



# Mukhya Mantri Nirog Yojna

An integrated digital approach for  
Prevention and Control of NCDs in  
Himachal Pradesh



Progress Report  
1.4.2019 to 31.3.2023



## 4 years of Mukhya Mantri Nirog Yojna in Himachal Pradesh



Non Communicable diseases (NCDs) are emerging as the major public health challenge worldwide and about 80 % deaths are attributable to NCDs in India. Himachal Pradesh with a population of about 7 million is a hilly State in north India. As per the Health of the Nations Report 2016, the NCDs burden in the State of Himachal Pradesh was higher than the National average. In order to reduce the burden of Non Communicable Diseases (NCDs) and the associated risk factors, the Government of Himachal Pradesh notified a comprehensive strategy called **Mukhyamantri Nirog Yojna** in November 2018 as a continuum of care and life cycle approach. The key mandate of the scheme is risk reduction, health promotion, early screening and management of all common NCDs in +18 population as an integrated and digital approach

GOI has also started a population based NCD screening program for +30 population which focuses on Diabetes, Hypertension and three common cancers from 2016. Himachal has been following the GOI guidelines with State specific innovations like integrated surveillance of 10 common NCDs (Cancers, Diabetes, Hypertension, Deafness, Blindness, COPD, Epilepsy, Other CVDs, Mental Illness, CKDs ) and 15 NCDs risk factors with extension of the NCDs screening to the entire +18 aged population from April 2019. The ASHAs are doing house to house visits for the risk assessment and IPC, CHOs/Health workers are doing the screening of the population on risk and doctors are diagnosing and treating the patients. The entire surveillance is ensured through the E-Health card software which has been developed by E-Tech Services Private Limited. The E Health card application can be downloaded in ANMOL tablets /mobile phones and it is password protected . Till 31<sup>st</sup> March 2023 total 28.82 lakh persons (67 % of entire +18 population ) have been enrolled in the surveillance and we have State, Distt, Block and Sub Centre wise risk and disease profile of the individuals .Out of 28.82 lakh persons 19.47 lakh (67.6%) Have been found on risk . Out of risk positive 13.07 lakh (67%) have been screened by ANM/CHOs for NCDs and 4.99 lakh have been diagnosed further by doctors .Currently 83075 patients with NCDs are on treatment and follow up .On service delivery side we have Cardiac Care units in all 12 District Hospitals,22 Dialysis units in high load facilities, 19 Stroke care units ,16 Integrated NCD/Nirog clinics (with COPD care), 12 Palliative care units and 12 Chemotherapy units in the State. As per the report of the Health Rise project, the hypertension control is 41% and diabetes control is about 30% in District Shimla in the State. New initiatives has been started in the year 2020 as Health Promoting Educational institutes, Tobacco Free Educational Institutes and Tobacco Free Panchayats reward scheme. The scheme is backed up with Free drug and Free diagnostic services in the state. The State has developed a State specific Health Promotion Policy with multi stakeholders engagement

Mukhyamantri Nirog Yojna is an integrated digital approach to address all common NCDs collectively. This initiative has completed 4 years on 31.3.23 and we have a huge cohort of NCDs and associated risk factors from State to village levels. The State and District wise progress of four years is summarized in tabular & graphic forms for the appropriate interventions at various levels

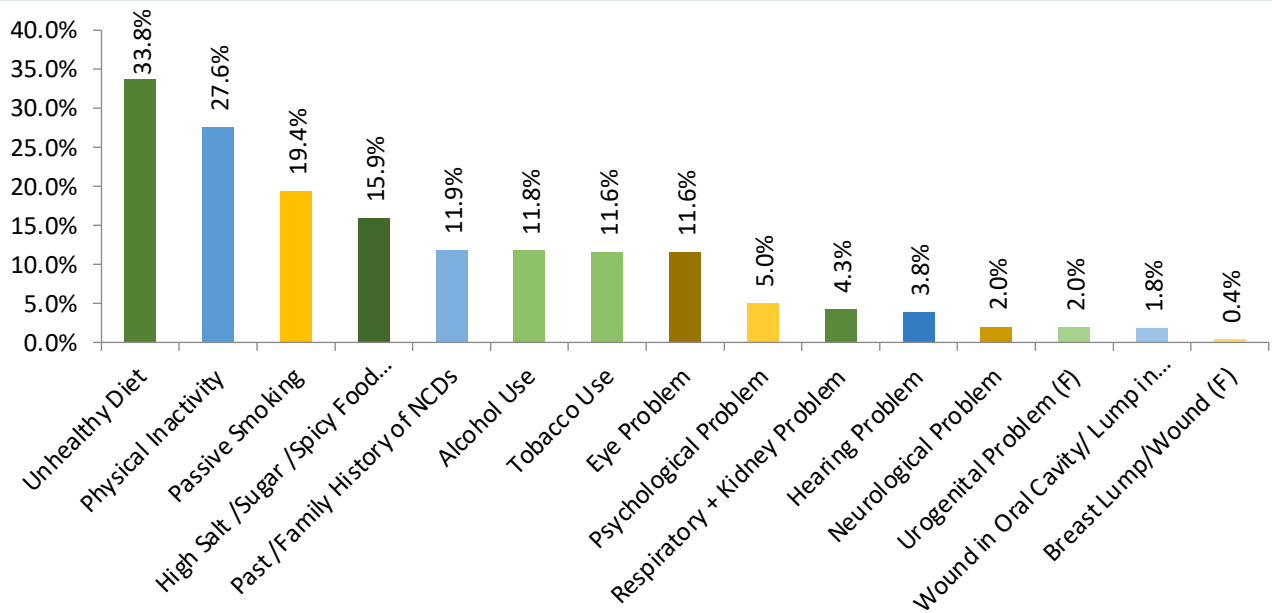
**Dr Gopal Chauhan SNO/SPO NCDs NHM Himachal Pradesh**



