other NCDs in the PBCR covered regions of Manipur.

To link or correlate risk factors with cancer incidence in the region. The survey included four broad components

1. Household level Interview
2. Adult Interview
3. Cancer patient interview
4. Health Facility Interview

Chapter 2: Methodology

2.1 Survey Design

A cross sectional survey design was used to cover the target study population. A multistage cluster sampling was adopted for the survey. The population from the 2011 census was sorted by state, district, sub-district, town/village code, ward number to identify survey Primary Sampling Units. (PSUs). Similar to the National NCD Monitoring Survey, the study procedures consisted of household, adult and health facility level interviews [12] Cancer patient interviews were also conducted if any such patient was identified in the selected household. Questions that were specific to cancer prevention and access to care were included in the study tools.

2.2 Study Population

The target population for the survey was defined as all residents aged 18 or above residing in their usual residence. The institutional population comprising those living in collective places like students' dormitories, hospitals, hotels, prisons, military barracks, etc., were not included in the survey.

2.3 Sample size

The sample size for the survey was worked out to obtain reliable estimates for cancer risk factors related to adults in Population Based Cancer Registry (PBCR) covering areas. The sample size was estimated by considering the objectives of estimating the prevalence of behavioural risk factors for cancer and other NCDs (including tobacco use, alcohol consumption, and physical inactivity). The sample size was 2880 for the state of Manipur with 100% coverage by the PBCR as show in the table below:

Table 2.3.1 Sample size charting for the survey

Registry Name	State Name	State Total Population	State Total Population (Age 18+)	Total Population (Age 18+) covering PBCR	Total Population of Study site (as per census 2011)- (Age 18+)	% of under PBCR covering area	Total sample size per Study Site (Approximately)	Total PSUs (48 HH per PSU)
Manipur - PBCR	Manipur	2855794	1814488	1814488	1814488	100	2880	60
Total Sample Size and Total PSU							**2880**	**60**

2.4 Data Collection Tools

The study tools used for different levels included (i) Household (ii) Adult (iii) Adult with cancer and (iv) Health facility (PHC or urban equivalent, CHC/ District Hospital and private facilities). These instruments were adapted from the National NCD Monitoring Survey (NNMS) to suit survey objectives. Standard references were used to define the data variables.

2.5 Survey Period

The survey was conducted between November 2019 and December 2020.

2.6 Governance of Survey

The survey implementation was under the supervision, coordination and monitoring of the Central Coordinating Agency (CCA) at ICMR - National Centre for Disease Informatics & Research (NCDIR), Bengaluru.

The CCA provided all technical and scientific assistance for the survey at all stages. It was responsible for overall coordination, monitoring, quality assurance, data maintenance, cleaning, analysis and report writing with the technical support from its partners. A team of experts were identified for survey supervision, monitoring and scientific guidance.

2.7 Quality Assurance and Training

The quality control measures were followed to standardize the survey at all stages and all levels of governance. This included preparing training materials, undertaking training, calibration and standardization of equipment, data collection tools, field data collection and storage, handling blood samples and safe disposal mechanisms of the generated biomedical waste. A dashboard was created to monitor the live status of data collection and troubleshooting, or any queries or issues faced at the time of the field was solved through FAQ's and virtual calls.

Principal Investigators (PI) and Co-Principal Investigators (Co-PI) from both PBCRs were trained in all survey procedures as part of the CCA's two-day Training of Trainers program. A classroom-based training, demonstrations, hands-on and mock field drills were undertaken for the research team during the 3-day training program from 8th -10th, January, 2020.

2.8 Data Management and Analysis

The field team used the handheld devices loaded with the software application for data collection and entered data in the field. Provision of keeping back up of data in SD cards in the handheld was also present. The data from the handheld devices were uploaded/ synced to the Central server at ICMR-NCDIR.

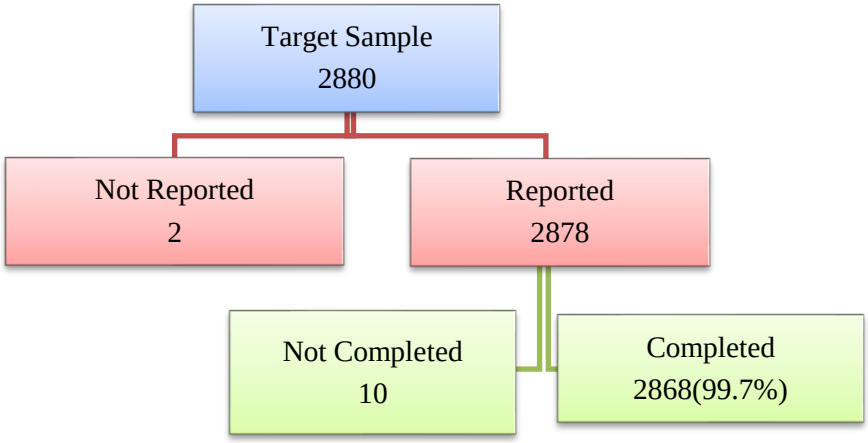
The data from all PSUs' were compiled and cleaned, following which weighting procedures were followed for adjusting for sampling and population proportions and response rates. The detailed statistical analysis plan was prepared based on the identified indicators and subgroups. The data analysis was done using STATA 14.1 with prior developed analysis commands by complex survey analysis. The survey results have been presented by descriptive statistics with means and proportions with 95% confidence intervals (CIs) as a measure of precision on the estimated population parameters.

2.9 Ethical Considerations

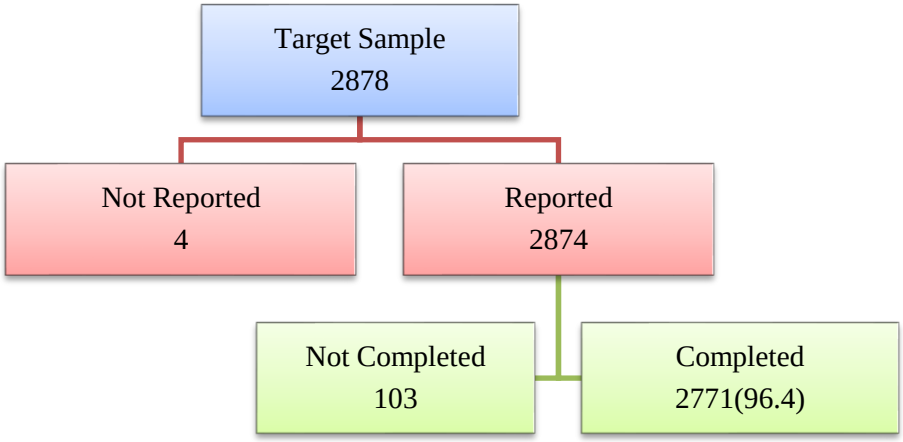
Manipur PBCR received its institutional ethical clearance from their institutional ethics committee [A/206/REB/Prop(faculty)119/46/2019]. The survey received ethical clearance from the Ethics review committee of the CCA, ICMR – NCDIR (NCDIR/IEC/2017/2).

Chapter 3: Survey Results

Household Response Rate



Adult – level Response Rate



A. Household level interview

3.1 Household Characteristics

3.1.1 Average size of the household by place of residence*

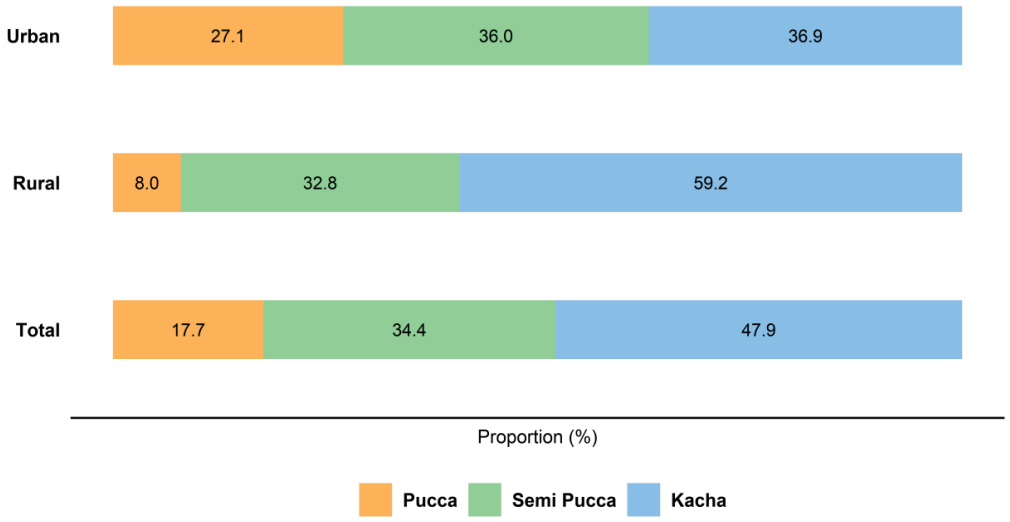
	Urban	Rural	Combined
Median (IQR*)	**4(2)**	**4(3)**	**4(3)**

*Size of the household- Number of members in the household [*IQR: - Interquartile Range]*

**Household: A person or group of persons who could be biologically related/not related, living together in the same unit(s), who recognise a joint head of the household (an adult male or female) and are considered a single unit, sharing the same household arrangements.*

3.1.2 Household characteristics by place of residence (Percentage)

3.1.2 (a) Type of House*



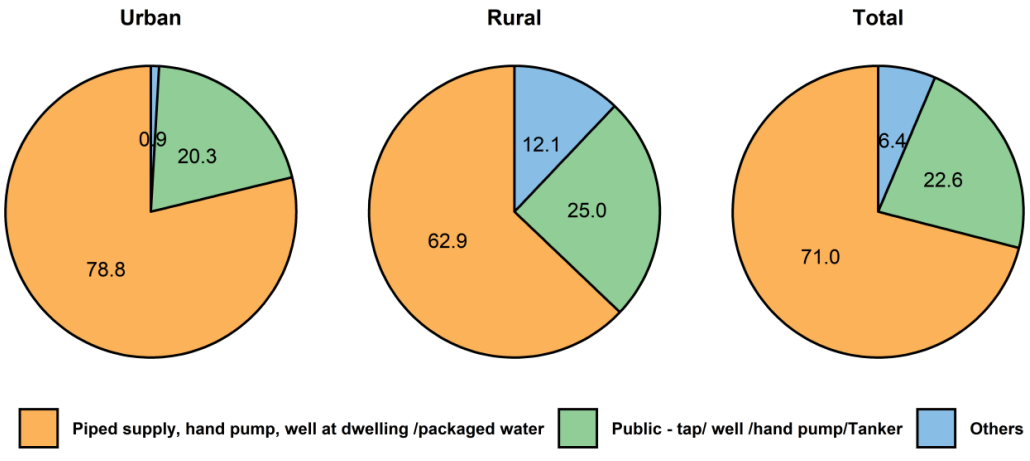
** **Type of house** is defined based on roof, floor and walls.*

***Pucca house**: A pucca house is one, which has walls and a roof made of the following material. Wall material include burnt bricks, stone and cement. Roof material includes tiles, cement, iron or asbestos sheets*

***Semi pucca house:** A house with fixed walls made up of pucca material, but the roof is made up of material other than those used for pucca house.*

