

1 in 3 Indians are prediabetic; 2 in 3 pre-hypertensive; 1 in 10 depressed: Apollo report

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Apollo launches India's first digital health risk assessment called 'ProHealth Score' to assist people in making informed decisions for themselves



Apollo Hospitals has unveiled the latest edition of its flagship annual report, 'Health of Nation'. The report sheds light on the concerning rise of non-communicable diseases (NCDs) in India, including cancer, diabetes, hypertension, cardiovascular diseases, and mental health issues, all of which significantly impact the nation's overall health. Particularly alarming is the escalating incidence of cancer in India compared to global rates, making India the "cancer capital of the world".

Not only is there a sharp rise in the number of cancer cases in India, but their average age of incidence has also gotten significantly younger. Most common cancers in order of occurrence in India are Breast, Cervix and Ovary in women and Lung, Mouth and Prostate in Men.

The median age for cancer diagnosis in India is lower than other countries. According to Apollo findings, average age of diagnosis of Breast Cancer in India is 52, while it is 63 in USA and Europe.

Hypertension incidence increased from 9% in 2016 to 13% in 2023. 2 of 3 Indians are also moving toward high pressure, with 66% in pre-hypertensive stage. Apollo data also finds that 1 in 10 people have uncontrolled diabetes today and 1 in 3 are prediabetic.

Depression too gets younger and more prevalent. From amongst 5,000 people who were screened for depression, 1 in every 10 had depression. What is worth reckoning is that the percentage of depression is highest amongst those in the age category of 18 and 25, where 1 in 5 were depressed.

By 2030, these diseases are projected to cost India \$3.55 trillion in lost economic output. However, proactive preventive measures can help mitigate these effects.

In an effort to empower Indians with an accurate and unbiased understanding of their health, Apollo has launched India's first digital health risk assessment called 'ProHealth Score'. Designed to assist people in making informed decisions for themselves, the ProHealth score serves as an essential tool for assessing your health and well-being.