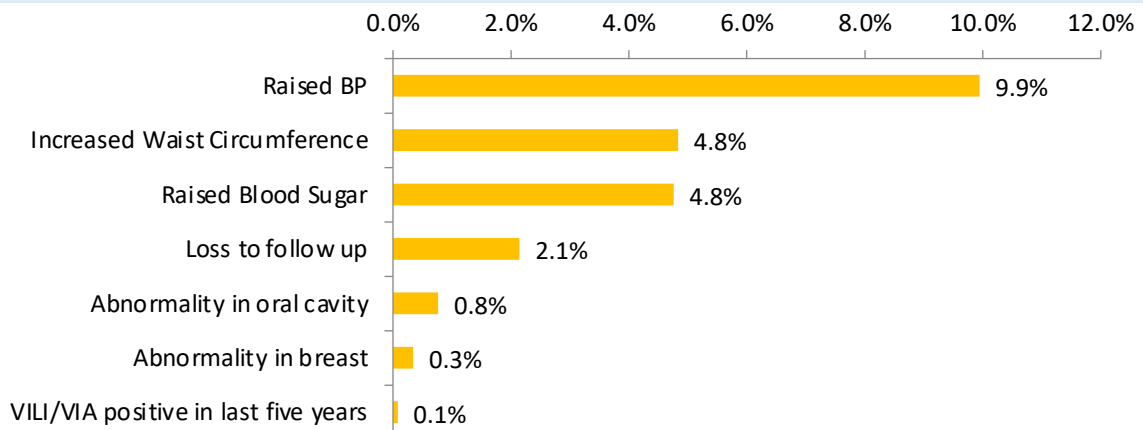
# State NCD Profile



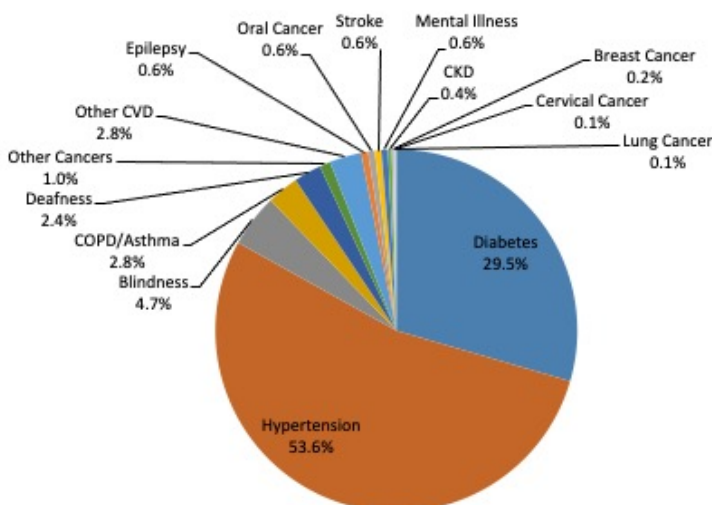
## Risk Assessment of +18 Population by ASHA Workers in HP (28,82,060)



## NCD Screening by CHOs/Health Workers in HP (13,07,494)



## Patients Diagnosed by Doctors in HP (4,99,162)



## State NCD Indicators

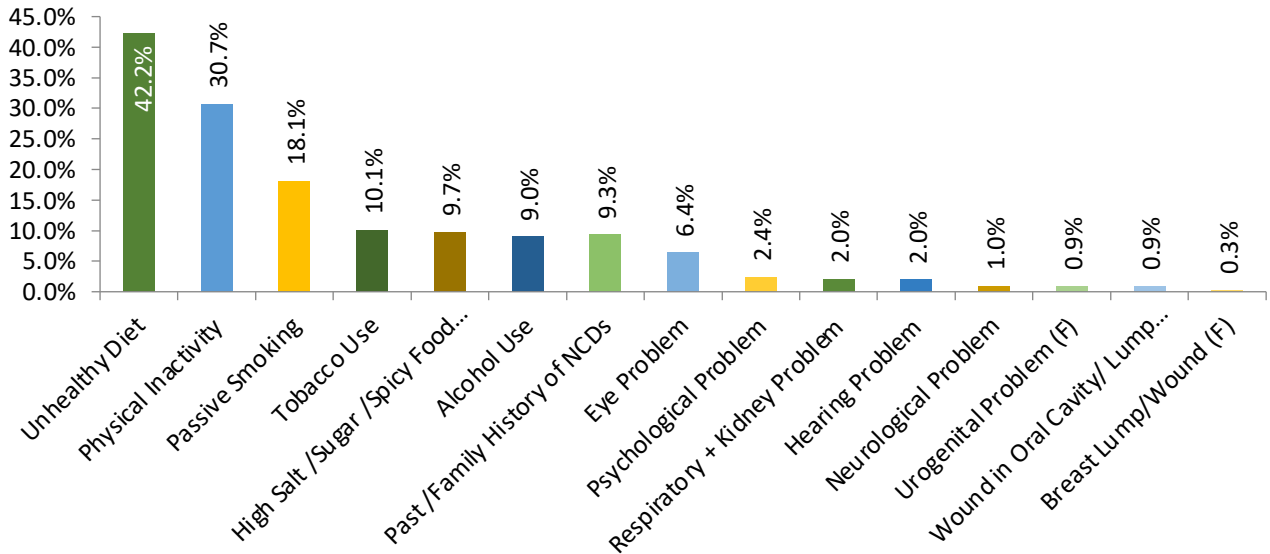
Indicators	Value	%
Total Target	43,02,066	
Persons enrolled against target	28,82,060	66.9%
Persons with NCD risk factors (amongst those assessed by ASHA)	19,47,671	67.6%
Persons reporting to stage 2 (for screening by ANM)	13,07,494	67.1%
Persons screened positive (by ANM)	225,318	17.2%
Persons reporting to stage 3 (for examination and diagnosis by MO)	499,162	221.5%
Persons diagnosed for NCD by MO	83,075	17.0%
Patients put on treatment & follow-up	83,075	100%



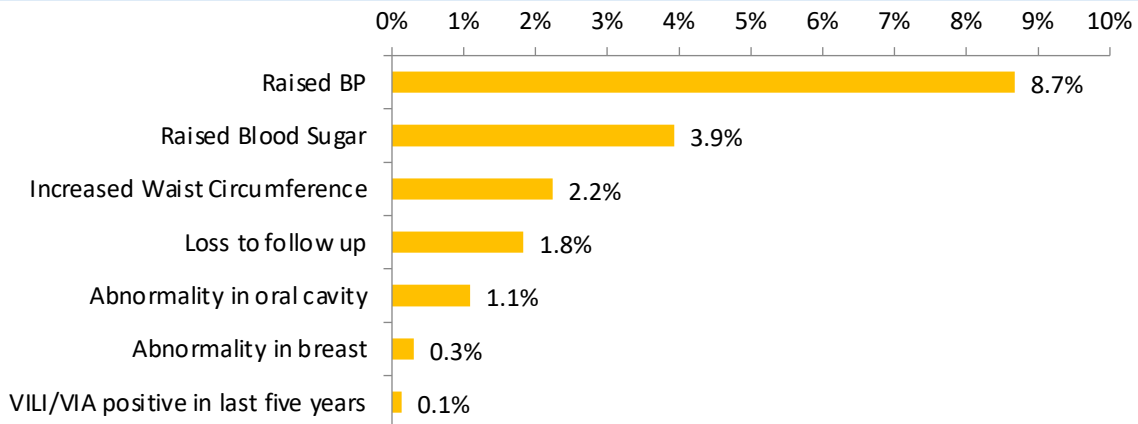
# District Bilaspur NCD Profile



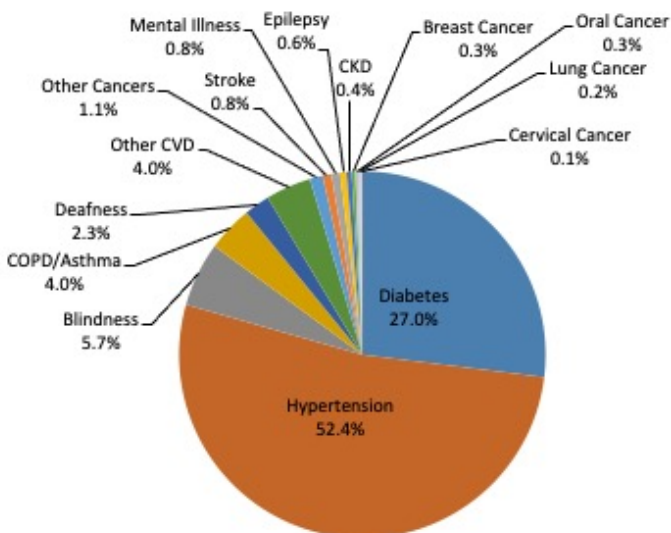
## Risk Assessment of +18 Population by ASHA Workers (196,621)