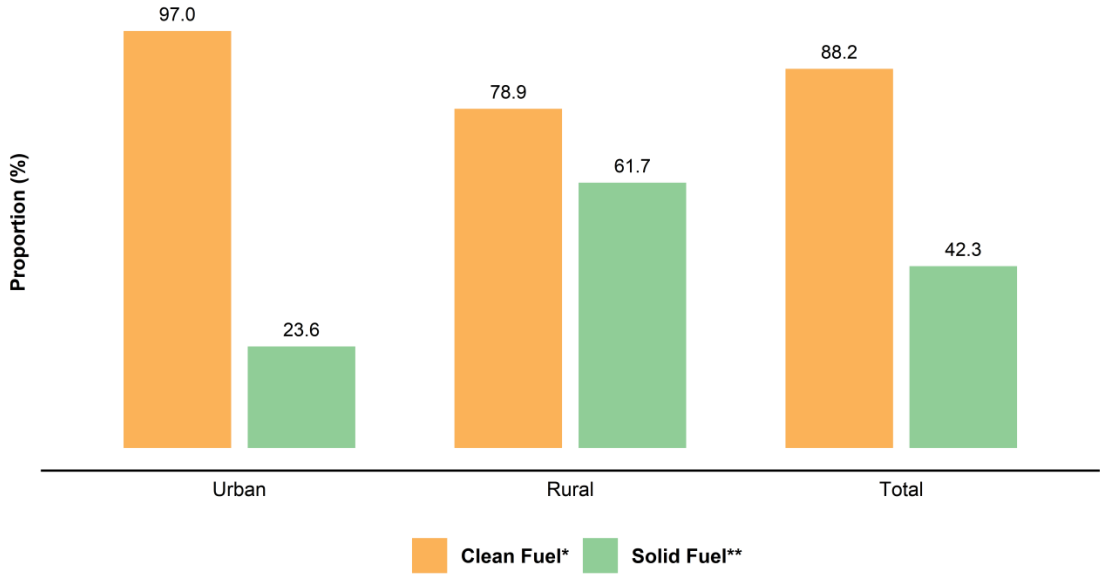
***Kutcha House:** The walls and/or roof are made of material other than those mentioned above, such as unburnt bricks, bamboos, mud, grass, reeds, thatch, loosely packed stones, etc.*

3.1.2 (b) Main source of drinking water



3.1.3 Fuel used for cooking and type of kitchen among households by place of residence (Percentage)

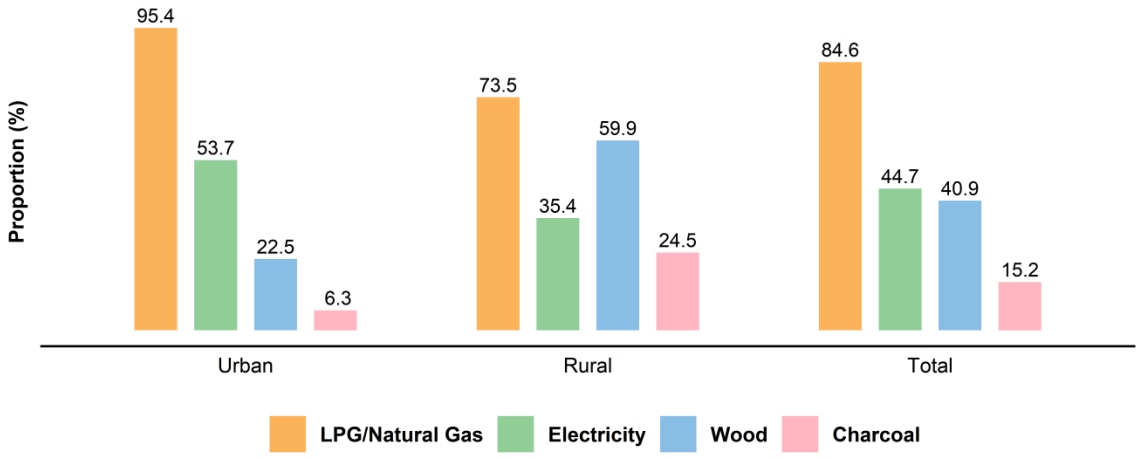
3.1.3 (a) Type of fuel



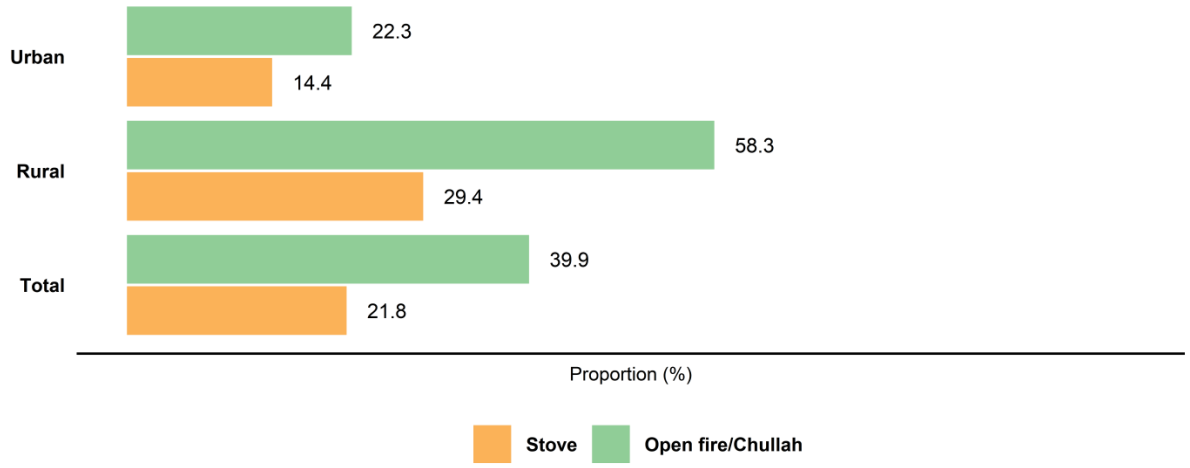
**Clean fuel: Electricity, LPG/Natural Gas, Biogas*

***Solid Fuel: Charcoal, Coal/lignite, wood, Straw/Shrubs/Grass, Agricultural crop waste, Dung cakes*

3.1.3 (b) Type of fuels used for cooking purposes



3.1.3 (c) Type of stove/ fire used among households using solid fuels



3.2 Awareness and Attitudes Towards Cancer

	Urban	Rural	Combined
Awareness about HPV Vaccine	0.2	0.6	0.4
Felt ashamed or hesitant to talk about cancer	0.3	0.1	0.2

3.3 Descriptive Profile of Cancer Cases Identified at the Household Level

3.3.1- Households with cancer cases by place of residence

	Urban (N=832)	Rural (N=1939)	Combined (N=2771)
Percentage of households with diagnosed cancer cases			
Percentage – alive	10 (1.2)	9 (0.5)	19 (0.7)
Percentage – deceased	54 (6.5)	62 (3.2)	116 (4.2)

3.3.2 - Duration of Cancer from the time of diagnosis by place of residence

	Urban	Rural	Male	Female	Combined
Duration of diagnosis for cancer patients who were alive during the survey*	**(N=11)**	**(N=9)**	**(N=8)**	**(N=12)**	**(N=20)**
< 6 months	2 (18.2)	0 (0.0)	1 (12.5)	1 (8.3)	2 (10.0)
6-12 months	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)
13– 24months	0 (0.0)	2 (22.2)	1 (12.5)	1 (8.3)	2 (10.0)
> 24 months	7 (63.6)	6 (66.7)	6 (75.0)	7 (58.4)	13 (65.0)
Don't know	2 (18.2)	1 (11.1)	0 (0.0)	3 (25.0)	3 (15.0)
Duration between diagnosis and death of the patient*	**(N=60)**	**(N=65)**	**(N=66)**	**(N=59)**	**(N=125)**
< 6 months	13 (21.7)	8 (12.3)	10 (15.2)	11 (18.6)	21 (16.8)
6-12 months	1 (1.7)	3 (4.6)	1 (1.5)	3 (5.1)	4 (3.2)
13– 24months	10 (16.7)	13 (20.0)	13 (19.7)	10 (16.9)	23 (18.4)
> 24 months	14 (23.3)	16 (24.6)	16 (24.2)	14 (23.7)	30 (24.0)
Don't know	22 (36.6)	25 (38.5)	26 (39.4)	21 (35.7)	47 (37.6)

**Prior to the date of interview: extracted from the date of diagnosis*

3.3.3 - Duration of Cancer (in months) by place of residence (Mean)

	Urban	Rural	Combined
Average duration of cancer (alive)	73.4	75.4	74.4
Average duration of cancer (deceased)	21.2	21.1	21.1
Average duration of cancer (alive/deceased)	31.2	30.1	30.6

**Extracted from the date of diagnosis*

B. Adult Level Interview

3.4 Demographic Characteristics of Adults by Place of Residence and Gender

3.4.1 Socio -demographic characteristics of adults by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Age (in years)					
18–44	63.5	70.7	67.1	66.8	67.0
45 –69	30.9	25.5	28.4	28.2	28.3
70 years and above	5.6	3.8	4.5	5.0	4.7
Marital Status					
Never married	15.8	14.6	19.0	11.5	15.2
Currently married/ cohabiting	76.2	80.0	79.1	77.0	78.0
Separated/Not living together/ Divorced	0.5	0.9	0.0	1.3	0.7

Widowed	7.5	4.5	1.9	10.2	6.1
Highest level of Education					
Less than class 6	9.5	13.2	9.1	13.5	11.2
Class 6 to 10	36.9	52.2	44.7	43.4	44.1
Class 11 or 12	20.5	20.5	19.8	21.3	20.5
Graduation or diploma completed	28.8	13.1	23.4	19.3	21.4
Post-graduation	3.7	0.9	3.0	1.8	2.4
No response	0.6	0.1	0.01	0.7	0.4
Occupation					
Professional	12.0	5.4	11.6	6.0	8.8
Medium or large Business	1.0	0.3	1.0	0.3	0.7
Middle / Senior Executive/officer in organization	1.4	0.9	1.7	0.6	1.1
Agricultural land owner	0.3	3.4	3.0	0.6	1.8
Sales and Marketing executives/Clerical	1.7	0.5	1.9	0.4	1.1
Self-employed and small business	14.0	11.9	18.6	7.5	13.0
Skilled manual labourer	7.2	12.0	15.3	3.9	9.5
Unskilled manual/agricultural labourer	10.4	22.1	23.7	8.8	16.2
Student	7.1	5.6	7.7	5.1	6.4
Homemaker	34.6	29.5	0.5	63.0	32.1
Retired	3.4	2.5	5.5	0.4	3.0
Unemployed (able to work)	4.5	3.2	6.3	1.6	3.9
Unemployed(unable to work)	2.3	2.4	2.9	1.8	2.3
No response	0.0	0.1	0.04	0.0	0.04
Others	0.1	0.2	0.3	0.0	0.1

3.4.2 Religion and Social Status of adults by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Religion					
Hinduism	60.7	35.7	40.8	56.0	48.5
Islam	14.1	8.2	9.0	13.4	11.2
Christian	20.2	53.9	46.4	27.2	36.7
Others	5.0	2.2	3.8	3.4	3.6
Social Group					
General	43.0	24.1	29.2	38.1	33.7
OBC	26.4	17.9	16.8	27.7	22.3
SC	6.9	3.2	5.4	4.7	5.1
ST	23.1	53.8	48.0	28.5	38.1
No response	0.2	0.2	0.1	0.3	0.2
Don't know	0.4	0.8	0.5	0.7	0.6

3.5 Obstetric history of adult females (Percentage)

	Urban	Rural	Total
Ever Pregnant (%)	81.6	85.3	83.3
Age at first Pregnancy (%)			
<18 Years	6.4	5.1	5.8
18 – 29 Years	80.2	88.3	83.9
≥ 30 Years	13.4	6.6	10.3
Average age at first pregnancy*(in years)	23	23	23
Gravida*#	2.6	2.9	2.8
Ever breast fed	96.0	96.8	96.4
Never breast fed	4.0	3.2	3.6
Mean duration(in months) of breastfeeding among ever pregnant women@	65.9	71.0	68.3

