AI & data analytics critical in early identification and management of NCDs: Report

07 April 2022 | News

Apollo Hospitals unveils Health of the Nation 2022 report

Apollo Hospitals has unveiled the Health of the Nation 2022 report highlighting the prevalence and distribution of non-communicable diseases (NCDs) across the country.

Based on 16 million anonymised responses to the COVID-19 Risk Assessment Scanner by Apollo 24/7, the report gives insights on trends in NCDs such as diabetes, hypertension and heart disease, COPD and asthma, obesity in different regions of the country. The report also underscores the potential of AI and data analytics in the prediction of risk and early identification as well as management of NCDs.

Key findings of the Health of the Nation 2022 report for diabetes mellitus show an increased prevalence in the southern and eastern parts of the country with an average national prevalence of 6.96 per cent. Urban areas showed a higher prevalence at 7.01 per cent as compared to rural areas with 6.7 per cent. The study also showed obesity in women over 35 years of age leads to poor diabetes control and increased risk of heart disease and other complications. Data also indicated poor diabetes control in women with high cholesterol with a 0.5 increase in HbA1c diabetes marker levels.

In hypertension, the study showed a national prevalence of high blood pressure at over 8.18 per cent with a higher incidence in North and East India. Data also indicated that adult males between the ages of 36 to 50 years have a 36 per cent higher chance of developing hypertension than adult females in the same age range. Urban areas at 8.6 per cent showed a higher incidence as compared to rural areas with 7.58 per cent.

COPD and asthma showed an incidence similar to global numbers at 2 per cent. Here, females between 36 to 50 years of age showed a 1.3 times higher chance of developing COPD as compared to males.

It is imperative, that only by adopting Artificial Intelligence and Big data analytics to predict risk and personalize care, we can help give an advantage to healthcare providers.