## NCD Screening by CHOs/Health Workers (111,786)



## Patients Diagnosed by Doctors (54,032)



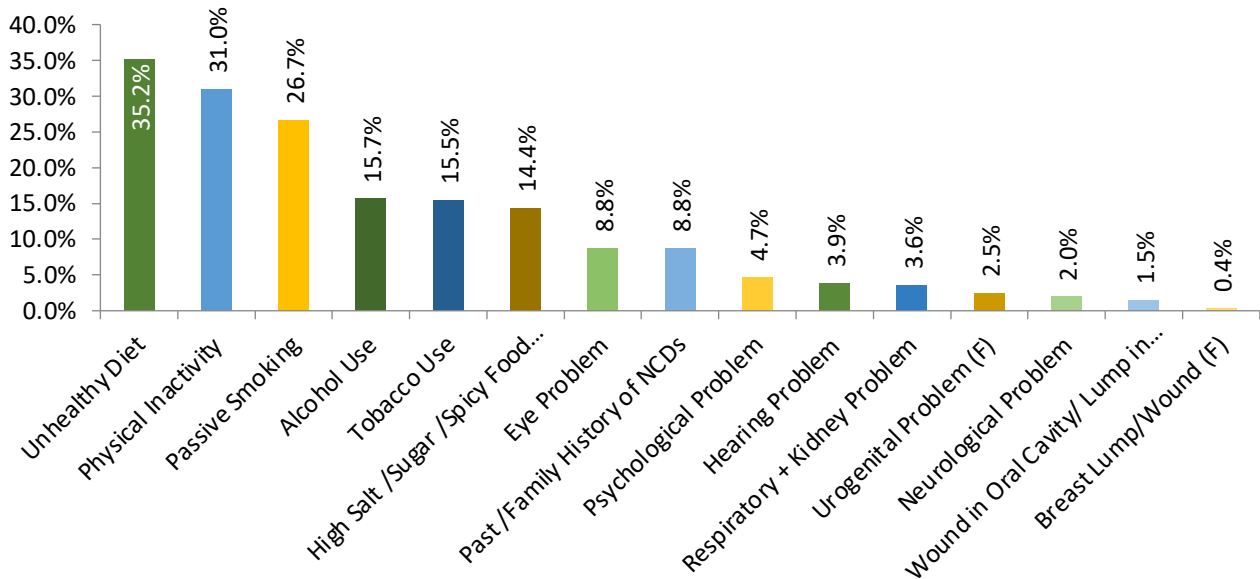
Indicators	Value	%
Total Target	238,223	
Persons enrolled against target	196,621	83.0%
Persons with NCD risk factors (amongst those assessed by ASHA)	129,622	66.0%
Persons reporting to stage 2 (for screening by ANM)	111,786	86.0%
Persons screened positive (by ANM)	15,819	14.0%
Persons reporting to stage 3 (for examination and diagnosis by MO)	54,032	342.0%
Persons diagnosed for NCD by MO	7,426	14.0%
Patients put on treatment & follow-up	7,426	100%



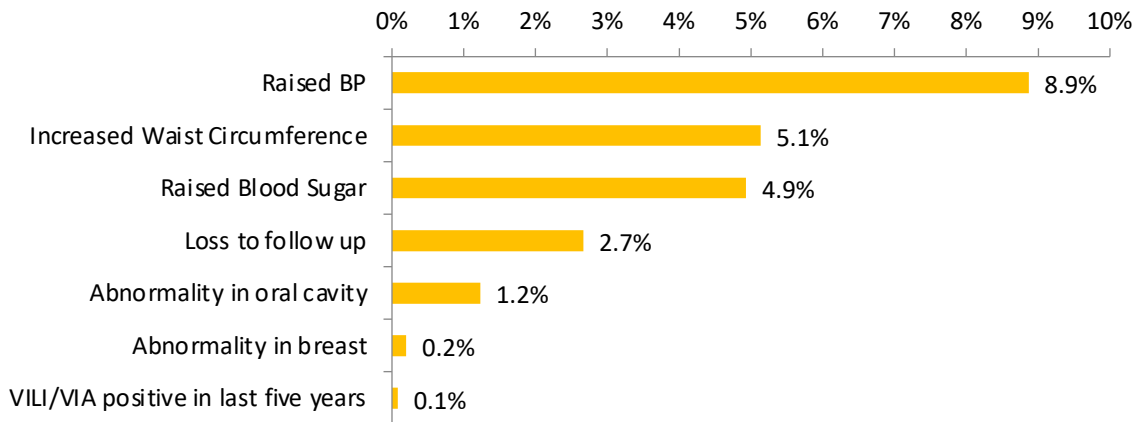
# District Chamba NCD Profile



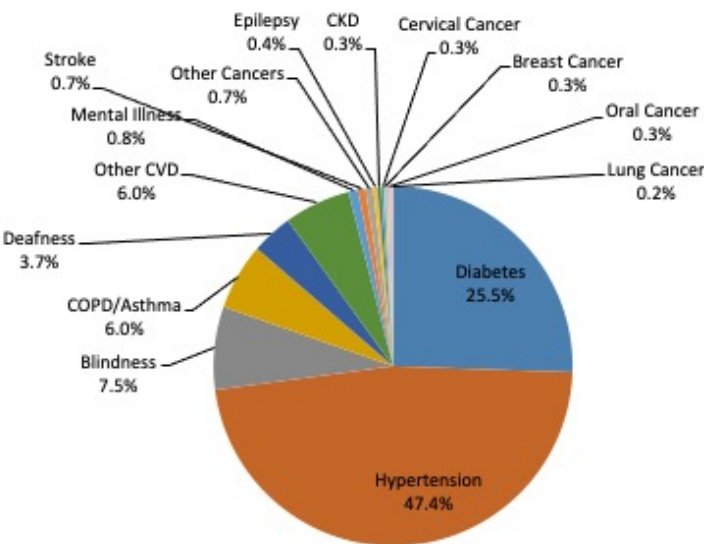
## Risk Assessment of +18 Population by ASHA Workers (168,387)



## NCD Screening by CHOs/Health Workers (58,109)



## Patients Diagnosed by Doctors (19,360)



Indicators	Value	%
Total Target	330,404	
Persons enrolled against target	168,387	51.0%
Persons with NCD risk factors (amongst those assessed by ASHA)	116,502	69.0%
Persons reporting to stage 2 (for screening by ANM)	58,109	50.0%
Persons screened positive (by ANM)	9,875	17.0%
Persons reporting to stage 3 (for examination and diagnosis by MO)	19,360	196.0%
Persons diagnosed for NCD by MO	3,812	20.0%
Patients put on treatment & follow-up	3,812	100%