**Values are expressed as Mean;*

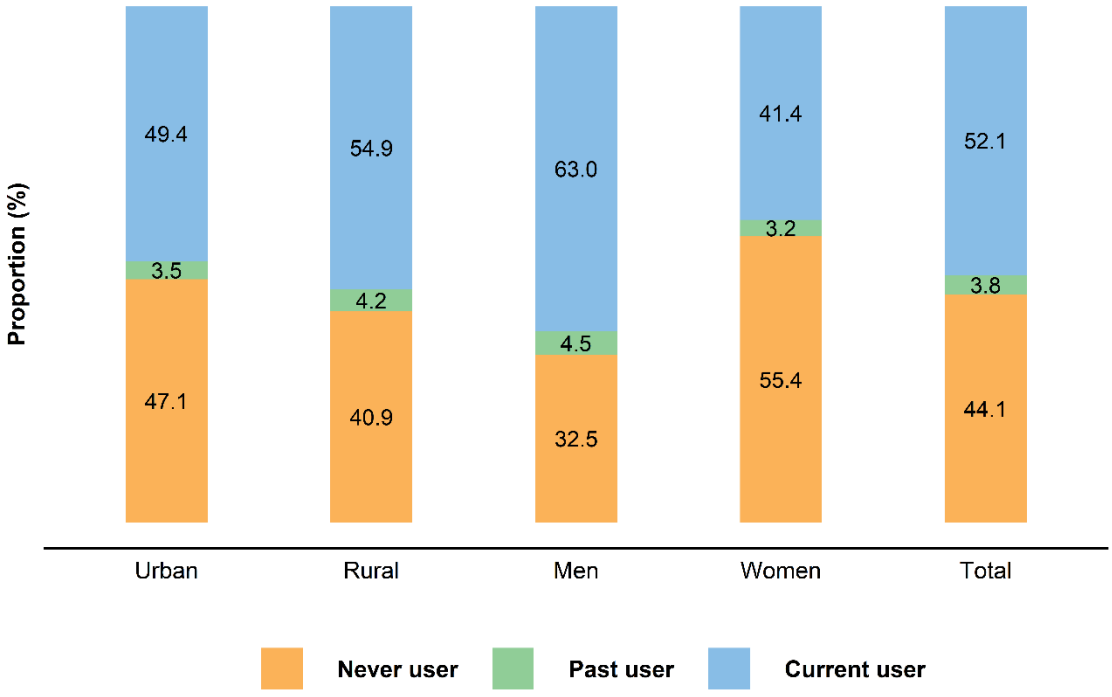
#includes total number of confirmed pregnancies that a woman has had (includes abortion, still births or live births)

@Combined breast feeding duration of all live births

3.6 Behavioural Characteristics

3.6.1 Tobacco use

3.6.1.1 - Prevalence of tobacco use (any form) by residence and gender



3.6.1.2 - Prevalence of smoked tobacco use by place of residence and gender (percentage)

	Urban	Rural	Men	Women	Total
Never user*	87.0	77.1	65.9	98.1	82.2
Past user**	2.1	2.6	4.6	0.1	2.3
Current user***	10.9	20.3	29.5	1.8	15.5

**A person who has never smoked/used smokeless tobacco during their lifetime.*

***Use of smoke and/or smokeless tobacco in the past either daily or occasionally prior to 12 months preceding the survey*

****Use of any form of tobacco (smoke and/or smokeless) over the last 12 months preceding the survey.*

3.6.1.3 - Smokeless tobacco use by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Never user	52.3	47.3	43.4	56.2	49.9
Past user	3.5	4.2	4.5	3.2	3.8
Current user	44.2	48.5	52.1	40.6	46.3

3.6.1.4 - Type of current Tobacco use among adults by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Only Smoked Tobacco	5.3	6.4	10.9	0.9	5.8
Only Smokeless Tobacco	38.5	34.6	33.4	39.6	36.6
Both Smoked and Smokeless Tobacco	5.6	13.9	18.7	0.9	9.7
Either Smoked or Smokeless Tobacco	49.4	54.9	63.0	41.4	52.1

3.6.1.5 - Current daily tobacco* use by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Only Smoked Tobacco	5.0	7.0	11.1	1.0	6.0
Only Smokeless Tobacco	33.4	28.7	30.7	31.5	31.1
Both Smoked and Smokeless Tobacco	2.6	10.0	11.8	0.7	6.2
Either Smoked or Smokeless Tobacco	41.0	45.7	53.6	33.2	43.3

** Use of any form of tobacco (smoke and/or smokeless) daily over the last 12 months preceding the survey*

3.6.1.6 - Current daily tobacco use by type of product, place of residence and gender (Percentage)*

	Urban	Rural	Men	Women	Total
Smoked Tobacco					
Bidis	3.7	11.1	7.2	29.2	8.5
Manufactured Cigarettes	55.8	62.0	60.3	51.7	59.8
Hand-rolled Cigarettes	1.1	6.9	5.0	2.4	4.8
Pipes /Chilam	0.9	0.0	0.0	5.5	0.3
Cigars, Cheroots	0.0	0.0	0.0	0.0	0.0
Hookah/No. of Shisha session	0.0	0.0	0.0	0.0	0.0
Local smoked tobacco products	0.0	0.2	0.1	0.0	0.1
Others	0.0	0.0	0.0	0.0	0.0
Smokeless Tobacco					
Chewing tobacco	26.4	25.4	27.9	23.4	25.9
Pan with *Zarda*, Betel with Tobacco quid	44.8	44.5	33.8	58.2	44.6
Tuibur, Tobacco Snuff, by mouth	19.4	20.6	32.3	4.5	20.0
Snuff, by nose	0.0	0.5	0.5	0.0	0.3
Others	2.2	0.8	2.4	0.3	1.5

**Among current users*

3.6.1.7 - Age (in years) at initiation and cessation of different forms of tobacco use by place of residence and gender (Mean)

	Urban	Rural	Men	Women	Total
Age at initiation					
Any form of tobacco*	24.6	23.2	22.4	26	23.9
Smoked tobacco	22.6	21.5	21.5	28.7	21.9
Smokeless tobacco	25.3	23.8	23.4	25.9	24.5
Age at cessation					
Any form of tobacco**	40.4	41.7	42.4	37.6	41.0
Smoked tobacco	43.6	44.3	43.8	49.7	44.0
Smokeless tobacco	39.9	39.9	41.9	37.2	39.9

**Minimum age of smoked and smokeless tobacco use*

***Maximum age of smoked and smokeless tobacco use*

3.6.1.8 - Duration (years) of tobacco use among past users by place of residence and gender (Mean)

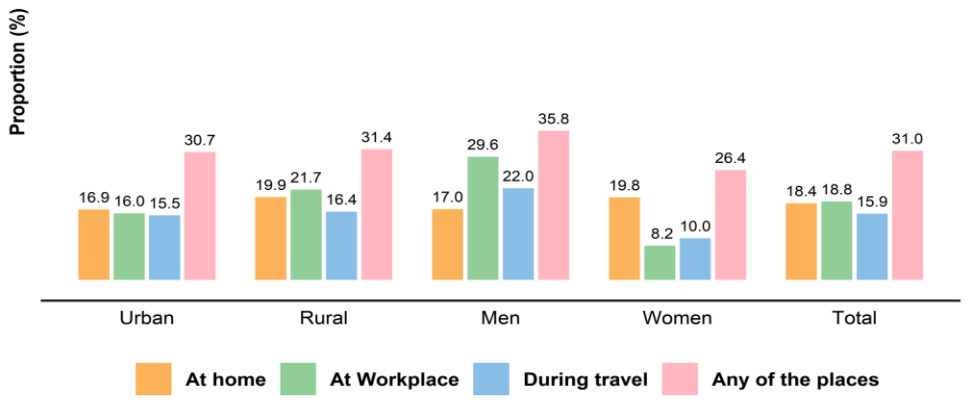
	Urban	Rural	Men	Women	Total
Any form of tobacco	17.1	20.1	21.7	11.3	18.5
Smoked tobacco	23.7	23.6	23.5	30.0	23.7
Smokeless tobacco	14.6	17.6	19.8	10.8	16.1

3.6.1.9 - Personal attempts to quit and advised to quit tobacco use by doctor/health worker by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Attempted to quit					
Smoked tobacco (among current users)	13.1	12.6	11.0	41.3	12.8
Advised to quit					
Any form of tobacco use	2.7	2.0	3.8	0.9	2.3
Smoked tobacco use	1.4	1.5	2.7	0.2	1.4
Smokeless tobacco use	2.2	1.2	2.7	0.7	1.7

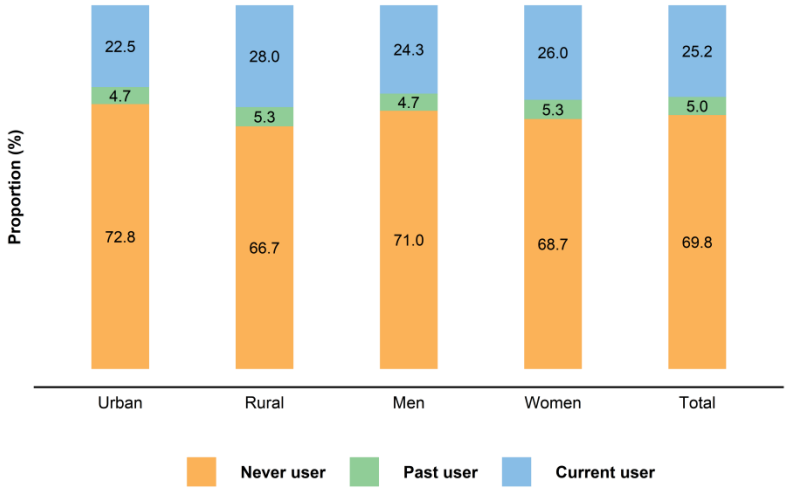
3. 6. 2 Exposure to Second Hand Smoke

3.6.2.1 - Exposure to second hand tobacco smoke in the past 30 days by place of residence and gender (Percentage)



3.6.3 Non – Tobacco Betel Products

*3.6.3.1 - Consumption of betel products without tobacco (any form) * by place of residence and gender (Percentage)*



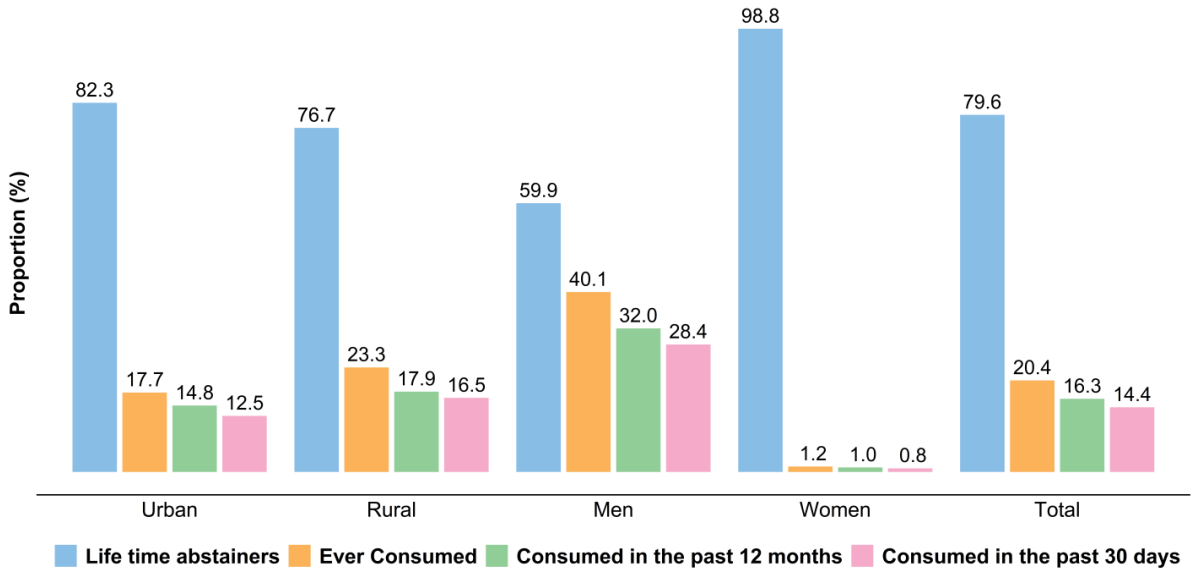
**Includes pan masala, betel quid, areca nut.*

3.6.3.2- *Consumption of different betel products without tobacco by place of residence and gender (Percentage)*

	Urban	Rural	Men	Women	Total
Pan Masala					
Never user	96.0	96.6	97.0	95.7	96.3
Past user	2.7	1.3	1.2	2.7	2.0
Current user	1.3	2.1	1.8	1.6	1.7
Betel quid					
Never user	87.8	88.4	87.4	88.7	88.0
Past user	7.2	4.9	6.6	5.6	6.1
Current user	5.0	6.7	6.0	5.7	5.9
Areca nut					
Never user	74.3	68.6	73.0	70.1	71.5
Past user	4.9	5.4	4.9	5.5	5.2
Current user	20.8	26.0	22.1	24.4	23.3

3.6.4 Alcohol Use

*3.6.4.1 - Alcohol use *by place of residence and gender (Percentage)*



**Lifetime abstainer: A person who has never consumed one or more drink of any type of alcohol in their lifetime.*

Ever consumed: A person who has consumed any of the alcoholic products (such as beer, wine, whisky, locally prepared alcohol etc.) at least once in their lifetime.