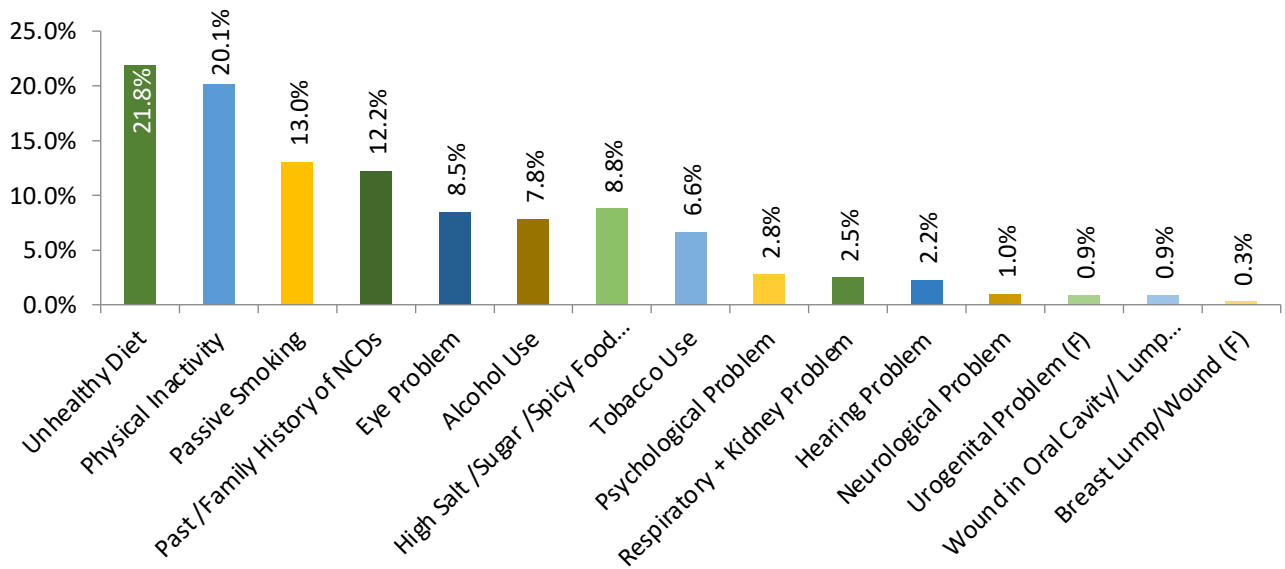




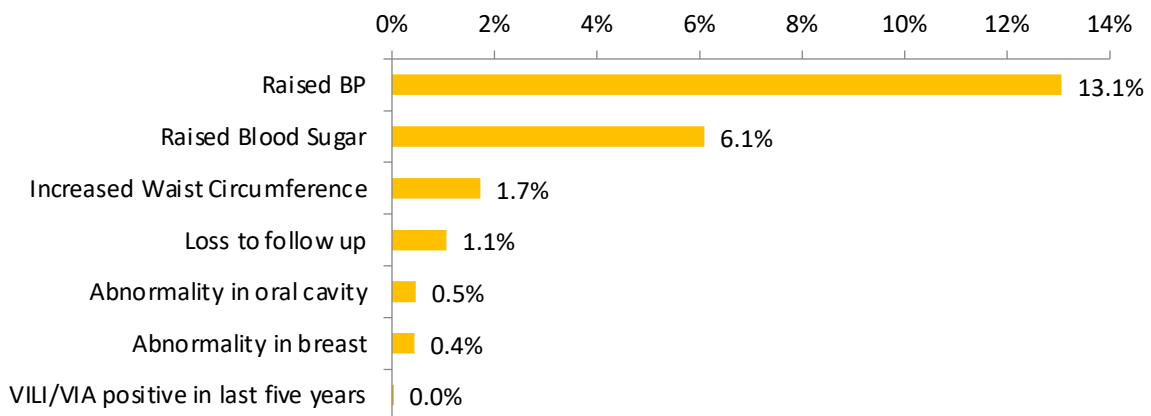
# District Hamirpur NCD Profile



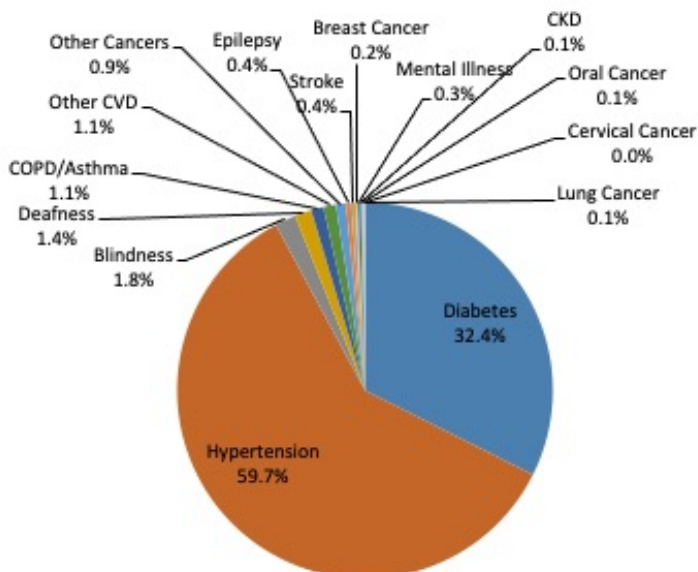
## Risk Assessment of +18 Population by ASHA Workers (238,999)



## NCD Screening by CHOs/Health Workers (108,774)



## Patients Diagnosed by Doctors (57,297)



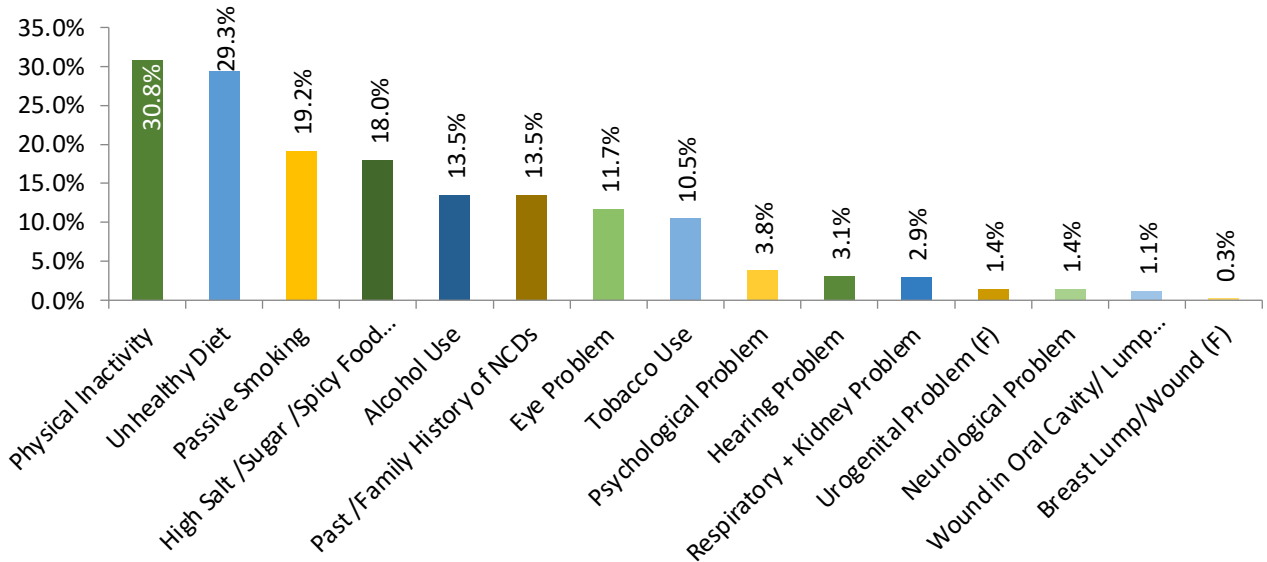
Indicators	Value	%
Total Target	274,037	
Persons enrolled against target	238,999	87.0%
Persons with NCD risk factors (amongst those assessed by ASHA)	122,824	51.0%
Persons reporting to stage 2 (for screening by ANM)	108,774	89.0%
Persons screened positive (by ANM)	19,438	18.0%
Persons reporting to stage 3 (for examination and diagnosis by MO)	57,297	295.0%
Persons diagnosed for NCD by MO	10,724	19.0%
Patients put on treatment & follow-up	10,724	100%



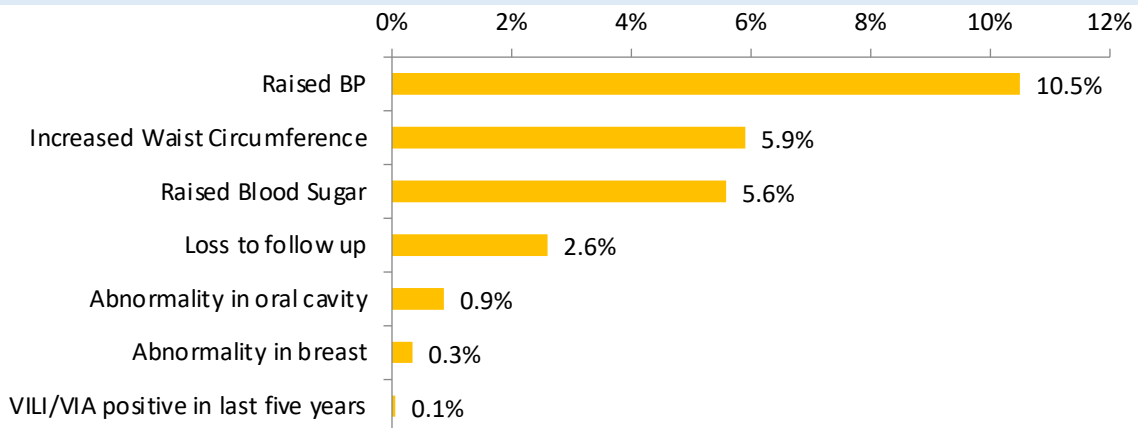
# District Kangra NCD Profile



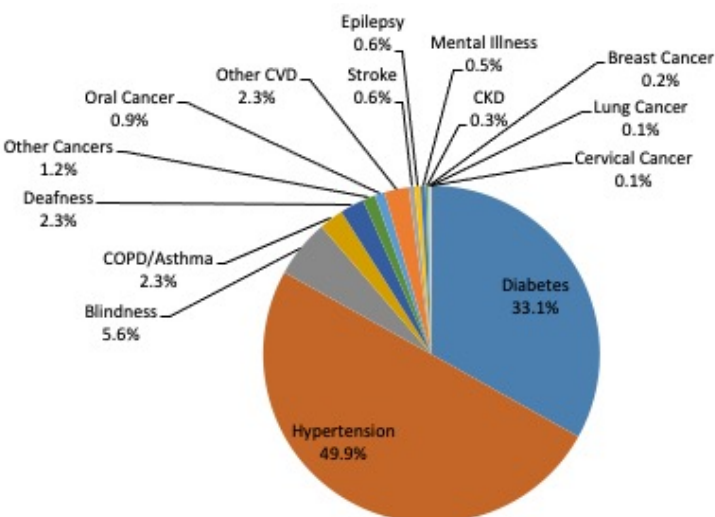
## Risk Assessment of +18 Population by ASHA Workers (522,675)



## NCD Screening by CHOs/Health Workers (326,157)



## Patients Diagnosed by Doctors (2,00,930)



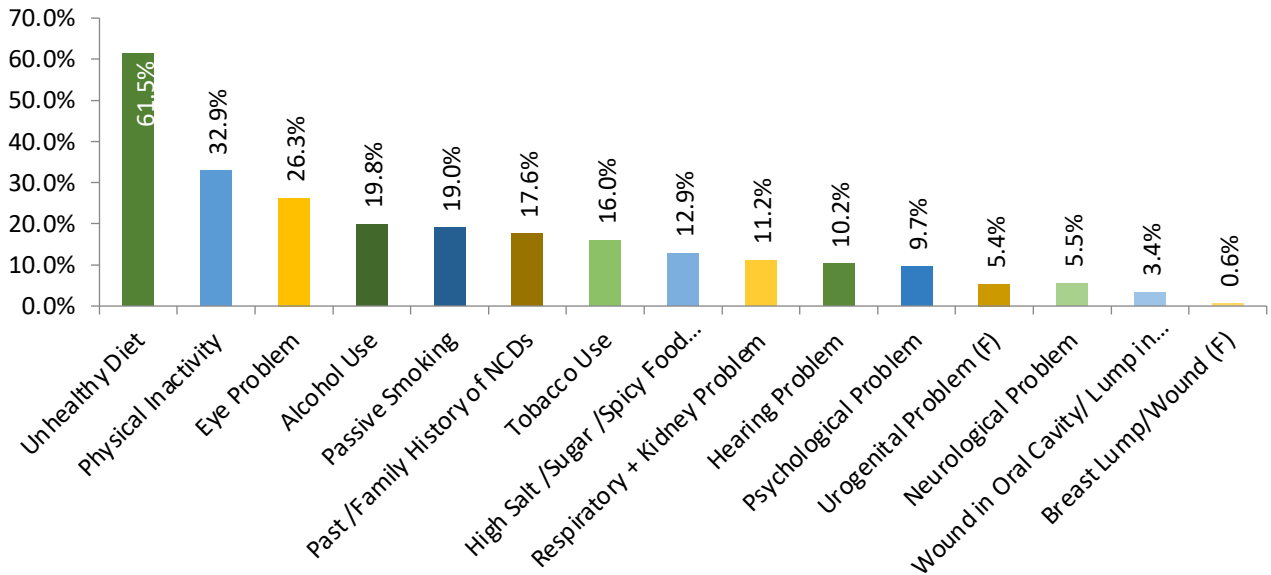
Indicators	Value	%
Total Target	935,344	
Persons enrolled against target	522,675	56.0%
Persons with NCD risk factors (amongst those assessed by ASHA)	376,610	72.0%
Persons reporting to stage 2 (for screening by ANM)	326,157	87.0%
Persons screened positive (by ANM)	63,532	19.0%
Persons reporting to stage 3 (for examination and diagnosis by MO)	200,930	316.0%
Persons diagnosed for NCD by MO	26,471	13.0%
Patients put on treatment & follow-up	26,471	100%