Current alcohol use: Consumption of alcohol in the last 12 months preceding the survey.

3.6.4.2 - Age (in years) of initiation of Alcohol consumption by place of residence and gender (Mean)

	Urban	Rural	Men	Women	Total
Age of initiation of Alcohol consumption	23.6	21.8	22.6	24.2	22.6

3.6.4.3 - Patterns of alcohol use in the past 12 months by place of residence and gender (Percentage)*

	Urban	Rural	Men	Women	Total
Unable to stop drinking					
Never	83.1	82.9	83.1	78.9	83.0
Daily/ almost daily	2.9	1.8	2.4	0.0	2.3
Weekly	2.4	4.8	3.8	0.0	3.6
Monthly	5.9	4.1	4.7	12.6	4.9
Less than Monthly	5.7	6.4	6.0	8.5	6.1
Failed to do usual routine work due to drinking habit					
Never	85.9	86.5	86.2	87.4	86.2
Daily/ almost daily	2.1	0.4	1.2	0.0	1.2

Weekly	1.6	2.3	2.0	0.0	2.0
Monthly	3.7	2.0	2.5	12.6	2.8
Less than Monthly	6.6	7.3	7.2	0.0	7.0
Need of first drink in the morning					
Never	91.9	91.8	92.2	78.9	91.8
Daily/ almost daily	2.1	0.9	1.5	0.0	1.5
Weekly	0.0	2.3	1.0	8.5	1.2
Monthly	1.6	0.2	0.5	12.6	0.9
Less than Monthly	4.1	2.5	3.3	0.0	3.2

**Among those who consumed alcohol in the past 12 months*

3.6.4.4 - Heavy episodic drinking among adults in the past 30 days by age category, place of residence and gender (Percentage)*

≥6 standard drinks **	Urban	Rural	Men	Women	Total
18- 44 Years	11.1	15.2	25.9	0.8	13.2
45 – 69 Years	8.3	9.5	17.4	0.4	8.9
70 years and above	2.0	3.7	5.1	0.5	2.7
18+ years	9.7	13.3	22.5	0.7	11.5

**Drinking ≥6 standard drinks in a single drinking occasion*

***Contains a net pure alcohol content of 10 gm*

3.6.4.5- Received advice to avoid alcohol use by doctor/health worker in the last one year by age category, place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
18- 44 Years	1.4	0.7	2.2	0.01	1.1
45 – 69 Years	3.1	2.8	5.4	0.6	3.0
70 years and above	1.2	3.9	4.0	0.7	2.2
18+ years	1.9	1.4	3.1	0.2	1.7

3.6.5 Diet

3.6.5.1 - Number of days of consumption of fruits, vegetables and fruit or vegetable juices in a week by place of residence and gender (Mean)

	Urban	Rural	Men	Women	Total
Fruits	2.2	2.0	1.9	2.3	2.1
Vegetables	5.2	5.4	5.3	5.4	5.3
Fruits and/or Vegetables	5.3	5.5	5.3	5.5	5.4
Fruit or Vegetable juice**	0.6	0.6	0.6	0.7	0.6

3.6.5.2 - Number of servings of fruits, vegetables and fruit or vegetable juices consumed per day by place of residence and gender (Mean)

	Urban	Rural	Men	Women	Total
Fruits	0.4	0.3	0.3	0.4	0.4
Vegetables	1.5	1.6	1.5	1.6	1.5
Fruits and/or Vegetables*	1.9	1.9	1.8	2.0	1.9
Fruit or Vegetable Juice**	0.1	0.1	0.1	0.1	0.1

**One standard serving of fruits and/or vegetables is equivalent to 80-100 grams.*

The quantity of intake was measured by servings; for vegetables, this refers to one cup of raw, leafy green vegetables (spinach, salad etc.), half cup of other vegetables, cooked or raw (tomatoes, pumpkin, beans etc.), or a half cup of vegetable juice.

For fruits, this refers to one medium-sized piece of fruit (banana, apple etc.) or a half cup of raw, cooked or canned fruit.

*** Includes fresh juice made at home/shop.*

3.6.5.3 - Number of days of Consumption of different meat items (any form) in a typical week by place of residence and gender (Mean)

	Urban	Rural	Men	Women	Total
Birds/Poultry	1.4	1.6	1.6	1.5	1.5
Fish	1.8	1.9	1.9	1.9	1.9
Red Meat	1.8	1.8	1.8	1.9	1.8
Either Birds/Poultry or Fish or Red Meat*	2.1	2.3	2.2	2.2	2.2

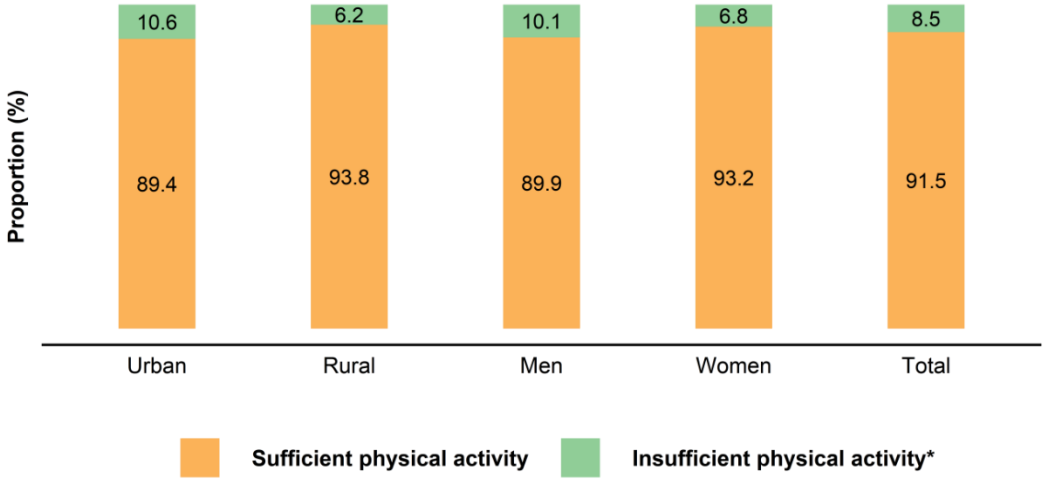
**If an adult consumed more than one meat item, the maximum number of days for any one item was considered*

3.6.5.4 - Consumption of preserved/salt curated and fermented products among adults by place of residence and gender

	Urban	Rural	Men	Women	Total
Percentage of consumption	92.8	94.2	92.9	94.0	93.5
Mean number of days of consumption per week	4.5	4.3	4.2	4.6	4.4

3.6.6 Physical Activity

3.6.6.1 - Levels of physical activity by place of residence and gender (Percentage)



**Insufficient physical activity less than 150 minutes of moderate – intensity physical activity per week OR <75 minutes of vigorous – intensity physical activity per week OR an equivalent combination of moderate – and vigorous intensity physical activity accumulating at least 600 MET minutes per week*

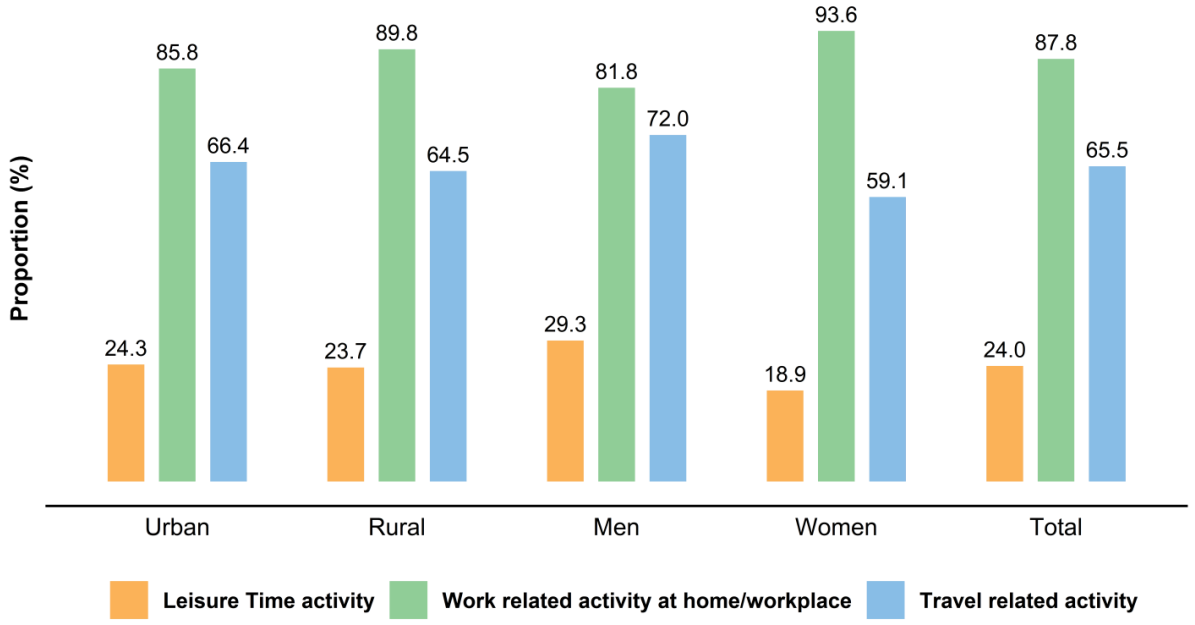
3.6.6.2 - Nature of physical activity in which the participants are engaged by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Routine work at home/workplace					
Vigorous-intensity activity*	21.5	49.8	50.4	20.6	35.3
Moderate intensity activity**	78.5	75.4	60.7	92.9	77.0
Recreational/leisure activities					
Vigorous-intensity activity	2.2	3.4	5.6	0.1	2.8
Moderate intensity activity	23.7	22.6	27.6	18.8	23.1

**An activity which requires hard physical effort, and causes one to breathe much harder than normal.*

*** An activity that requires moderate physical effort and causes one to breathe somewhat harder than normal.*

3.6.6.3 -Proportion of work, transport and leisure activity contributing to total activity by place of residence and gender (Percentage)



3.6.6.4 - Received Advice to increase physical activity by doctor/health worker in the last one year by age category, place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
18- 44 Years	1.2	1.0	1.7	0.6	1.1
45 – 69 Years	1.9	2.0	3.2	0.7	1.9
70 years and above	0.4	1.6	1.3	0.5	0.9
18+ years	1.4	1.3	2.1	0.6	1.3

3.6.7 High risk behaviour and Sexually Transmitted Infections

3.6.7.1- Responses to questions on sexual behaviour by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Responded	80.5	82.0	77.0	85.3	81.2

3.6.7.2- Age at first sexual intercourse by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
<15 Years	1.1	0.3	0.0	1.3	0.7
15 – 19 Years	18.6	18.4	3.9	31.4	18.5
20 -24 Years	36.3	41.1	36.1	40.9	38.6
> 25 Years	44.0	40.2	60.0	26.4	42.2

3.6.7.3 - Number of sexual partners by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Single sexual partner	80.6	83.5	78.8	85.3	82.1
Multiplesexual partner*	0.6	0.4	0.3	0.7	0.5

**Two or more sexual partners*

3.6.7.4 - Mean age at first sexual intercourse by place of residence and gender (Mean)