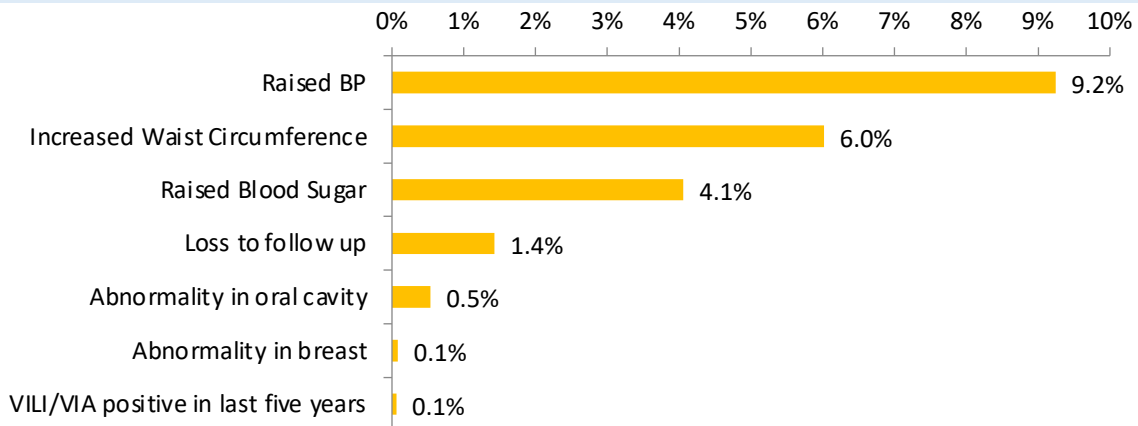
# District Kinnaur NCD Profile



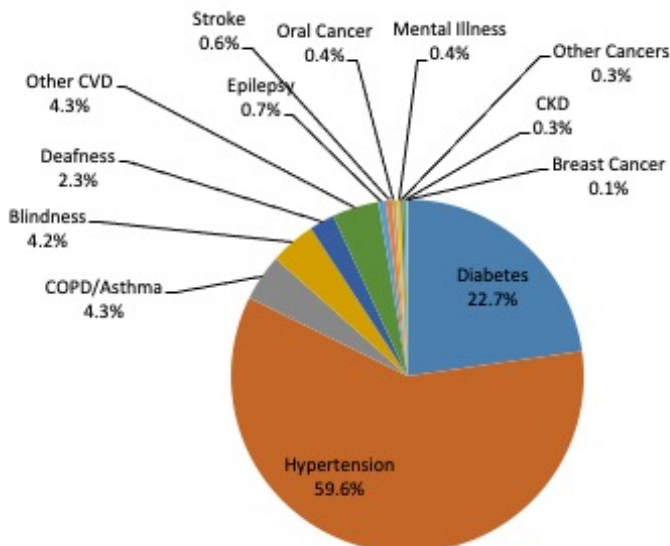
## Risk Assessment of +18 Population by ASHA Workers (31,172)



## NCD Screening by CHOs/Health Workers (20,367)



## Patients Diagnosed by Doctors (7850)



Indicators	Value	%
Total Target	48,558	
Persons enrolled against target	31,172	64.0%
Persons with NCD risk factors (amongst those assessed by ASHA)	27,179	87.0%
Persons reporting to stage 2 (for screening by ANM)	20,367	75.0%
Persons screened positive (by ANM)	3,216	16.0%
Persons reporting to stage 3 (for examination and diagnosis by MO)	7,850	244.0%
Persons diagnosed for NCD by MO	1,546	20.0%
Patients put on treatment & follow-up	1,546	100%