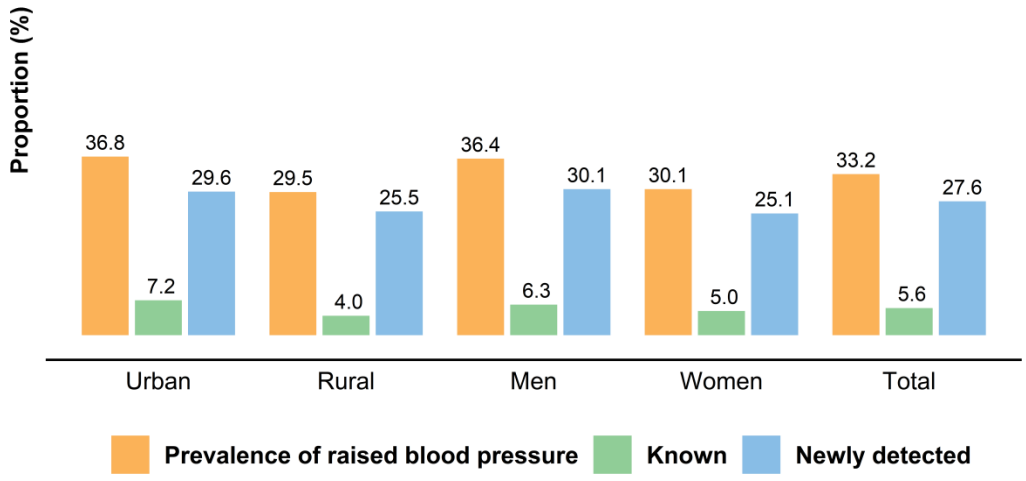
The mean age at first sexual intercourse was 24.1 years, which was lower among women (22.2 years) than men (26.3 years)

3.6.7.5 - High risk behaviour and Sexually Transmitted Infection (STI) among adults by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Ever had STI	0.3	1.6	0.1	1.7	0.9
Type of symptoms					
Urethral /vaginal discharge	16.5	26.1	100.0	20.0	24.7
Blisters or ulcers (sores) on the mouth, lips, genitals, anus, or surrounding area	12.3	0.0	0.0	2.0	1.9
Burning or pain during urination	33.6	15.5	0.0	19.3	18.2
Warts or bumps on the genitals, anus, or surrounding areas	0.0	5.4	0.0	4.9	4.6
Small, dimpled bumps or lesions on the skin	37.5	69.2	0.0	68.4	64.4

3. 7 Blood Pressure Measurement

*3.7.1 - Raised Blood Pressure *by place of residence and gender (Percentage)*



**Raised Blood Pressure – Systolic BP≥140 and/or diastolic blood Pressure ≥90*

3.7.2- Blood Pressure Categories among those measured by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Normal	14.1	18.0	10.8	21.2	16.0
Pre - Hypertension	50.2	53.7	53.8	49.9	51.9
Hypertension – Stage 1	27.2	21.7	26.8	22.4	24.5
Hypertension – Stage 2	8.5	6.6	8.6	6.5	7.6

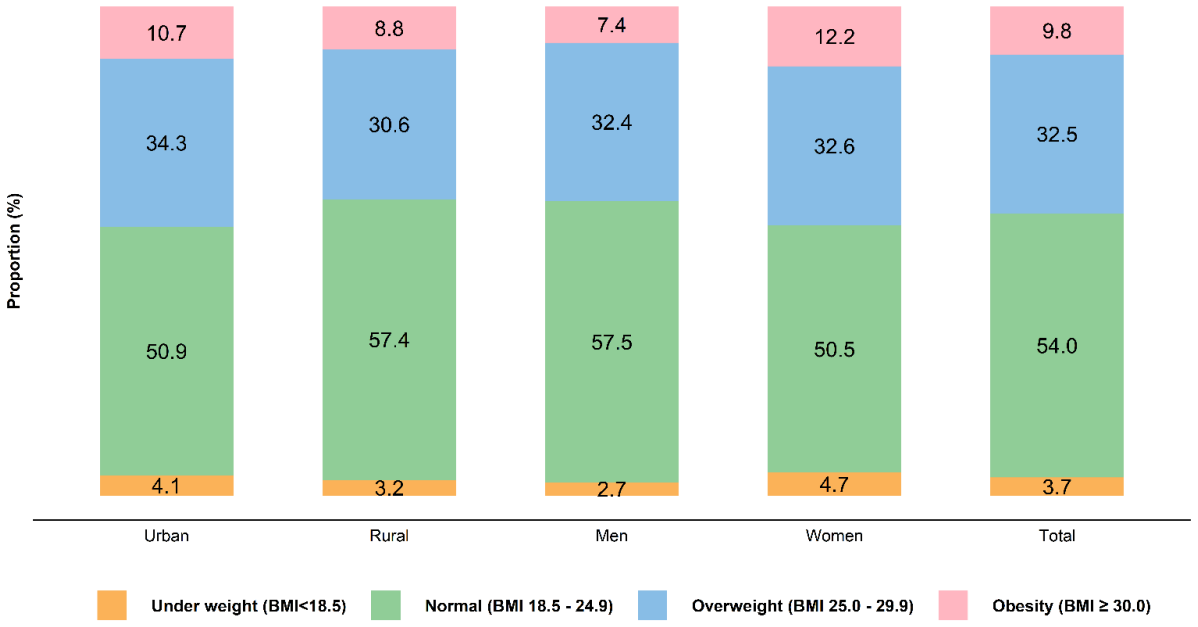
*** Normal-(SBP <120,DBP<80); Pre – hypertension (SBP:120-139,DBP: 80-89);*

Hypertension Stage 1(SBP:140 -159, DBP:90-99); Hypertension Stage 2(SBP≥160; DBP≥100) among measured.

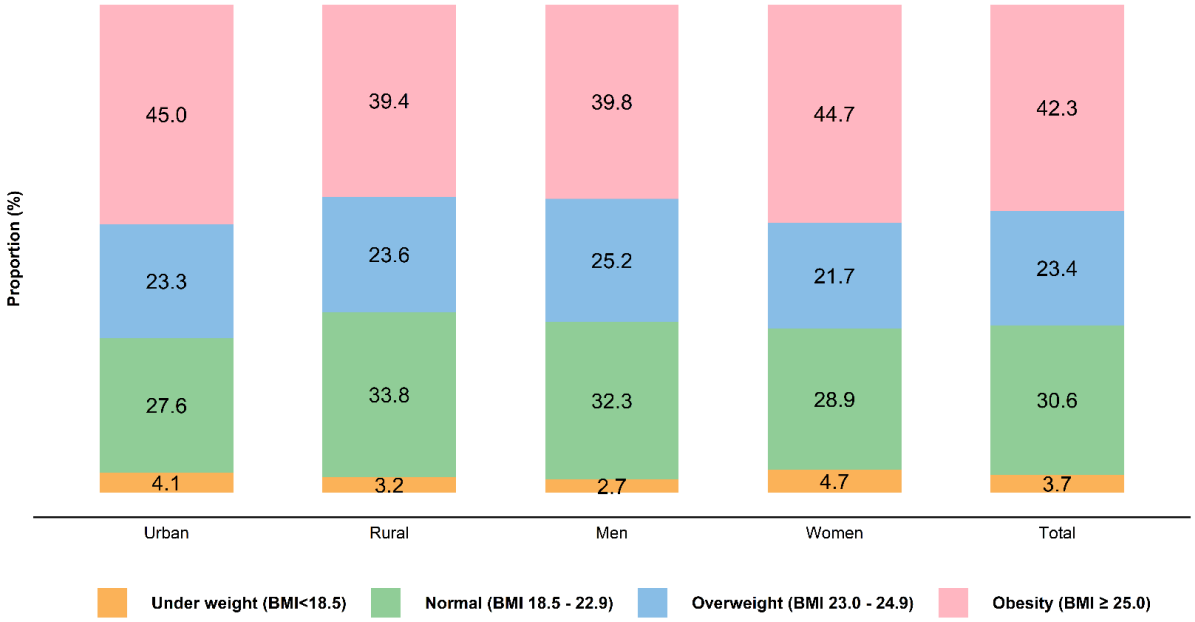
3.8 Physical Measurement

3.8.1-BMI categories based on WHO and Asian cut off by place of residence and gender (Percentage)

3.8.1 (a)- BMI categories (WHO cut off) by area of residence and gender (Percentage)



3.8.1 (b)- BMI categories (Asian cut off) by area of residence and gender (Percentage)



3. 8.2- Prevalence of Overweight (including obesity) and Obesity by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Overweight (BMI ≥25.0 kg/m^2)	45.0	39.4	39.8	44.7	42.3
Obese (BMI ≥30.0 kg/m^2)	10.7	8.8	7.4	12.2	9.8

3.8.3-Central Obesity by age categories, place of residence and gender (Percentage)*

	Urban	Rural	Men	Women	Total
18- 44 Years	40.6	31.2	15.0	56.9	35.8
45 – 69 Years	50.3	36.4	24.5	63.5	44.2
70 years and above	35.3	20.4	17.3	40.4	29.5
18+ years	43.3	32.1	17.8	58.0	37.9

** A waist circumference of ≥90cm in males and ≥80cm in females (as per South Asia Pacific Guidelines)*

3.8.4- Received Advice to maintain healthy body weight by doctor or health worker in the last one year by age category, place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
18- 44 Years	2.3	0.3	1.6	1.0	1.3
45 – 69 Years	1.6	2.2	1.8	1.9	1.9
70 years and above	0.0	1.4	1.1	0.0	0.5
18+ years	1.9	0.9	1.6	1.2	1.4

3.9 Blood Glucose Measurement

3.9.1- Raised fasting blood glucose levels (mg/dl) by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Prevalence of raised blood glucose	7.9	4.7	6.5	6.2	6.3
Known	4.0	1.9	3.5	2.4	3.0
Newly detected	3.9	2.8	3.0	3.8	3.3

**Raised fastingblood glucose - ≥126 mg/dl including those on medication for diabetes*

3.9.2-Fasting blood glucose levels (mg/dl) among those measured by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
<100 mg/dl	84.9	87.6	85.2	87.2	86.2
100 – 109 mg/dl	4.3	5.3	5.2	4.3	4.7
110 – 125 mg/dl	4.5	3.5	4.2	3.9	4.1
≥126 mg/dl	6.3	3.6	5.4	4.6	5.0

3.10 Clustering of risk factors

Clustering of at least≥3 risk factors among adults by place of residence and gender (Percentage)*

	Urban	Rural	Men	Women	Total
18- 44 Years	38.5	30.3	40.8	27.8	34.3
	(31.5-46.0)	(26.7-34.1)	(34.3-47.7)	(23.9-32.1)	(30.4-38.3)
45 – 69 Years	53.7	47.3	56.7	45.2	50.9
	(43.4-63.7)	(43.0-51.6)	(51.1-62.1)	(36.0-54.7)	(45.0-56.7)
70 years and above	55.1	40.8	59.4	40.6	49.5
	(31.3-76.8)	(29.2-53.5)	(39.1-76.9)	(21.8-62.6)	(34.1-64.9)
18+ years	44.1	35.0	46.2	33.3	39.7
	(36.2-52.4)	(31.9-38.2)	(40.2-52.3)	(28.1-39.0)	(35.5-44.1)

**Clustering of risk factors – Presence of ≥3 risk factors like daily tobacco use, inadequate fruits and/or vegetable consumption, insufficient physical activity, overweight(≥25.0 Kg/m^2), raised blood pressure and raised fasting blood glucose including those on medication.*

3.11 Health Seeking Behaviour and Management Indicators

3.11.1 Blood Pressure

3.11.1.1 - Measurement of blood pressure by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Never measured in life	40.1	52.2	52.9	39.2	46.0
Measured ever in life	59.9	47.8	47.1	60.8	54.0
Within past1year	41.1	26.9	28.4	39.8	34.2
> 1 year	18.9	20.9	18.8	21.0	19.9

3.11.1.2 - Awareness, advice on treatment, adherence to treatment and control of blood pressure among those with raised blood pressure by place of residence and gender (Percentage)*

	Urban	Rural	Men	Women	Total
Received advice for treatment	89.3	86.4	87.1	89.8	88.3
On treatment*	58.0	53.9	50.9	63.6	56.5
Adherence to treatment**	46.8	44.6	42.8	50.2	46.1
Blood pressure under control ***	15.4	28.6	17.0	23.8	20.0