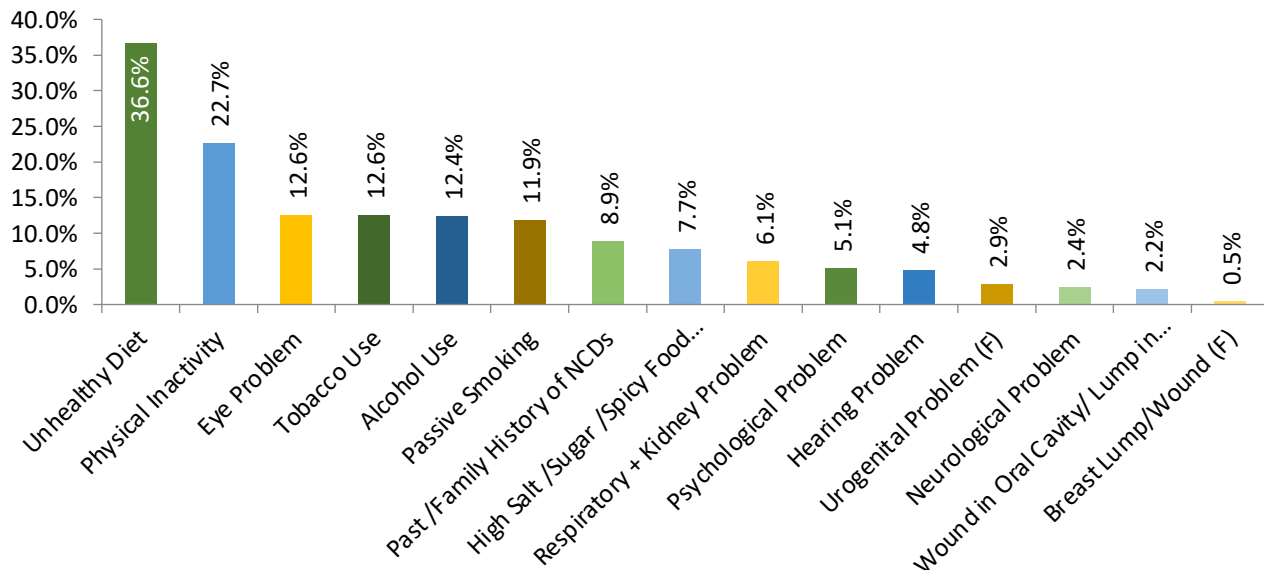




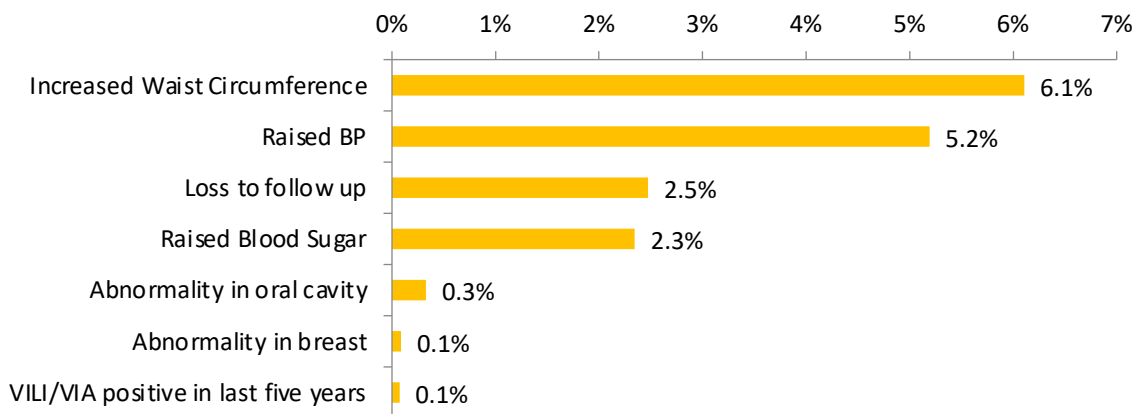
# District Kullu NCD Profile



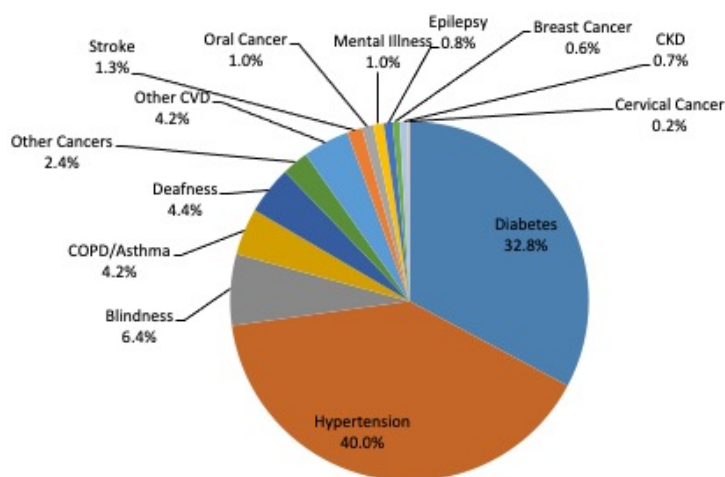
## Risk Assessment of +18 Population by ASHA Workers (230,105)



## NCD Screening by CHOs/Health Workers (80,875)



## Patients Diagnosed by Doctors (6902)



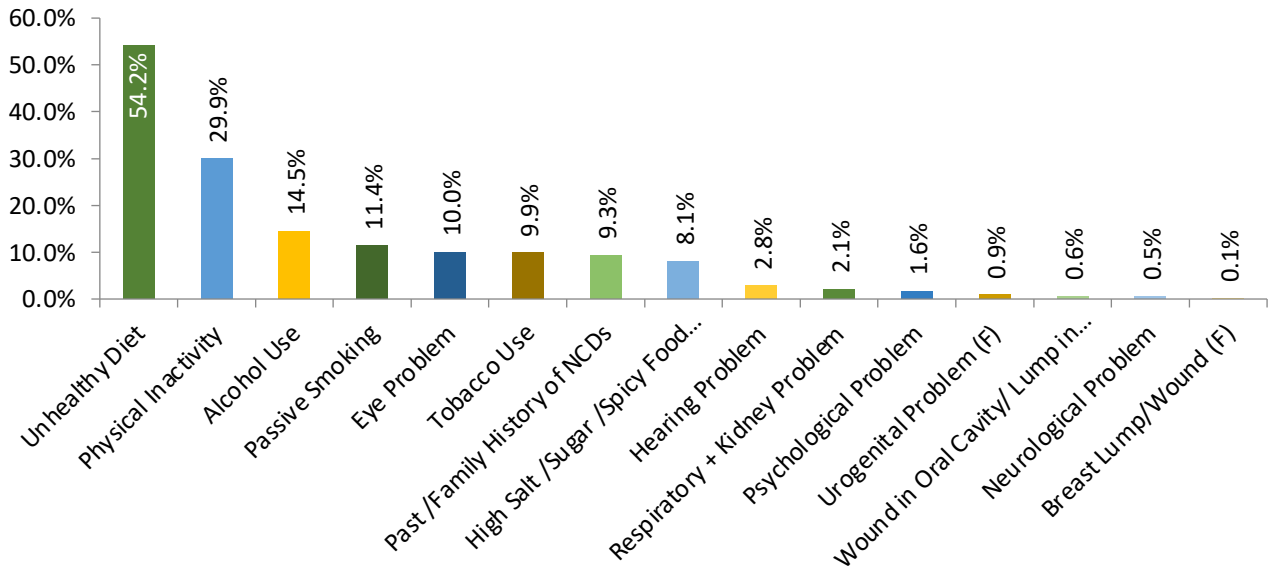
Indicators	Value	%
Total Target	263,304	
Persons enrolled against target	230,105	87.0%
Persons with NCD risk factors (amongst those assessed by ASHA)	148,444	65.0%
Persons reporting to stage 2 (for screening by ANM)	80,875	54.0%
Persons screened positive (by ANM)	11,133	14.0%
Persons reporting to stage 3 (for examination and diagnosis by MO)	6,902	62.0%
Persons diagnosed for NCD by MO	916	13.0%
Patients put on treatment & follow-up	916	100%



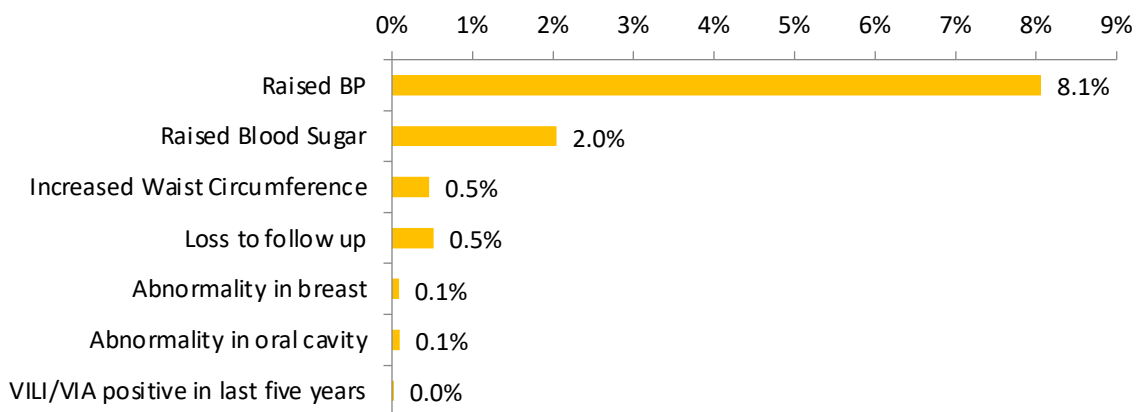
# District Lahol & Spiti NCD Profile



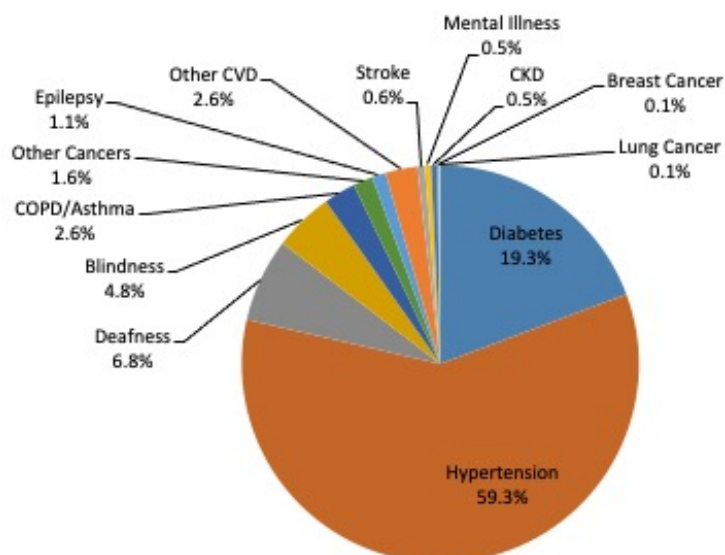
## Risk Assessment of +18 Population by ASHA Workers (12,252)