** Taken medication for at least one day in the last two weeks*

***Among those on treatment, consistently took treatment as prescribed over the last two weeks*

****Among those who known to have raised blood pressure*

3.11.1.3 - Source of measurement and current treatment for raised blood pressure by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Source of measurement of blood pressure*					
Government screening camp/Health facility	53.9	51.7	56.9	50.4	53.0
Private/NGO screening camp/Health facility	46.1	48.3	43.1	49.6	47.0
Current source of consultation for raised blood pressure					
Allopathic doctor from Public sector	41.1	47.2	45.5	40.4	43.2
Allopathic doctor from Private/ NGO health facility	36.1	26.2	28.2	38.3	32.7

**Among those who got it measured in the last 1 year*

3.11.1.4 - Received advice to check blood pressure by doctor/health worker in the last one year by age category, place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
18- 44 Years	51.9	39.8	35.9	55.3	45.7
45 – 69 Years	55.6	54.0	53.7	56.1	54.9
70 years and above	56.9	61.4	66.9	51.3	58.7
18+ years	53.3	44.3	42.3	55.3	48.9

3.11.2 Raised Blood Glucose

3.11.2.1 - Measurement of blood glucose by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Never measured in life	64.4	75.3	78.5	61.2	69.8
Measured ever in life	35.6	24.7	21.5	38.8	30.2
Measured in the past					
Within 1year	20.0	12.3	11.1	21.4	16.3
> 1 year	15.5	12.4	10.4	17.5	14.0

3.11.2.2 - Awareness, advice and on treatment, adherence to treatment and control of blood glucose among those with raised blood glucose by place of residence and gender (Percentage)*

	Urban	Rural	Men	Women	Total
Received advice for treatment	94.0	88.3	88.6	97.4	92.2
On treatment*	78.2	77.9	69.2	91.0	78.1
Adherence to treatment**	67.2	65.5	53.8	85.2	66.6
Blood glucose under control ***	41.1	58.5	33.4	65.6	46.6

** Taken medication for at least one day in the last two weeks*

***Among those on treatment, consistently took treatment over the last two weeks*

****Among those who are already aware that they have raised blood glucose, (Fasting Blood Glucose level≤126 mg/dl)*

3.11.2.3 - Source of measurement and current consultation for raised blood glucose by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Source of measurement of blood glucose*					
Government screening camp/Health facility	42.3	50.4	45.6	45.1	45.2
Private/NGO screening camp/Health facility	57.7	49.6	54.4	54.9	54.8
Current consultation for raised blood glucose					
Allopathic doctor from Public sector	47.2	22.5	33.1	48.5	39.4
Allopathic doctor from Private/ NGO health facility	44.4	60.3	52.4	45.2	49.4

**Among those who got it measured in the last 1 year*

3.11.2.4 - Advised to check blood glucose by doctor/health worker in the last one year by age category, place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
18- 44 Years	27.8	19.9	13.1	34.2	23.7
45 – 69 Years	42.4	32.0	34.6	41.1	37.9
70 years and above	43.1	38.8	49.3	34.3	41.4
18+ years	33.2	23.7	20.8	36.1	28.6

3.12 Cancer Screening

3.12.1 - Level of awareness and source of information about cancer screening by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Awareness levels by age groups					
18- 29 Years	8.8	4.9	8.5	5.5	6.9
30 – 49 Years	6.9	4.8	5.8	5.8	5.8
50- 69 Years	5.7	1.6	5.7	2.3	3.9
70 years and above	2.4	0.3	3.3	0.0	1.5
18+ years	6.9	4.0	6.3	4.7	5.5
Source of information*					
TV/Newspaper/social media	92.4	70.6	85.9	82.8	84.6
Friends/family	68.6	73.8	69.1	72.3	70.5
Health worker	15.1	19.7	15.7	18.0	16.7
Health awareness camps	2.8	3.7	2.8	3.5	3.1

**Among those who are aware of cancer screening.*

3.12.2 - Adults who had ever undergone oral/breast/cervical cancer screening by place of residence (Percentage)

	Urban	Rural	Total
Cervical cancer	0.0	0.6	0.3
Breast cancer*	0.5	0.3	0.4
Oral cancer	0.3	0.0	0.1

**Among women more than 30 years of age*

3.12.3 - Methods of breast cancer screening by place of residence (Percentage)

Screening for breast cancer	Urban	Rural	Total
Forms of screening*			
Only clinical breast examination by doctor / health care professional	85.0	63.7	78.7
Only Ultrasound of breast or mammogram	0.0	0.0	0.0
Performed breast self-examination	0.0	0.0	0.0

**Among those who reported to have undergone breast cancer screening ever in life.*

3.12.4 - Methods of Cervical cancer screening by place of residence (Percentage)

	Urban	Rural	Total
VIA	0.0	17.9	17.9
PAP	0.0	24.7	24.7
HPV-DNA	0.0	22.9	22.9
Others	0.0	0.0	0.0

**Among those who reported to have undergone cervical cancer screening ever in life.*

3.12.5 - Received advice to screen for cancer by doctorlhealth worker in the last one year by place of residence and gender (Percentage)

	Urban	Rural	Men	Women	Total
Oral Cancer	0.0	0.0	0.0	0.0	0.0
Breast Cancer*	0.0	0.5	0.0	0.2	0.2
Cervical Cancer*	0.0	0.5	0.0	0.2	0.2

**Among women respondents*

C. Health Facility Assessment

3.13 Public Primary Health Care Centres*

3.13.1 - Infrastructure and type of available services

	Urban (n=7)	Rural (n =26)	Total(N=33)
Types of services			
Outpatient services	7 (100.0)	24 (92.3)	31 (93.9)
In patient services	4 (57.1)	12 (46.2)	16 (48.5)
Emergency services	5 (71.4)	18 (69.2)	23 (69.7)
Availability of functional telephone facility	0 (0.0)	0 (0.0)	0 (0.0)
Availability of ambulance facility[1]	2 (28.6)	5 (19.2)	7 (21.2)
Electricity and functional electricity back up	4 (57.1)	17 (65.4)	21 (63.6)

** First point of contact with a qualified doctor in the public sector, providing preventive, promotive and curative health care.*

[1]Includes ambulance owned by health center, centralised ambulance services, outsourced and hired as and when required

3.13.2 - Availability of cancer related services

	Urban (n=7)	Rural (n =26)	Total(N=33)
Written standard treatment guidelines under NPCDCS availability	4 (57.1)	11 (42.3)	15 (45.5)
Cancer screening availability			
Oral Cancer	0 (0.0)	1 (3.8)	1 (3.0)
Cervical Cancer	1 (14.3)	0 (0.0)	1 (3.0)
Breast Cancer	1 (14.3)	1 (3.8)	2 (6.1)
All three cancers	0 (0.0)	0 (0.0)	0 (0.0)
Method of screening cancer			
Organized Screening*	0 (0.0)	0 (0.0)	0 (0.0)
Opportunistic screening**	0 (0.0)	0 (0.0)	0 (0.0)
Place of referral of patients found positive after screening			
CHC	0 (0.0)	0 (0.0)	0 (0.0)
DH	0 (0.0)	1 (3.8)	1 (3.0)
Tertiary Care Hospital	1 (14.3)	0 (0.0)	1 (3.0)
Private Health facility	0 (0.0)	0 (0.0)	0 (0.0)
Availability of Physiotherapy facility	0 (0.0)	2 (7.7)	2 (6.1)

** Systematic screening of all persons in a defined target group*

***A person's participation results from a referral made by a healthcare provider or based on their own choice.*

3.13.3 - Counselling facilities for risk behaviour

	Urban (n=7)		Rural (n =26)		Total(N=33)	
	In house	In Vicinity	In house	In Vicinity	In house	In Vicinity
Availability of Counselling facilities for risk behaviour through counsellor or specialised personnel*						
Tobacco cessation	4 (57.1)	0 (0.0)	12 (46.2)	3 (11.5)	16 (48.5)	3 (9.1)
Dietary Modification	4 (57.1)	0 (0.0)	9 (34.6)	4 (15.4)	13 (39.4)	4 (12.1)
Physical Activity	4 (57.1)	0 (0.0)	9 (34.6)	3 (11.5)	13 (39.4)	3 (9.1)
Alcohol Cessation	4 (57.1)	0 (0.0)	10 (38.5)	3 (11.5)	14 (42.4)	3 (9.1)

**Available in-house and in vicinity (within 5 km)*

3.13.4 - Availability of IEC material on cancer

	Urban (n=7)	Rural (n =26)	Total(N=33)
IEC materials related to Cancer displayed/available in the patient waiting room/outpatient department			
Posters	4 (57.1)	8 (30.8)	12 (36.4)
Videos	0 (0.0)	0 (0.0)	0 (0.0)
Pamphlets	1 (14.3)	5 (19.2)	6 (18.2)
Booklets	1 (14.3)	0 (0.0)	1 (3.0)

3.13.5 Availability of Human Resources

3.13.5 Availability of Human Resources						
Staff	**Urban (n=7)**		**Rural (n =26)**		**Total(N=33)**	
	Proportion of facilities reporting the availability of Human Resources	Proportion trained for NPCDCS/NHM(NCD related)/State program	Proportion of facilities reporting the availability of Human Resources	Proportion trained for NPCDCS/NHM(NCD related)/State program	Proportion of facilities reporting the availability of Human Resources	Proportion trained for NPCDCS/NHM(NCD related)/State program
Medical Officer (MBBS)	7 (100.0)	2 (28.6)	23 (88.5)	9 (34.6)	30 (90.9)	11 (33.3)
AYUSH Medical Officer	4 (57.1)	0 (0.0)	18 (69.2)	2 (7.7)	22 (66.7)	2 (6.1)
Staff Nurse	6 (85.7)	1 (14.3)	24 (92.3)	5 (19.2)	30 (90.9)	6 (18.2)
Auxiliary Nurse Midwife (ANM)	6 (85.7)	0 (0.0)	24 (92.3)	3 (11.5)	30 (90.9)	3 (9.1)
Lady Health Visitor/ Female Health Assistant/PHN	2 (28.6)	0 (0.0)	11 (42.3)	0 (0.0)	13 (39.4)	0 (0.0)
Male Health Assistant	5 (71.4)	0 (0.0)	10 (38.5)	0 (0.0)	15 (45.5)	0 (0.0)
Accountant cum data entry operator	3 (42.9)	0 (0.0)	11 (42.3)	1 (3.8)	14 (42.4)	1 (3.0)
Pharmacist	6 (85.7)	0 (0.0)	22 (84.6)	0 (0.0)	28 (84.8)	0 (0.0)
Lab Technician	5 (71.4)	0 (0.0)	14 (53.8)	0 (0.0)	19 (57.6)	0 (0.0)
Health educator	1 (14.3)	0 (0.0)	1 (3.8)	0 (0.0)	2 (6.1)	0 (0.0)
Cold Chain & Vaccine Logistic Assistant	1 (14.3)	0 (0.0)	8 (30.8)	0 (0.0)	9 (27.3)	0 (0.0)

3.13.6 Availability of Laboratory procedures and equipment & supplies

	Urban (n=7)	Rural (n =26)	Total(N=33)
Availability of Laboratory [1]			
Routine investigations[2]	7 (100.0)	17 (65.4)	24 (72.7)
Cancer screening[3]	1 (14.3)	2 (7.7)	3 (9.1)
Equipment & supplies available in stock			
General[4]	7 (100.0)	26 (100.0)	33 (100.0)
Cancer screening[5]	5 (71.4)	16 (61.5)	21 (63.6)

1. *Includes generally available in house, free of cost; generally available in house, on payment; and outsourced, but paid for by the program*
2. *Includes blood glucose, urine routine, haemoglobin and total leucocyte count*
3. *For cervical cancer screening: Visual Inspection with Acetic Acid(VIA)*
4. *Includes availability ofat least one of each adult weighing scale, Stadiometer/Wall markings for height, Measuring tape, Stethoscope, B.P Apparatus and Glucometer*
5. *Includes availability of both Vaginal Speculum (Cusco's and Sims) and Torch / Examination light*

3.14 Public Secondary Health Care Facilities

3.14.1 - Infrastructure and available services

	CHC(n=5)	DH(n=6)
Location		
Rural	5 (100.0)	2 (33.3)
Urban	0 (0.0)	4 (66.7)
Types of services		
Outpatient services	5 (100.0)	6 (100.0)
In patient services	4 (80.0)	6 (100.0)
Emergency services	5 (100.0)	6 (100.0)
Intensive Care Unit(ICU) or Cardiac Care Unit	0 (0.0)	2 (33.3)
Availability of functional Telephone facility	1 (20.0)	0 (0.0)
Availability of ambulance facility[1]	4 (80.0)	5 (83.3)
Electricity and Functional electricity back up	4 (80.0)	6 (100.0)

[1]*Includes ambulance owned by health center, centralised ambulance services, outsourced and hired as and when required*

3.14.2 -Availability of Cancer related services

	CHC(n=5)	DH(n=6)
Written standard treatment guidelines under NPCDCS availability	2 (40.0)	2 (33.3)
Cancer screening availability		
Oral Cancer	0 (0.0)	2 (33.3)
Cervical Cancer	0 (0.0)	3 (50.0)
Breast Cancer	0 (0.0)	2 (33.3)
All three cancers	0 (0.0)	2 (33.3)
Method of detecting cancer		
Organised Screening	0 (0.0)	1 (16.7)
Opportunistic screening	0 (0.0)	0 (0.0)
Management of patients with Cancer		
Fixed days/day in a week	0 (0.0)	2 (33.3)
Seen daily, no dedicated day	0 (0.0)	1 (16.7)
All are referred/Not managed	0 (0.0)	0 (0.0)
Availability of Day care facility for management of cancer patients (for Chemotherapy)	0 (0.0)	2 (40.0)

3.14.3 -Availability of counselling facilities for risk behaviour and Cancer related IEC materials

	CHC(n=5)	DH(n=6)
Availability of Counselling facilities for risk behaviour through counsellor or specialised personnel*		
Tobacco cessation	3 (60.0)	4 (66.7)
Dietary Modification	4 (80.0)	4 (66.7)
Physical Activity	3 (60.0)	4 (66.7)
Alcohol Cessation	3 (60.0)	4 (66.7)
IEC materials related to Cancer displayed/available in the patient waiting room/outpatient department		
Posters	5 (100.0)	4 (66.7)
Videos	0 (0.0)	1 (16.7)
Pamphlets	3 (60.0)	3 (50.0)
Booklets	1 (20.0)	1 (16.7)
Others	1 (20.0)	0 (0.0)

**Available in-house and in vicinity(within 5 km)*

3.14.4 - Availability of Human Resources (Medical Staff)

	CHC(n=5)		DH(n=6)	
	Proportion of facilities reporting the availability of Human Resources	**Proportion trained for NPCDCS/NHM(NCD related)/State program**	**Proportion of facilities reporting the availability of Human Resources**	**Proportion trained for NPCDCS/NHM(NCD related)/State program**
Medicine	2 (40.0)	0 (0.0)	5 (83.3)	4 (66.7)
Surgery	0 (0.0)	0 (0.0)	4 (66.7)	2 (33.3)
Gynaecology	1 (20.0	1 (20.0)	4 (66.7)	2 (33.3)
Radiology	0 (0.0)	0 (0.0)	2 (33.3)	1 (16.7)
Pathology	1 (20.0)	0 (0.0)	2 (33.3)	2 (33.3)
General duty Medical Officer	5 (100.0)	3 (60.0)	6 (100.0)	4 (66.7)
AYUSH	4 (80.0)	1 (20.0	5 (83.3)	1 (16.7)
Paediatrics	1 (20.0)	0 (0.0)	3 (50.0)	2 (33.3)

3.14.5 - Availability of Human Resources (paramedical / other Staff)

	CHC(n=5)		DH(n=6)	
	Proportion of facilities reporting the availability of Human Resources	**Proportion trained for NPCDCS/NHM(NCD related)/State program**	**Proportion of facilities reporting the availability of Human Resources**	**Proportion trained for NPCDCS/NHM(NCD related)/State program**
Staff Nurse	5 (100.0)	1 (20.0)	6 (100.0)	2 (33.3)
Pharmacist	5 (100.0)	0 (0.0)	6 (100.0)	0 (0.0)
Lab Technician	5 (100.0)	0 (0.0)	6 (100.0)	1 (16.7)
Physiotherapist	0 (0.0)	0 (0.0)	3 (50.0)	1 (16.7)
Radiographer	1 (20.0)	0 (0.0)	3 (50.0)	0 (0.0)
O.T technician	0 (0.0)	0 (0.0)	3 (50.0)	1 (16.7)
Social worker	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)
Data Entry Operator	1 (20.0)	0 (0.0)	5 (83.3)	0 (0.0)
Rehabilitation therapist	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)
Counsellor	4 (80.0)	0 (0.0)	5 (83.3)	0 (0.0)

Others	4 (80.0)	2 (40.0)	6 (100.0)	4 (66.7)

3.14.6 - Availability of prevention/treatment procedures

	CHC(n=5)	DH(n=6)
HPV Vaccination	0 (0.0)	1 (16.7)
General surgical procedures	0 (0.0)	3 (50.0)
Laparoscopic procedures	0 (0.0)	2 (33.3)
Radiotherapy	0 (0.0)	1 (16.7)
Palliative care	3 (60.0)	4 (66.7)

3.14.7- Availability of prevention/treatment procedures, laboratory and Equipment & supplies in Public Secondary Health Care facilities (Percentage)

	CHC(n=5)	DH(n=6)
Laboratory and other investigations[1]		
Routine blood investigations[2]	5 (100.0)	6 (100.0)
Biochemistry[3]	5 (100.0)	5 (83.3)
Cardiac investigations[4]	1 (20.0)	3 (50.0)
Radiology[5]	0 (0.0)	5 (83.3)
Endoscopy[6]	0 (0.0)	0 (0.0)
Histopathology	1 (20.0)	2 (33.3)
Cervical cancer screening[7]	0 (0.0)	1 (16.7)
Available equipment in stock		
Essential[8]	4 (80.0)	5 (83.3)
Imaging [9]	0 (0.0)	0 (0.0)
Cardiopulmonary[10]	0 (0.0)	0 (0.0)
Dental[11]	5 (100.0)	6 (100.0)
Laboratory[12]	1 (20.0)	3 (50.0)
Cancer screening[13]	0 (0.0)	1 (16.7)

1. *Includes Generally available in house, free of cost; Generally available in house, on payment; and Outsourced, but paid for by the program*
2. *Includes Haemoglobin, Total Leucocyte count*
3. *Includes blood glucose, Kidney function test and Liver function test*
4. *Includes ECG*
5. *Includes X ray, Low frequency USG, High frequency USG,Mammography and CT Scan/MRI*
6. *Includes Endoscopy and Colposcopy*
7. *Includes Visual Inspection with Acetic acid (VIA)*
8. *Includes atleast one of each adult weighing scale, Stadiometer/Wall markings for height, Measuring tape, Stethoscope and B.P Apparatus*
9. *Includes X ray Machine, Ultrasound machine and C.T scan Machine*

10. *Includes Nebulizer, infusion set, Oxygen mask, Oxygen cylinder, Pulse Oximeter, Laryngoscope, Adult ambu bag, Cardiac monitor, Defibrillator, ECG Machine, ECG roll, 12 Channel stress ECG Tread Mill.*
11. *Includes Dental mirror and Dental chair.*
12. *Includes at least one of each Centrifuge, Glucometer, Haemoglobin meter, Biochemical analyser, Lancets, Glucostrips, Urine strips, Microscope and Reagents/ kits for Glucose test*
13. *Includes Vaginal speculum (Cusco's and sims), Cotton tipped swabs, Punch biopsy forceps, Colposcope, Laryngoscope and Torch / Examination light.*

3.15 Private Secondary Health Care Facility

3.15.1 - Infrastructure and available services

	Urban(n=4)	Rural(n=0)	Total(n=4)
	Types of services		
Outpatient services	4 (100.0)	0 (0.0)	4 (100.0)
In patient services	4 (100.0)	0 (0.0)	4 (100.0)
Emergency services	4 (100.0)	0 (0.0)	4 (100.0)
Intensive Care Unit	3 (75.0)	0 (0.0)	3 (75.0)
	Cancer screening availability		
Oral Cancer	0 (0.0)	0 (0.0)	0 (0.0)
Cervical Cancer	0 (0.0)	0 (0.0)	0 (0.0)
Breast Cancer	0 (0.0)	0 (0.0)	0 (0.0)
Other Cancers	1 (25.0)	0 (0.0)	1 (25.0)
	Method of detecting cancer		
Organized Screening	1 (25.0)	0 (0.0)	1 (25.0)
Opportunistic screening	1 (25.0)	0 (0.0)	1 (25.0)
Treatment provided for Cancer	1 (25.0)	0 (0.0)	1 (25.0)
Availability of standard treatment guidelines for cancer	2 (50.0)	0 (0.0)	2 (50.0)

3.15.2 - Counselling facilities for risk behaviour and Cancer related IEC materials availability

	Urban(n=4)	Rural(n=0)	Total(n=4)
Availability of Counselling facilities for risk behaviour through counsellor or specialised personnel*			
Tobacco cessation	0 (0.0)	0 (0.0)	0 (0.0)
Dietary Modification	1 (25.0)	0 (0.0)	1 (25.0)
Physical Activity	1 (25.0)	0 (0.0)	1 (25.0)
Alcohol Cessation	0 (0.0)	0 (0.0)	0 (0.0)

**Available in-house and in vicinity (within 5 km)*

3.15.3 - IEC materials related to Cancer displayed/available in the patient waiting room/outpatient department

	Urban(n=4)	Rural(n=0)	Total(n=4)
Posters	3 (75.0)	0 (0.0)	3 (75.0)
Videos	0 (0.0)	0 (0.0)	0 (0.0)
Pamphlets	4 (100.0)	0 (0.0)	4 (100.0)
Booklets	0 (0.0)	0 (0.0)	0 (0.0)

3.15.4 - Availability of Human Resources

Staff	Urban(n=4)	Rural(n=0)	Total(n=4)
Medical Officer (MBBS and above)	4 (100.0)	0 (0.0)	4 (100.0)
Specialist*	0 (0.0)	0 (0.0)	0 (0.0)
Staff Nurse	4 (100.0)	0 (0.0)	4 (100.0)
Lab Technician	4 (100.0)	0 (0.0)	4 (100.0)
Radiographer	3 (75.0)	0 (0.0)	3 (75.0)
Medical imaging and therapeutic equipment technicians	3 (75.0)	0 (0.0)	3 (75.0)
Radiation therapy technologist	0 (0.0)	0 (0.0)	0 (0.0)
Counselor/ dietician/ educator/ care coordinator	3 (75.0)	0 (0.0)	3 (75.0)
Others	2 (50.0)	0 (0.0)	2 (50.0)

**Includes Physician/Surgeon/ Oncosurgeon/ /Medical oncologist/ Haematologist/ /Radiologist/ Nuclear medicine/ Medical physicist/ Radiation Oncologist/Palliative care Physician*

3.15.5 - Availability of prevention/treatment procedures

	Urban(n=4)	Rural(n=0)	Total(n=4)
HPV Vaccination	3 (75.0)	0 (0.0)	3 (75.0)
General surgical procedures	4 (100.0)	0 (0.0)	4 (100.0)
Laparoscopic procedures	3 (75.0)	0 (0.0)	3 (75.0)
Radiotherapy	0 (0.0)	0 (0.0)	0 (0.0)
Chemotherapy	1 (25.0)	0 (0.0)	1 (25.0)
Palliative care	0 (0.0)	0 (0.0)	0 (0.0)

3.15.6 - Availability of prevention/treatment procedures, laboratory and Equipment& supplies

	Urban(n=4)	Rural(n=0)	Total(n=4)
Laboratory and other investigations[1]			
Routine blood investigations[2]	4 (100.0)	0 (0.0)	4 (100.0)
General pathology[3]	1 (25.0)	0 (0.0)	1 (25.0)
Biochemistry[4]	4 (100.0)	0 (0.0)	4 (100.0)
Cardiac investigations[5]	4 (100.0)	0 (0.0)	4 (100.0)
Radiology[6]	3 (75.0)	0 (0.0)	3 (75.0)
Nuclear Imaging[7]	1 (25.0)	0 (0.0)	1 (25.0)
Endoscopy[8]	2 (50.0)	0 (0.0)	2 (50.0)
Cancer	0 (0.0)	0 (0.0)	0 (0.0)
Available Technology			
Essential[9]	4 (100.0)	0 (0.0)	4 (100.0)
Imaging [10]	3 (75.0)	0 (0.0)	3 (75.0)
Cardiopulmonary[11]	0 (0.0)	0 (0.0)	0 (0.0)
Dental[12]	3 (75.0)	0 (0.0)	3 (75.0)
Laboratory[13]	2 (50.0)	0 (0.0)	2 (50.0)

1. *Includes Generally available in house, free of cost; Generally available in house, on payment; and Outsourced, but paid for by the program*
2. *Includes Haemoglobin and Total Leucocyte count ,*
3. *Includes histopathology, cytopathology, immunohistochemistry, histochemical stains*
4. *Includes blood glucose, blood chemistry – alkaline, phosphatase, calcium Kidney function test, Liver function test, Serum protein electrophoresis, Immunoassay test, Tumor lysis syndrome panel- LDH. Uric acid, potassium, Calcium, phosphate*
5. *Includes ECG and Echo*
6. *Includes X ray, Low frequency USG, High frequency USG,Mammography and CT Scan/MRI*
7. *Includes Nuclear scan and PET Scan*
8. *Includes Endoscopy and Colposcopy*

9. *Includes at least one of each adult weighing scale, Stadiometer/Wall markings for height, Measuring tape, Stethoscope and B.P Apparatus*
10. *Includes X ray Machine, Ultrasound machine and C.T scan Machine*
11. *Includes ECG Machine, ECG roll, 12 Channel stress ECG Tread Mill,Diagnostic spirometer, Nebulizer, infusion set, Oxygen mask, Oxygen cylinder, Pulse Oximeter, Laryngoscope, Adult ambu bag, Cardiac monitor and Defibrillator.*
12. *Includes dental Mirror and Dental Chair.*
13. *Includes atleast one of each Centrifuge, Glucometer, Haemoglobin meter, Biochemical analyser, Lancets, Glucostrips, Urine strips, Microscope and Reagents/ kits for Glucose testing*

D. Profile of adults with cancer

3.16.1 - Number of cancer patients by place of residence and gender

	Urban	Rural	Male	Female	Combined
Number of cancer patients	**14**	**11**	**12**	**13**	**25**

3.16.2 - Age at diagnosis and duration of cancer among cancer patients by place of residence and gender (Mean)

	Urban (14)	Rural (11)	Male (12)	Female (13)	Combined (25)
Age at diagnosis	52.6	48.4	49.8	51.6	50.8
Duration of cancer *	75.3	68.4	63.0	80.8	72.2

*months

3.16.3 - Site of cancer and other chronic illness among cancer patients by place of residence and gender (Percentage)

	Urban (14)	Rural (11)	Male (12)	Female (13)	Combined (25)
Site of Cancer					
Oesophagus	0 (0.0)	1 (9.1)	0 (0.0)	1 (7.7)	1 (4.0)
Lung	1 (7.1)	1 (9.1)	2 (16.7)	0 (0.0)	2 (8.0)
Stomach	1 (7.1)	0 (0.0)	0 (0.0)	1 (7.7)	1 (4.0)
Throat	1 (7.1)	2 (18.2)	3 (25.0)	0 (0.0)	3 (12.0)
Mouth	1 (7.1)	0 (0.0)	1 (8.3)	0 (0.0)	1 (4.0)
Cervix	2 (14.3)	0 (0.0)	0 (0.0)	2 (15.4)	2 (8.0)
Gall bladder	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)
Breast	1 (7.1)	2 (18.2)	0 (0.0)	3 (23.1)	3 (12.0)

Diagnosed with co-morbidity					
Type of comorbidity					
Tuberculosis	1 (7.1)	0 (0.0)	1 (8.3)	0 (0.0)	1 (4.0)
Kidney failure	0 (0.0)	1 (9.1)	0 (0.0)	1 (7.7)	1 (4.0)
Diabetes Mellitus	3 (21.4)	0 (0.0)	0 (0.0)	3 (23.1)	3 (12.0)
Heart Failure	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)
Stroke	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)
Others	0 (0.0)	3 (27.3)	1 (8.3)	2 (15.4)	3 (12.0)

3.16.4- Type of health facility or health care provider from where cancer care was taken among those who sought treatment by place of residence and gender (Percentage)

	Urban (14)	Rural (11)	Male (12)	Female (13)	Combined (25)
Type of health facility / health care provider					
Within the state	7 (53.8)	7 (63.6)	7 (58.3)	7 (58.3)	14 (58.3)
Outside the state*	6 (46.2)	4 (36.4)	5 (41.7)	5 (41.7)	10 (41.7)
Govt facility	6 (42.9)	10 (90.9)	7 (58.3)	9 (69.2)	16 (64.0)
Private facility**	7 (50.0)	1 (9.1)	5 (41.7)	3 (23.1)	8 (32.0)
Self-healers	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)
Alternative form of medicine (AYUSH)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)
Others	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)	0 (0.0)

**Outside the state includes Other states within NER and Outside NER*

***Private facility includes within the state, Other states within NER and Outside NER*

3.16.5- Source of finances for cancer treatment among cancer patients by place of residence and gender (Percentage)

	Urban (14)	Rural (11)	Male (12)	Female (13)	Combined (25)
Self-Financing/Taking loan/Sale of assets	6 (42.9)	4 (36.4)	5 (41.7)	5 (38.5)	10 (40.0)
Family support	2 (14.3)	2 (18.2)	2 (16.7)	2 (15.4)	4 (16.0)
Health Insurance Schemes/Hospital Incentives	1 (7.1)	2 (18.2)	1 (8.3)	2 (15.4)	3 (12.0)

Key Findings

I Behavioural risk factors

Tobacco use

- The prevalence of current tobacco use (smoked or smokeless) was 52.1%. The prevalence of smokeless tobacco use (46.3%) was higher than smoked tobacco use (15.5%).
- Nearly half of the (43.3%) of current tobacco users (smoked or smokeless) were daily users.
- The mean age at initiation of use was 23.9 years.
- The average duration of tobacco use among past smokers was 18.5 years.
- Only 12.8% of the smoked tobacco users had made self-attempts to quit smoking, while only 2.3% had been advised to quit tobacco use by doctor/health worker

Exposure to second hand smoke

- Around 31% reported exposure to second hand tobacco smoke in the past 30 days, either at home, during travel or at the work place.

Non tobacco betel products

- As many as 25.2% of the respondents were current users of non-tobacco betel products in the form of pan masala, betel quid or areca nut. The use of arecanut (23.3%) was highest among current users.

Alcohol use

- A little over one tenth of the respondents (16.3%) had consumed alcohol over the past 12 months, while around 14.4% had consumed alcohol over the past 30 days.
- The mean age of initiation of alcohol use was 22.6 years.
- Among those who consumed alcohol in the past 12 months, 2.3% were daily users and 1.5 % felt the need for a drink first thing in the morning every day.
- 11.5 % of the respondents engaged in heavy episodic drinking
- Only 1.7% of the respondents had been advised to quit alcohol use by doctor/health worker

Diet

- The average number of days of fruit intake was 2.1 per week
- The average number of servings of fruits and vegetables was 1.9 per day
- Over 90% of the respondents consumed preserved/salt curated and fermented products on an average of 4.4 days.

Physical activity

- Over 90% of surveyed adults reported to be having sufficient level of physical activity

II Raised blood pressure

- Prevalence of raised blood pressure was reported to be 36.4% in males and 30.1% in females. It was found to be slightly higher in adults from urban than in rural region
- Over half of the respondents (51.9%) were pre-hypertensive.

III Overweight/Obesity

- According to WHO cut off values, 32.5% of the respondents were overweight, while 9.8 % were obese.
- The prevalence of obesity was higher in females (12.2%) than males (7.4%).
- Around 37.9% of the respondents had central obesity

IV Raised blood glucose

- The prevalence of raised fasting blood glucose was 6.3%.

V Clustering of risk factors

- Nearly 40% of respondents had a clustering of $\geq$ 3 risk factors

VI Health seeking behaviour

- As many as 46% of respondents had never had their blood pressure ever measured in life.
- Among those with raised blood pressure, only 20% had their blood pressure under control.

VII Cancer screening

- Only 5.5% of the respondents were aware of cancer screening for the three common cancers: Oral, breast and cervical cancer. Less than 1% had ever undergone screening for these cancers.

VIII: Health system response:

- Less than 10% of the surveyed PHCs' provided cancer screening services.
- Around 50% of the PHCs' had availability of in house counselling facilities for risk behaviour through counsellor or specialized personnel in the vicinity.
- None of the CHCs' provided cancer screening services whereas a little over 30% for breast and oral cancer and around 50% for cervical cancer screening services were present in District hospitals..
- Physicians were available at 40% of the CHCs'. Gynaecologists were available in only about 20%of the CHCs'.
- Physicians were available at 80% of the DHs'. Gynaecologists were available in about 66% of the district hospitals.
- None of the private secondary health facilities that were surveyed provided cancer screening for breast, oral or cervical cancer
- HPV vaccination was provided by 16.7% of the DHs' and 75% of the private health facilities.

Recommendations

1. ***Health facility status:***

   a) Need to improve infrastructure of PHC, CHC and DH.
   b) Emergency service need to be made available regarding ambulance, working telephone, ICU and emergency cardiac care unit.
   c) Training for doctors and Para medical staff for NPCDCS/NHM (NCD related) to be increased.

2. Awareness of cancer and other NCD regarding the various risk factors in different age group to be increased by various means.

3. Facility for screening of cancer need to be made available in different health care facilities e.g. PHC, CHC, DH and private sectors.

4. IEC materials related to cancer and other NCD need to be increased.

5. Counseling for risk factors, risk behaviour need to be increased for NCD.

6. Need to increase availability and awareness of HPV vaccine.

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List of Principal and Co-Principal Investigators

Central Coordinating Agency (CCA) – Indian Council of Medical Research (ICMR) – National Centre for Disease Informatics and Research (NCDIR), Bengaluru	
Principal Investigator	Dr Prashant Mathur, Director, ICMR-NCDIR, Bengaluru
Co-Principal Investigators	Dr Anita Nath, Scientist E (Medical), Nodal officer, ICMR-NCDIR, Bengaluru Dr K Vaitheeswaran, Scientist D (Statistics), ICMR-NCDIR, Bengaluru Mr Vinay Urs K S, Scientist C (Programmer), ICMR-NCDIR, Bengaluru Mrs Thilagavathi, Scientist B (Statistics), ICMR-NCDIR, Bengaluru
Technical support	Mr. N. Sureshkumar, Technical Officer (A) Mr Ramesh Velidi, Technical Officer (C)
Project Staff	Dr Mohana B.P Dr Sravya L Dr Prachi Phadke Ms Nifty Thomas Mr Rohith Mohan Ms Nirmala V Ms Sivagami K Mr Arindam Debnath Mr Thillai Govindarajan Ms Gurpreet Kaur
Coordinating State PBCR Agency (CSA) – Manipur	
Principal Investigator	Retired: Prof. Madhubala Devi Prof & Head dept of Pathology, RIMS Imphal Dr Sushma Khuraijam Professor & Head, Department of Pathology – RIMS Imphal
Co-Principal Investigator	Dr. Shantibala Professor of Community Medicine Department, RIMS Imphal

Survey Staff	Dr. L. Victoria Devi – Research Scientist B (Medical) **Project Technician Officer (Medical Social Worker)** Sanasam Velori Nongmaithem Fancy Devi Yaikhom Nandakumar Singh Neinunnem Grace Khaute Karuna Kh Thingujam Bijen Singh **Project Technician –III (Laboratory Technician)** Laishram Diana Tongbram Radharani Devi **Project Technician –III (Field Worker)** Leimapokpam Wilson Meitei K. Somam Raj Sharma
PBCR Staff	**Social Investigator** Khumukcham Nabachandra Singh Lourembam Bhopendro Singh

Photographs of the Survey