## NCD Screening by CHOs/Health Workers (9501)



## Patients Diagnosed by Doctors (5083)



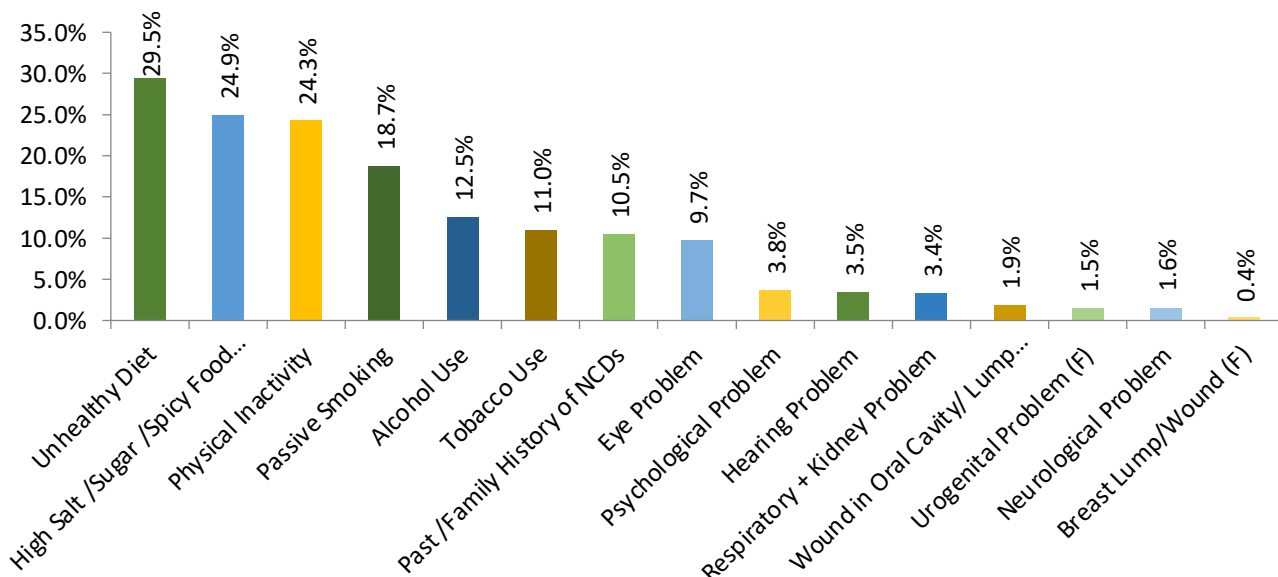
Indicators	Value	%
Total Target	18,307	
Persons enrolled against target	12,252	67.0%
Persons with NCD risk factors (amongst those assessed by ASHA)	9,301	76.0%
Persons reporting to stage 2 (for screening by ANM)	9,501	102%
Persons screened positive (by ANM)	896	9.0%
Persons reporting to stage 3 (for examination and diagnosis by MO)	5,083	567.0%
Persons diagnosed for NCD by MO	656	13.0%
Patients put on treatment & follow-up	656	100%



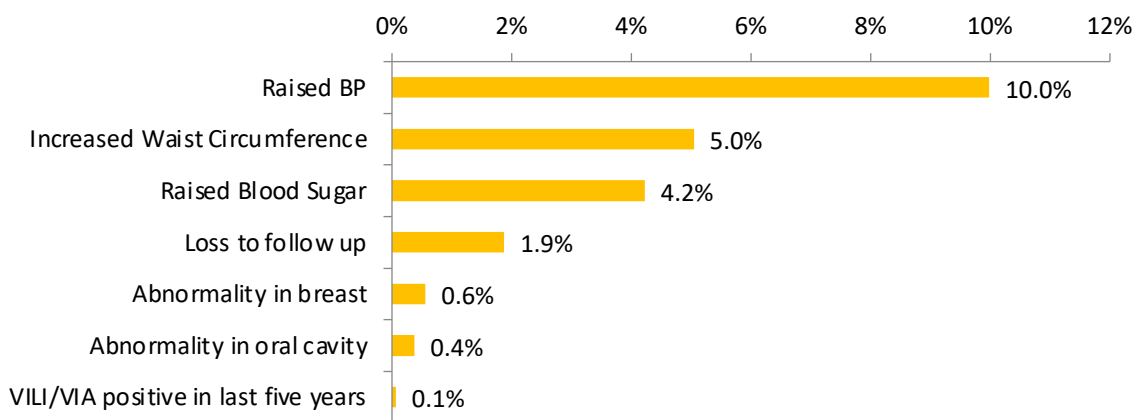
# District Mandi NCD Profile



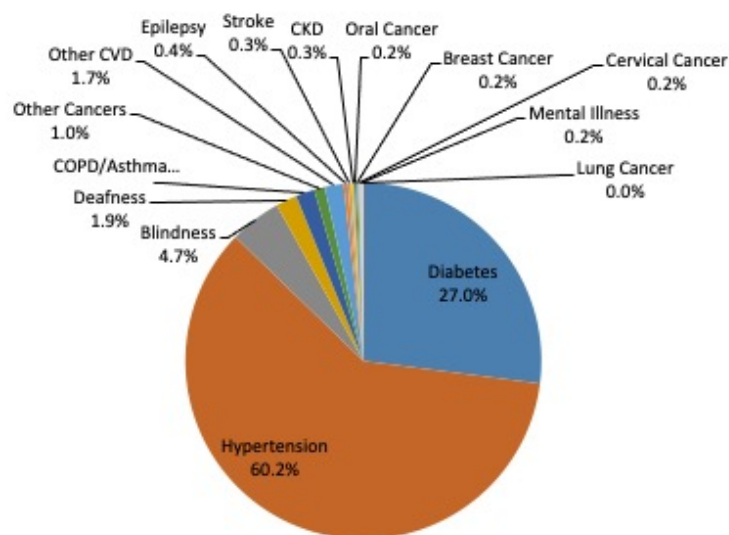
## Risk Assessment of +18 Population by ASHA Workers (638,857)



## NCD Screening by CHOs/Health Workers (308,743)



## Patients Diagnosed by Doctors (77,291)



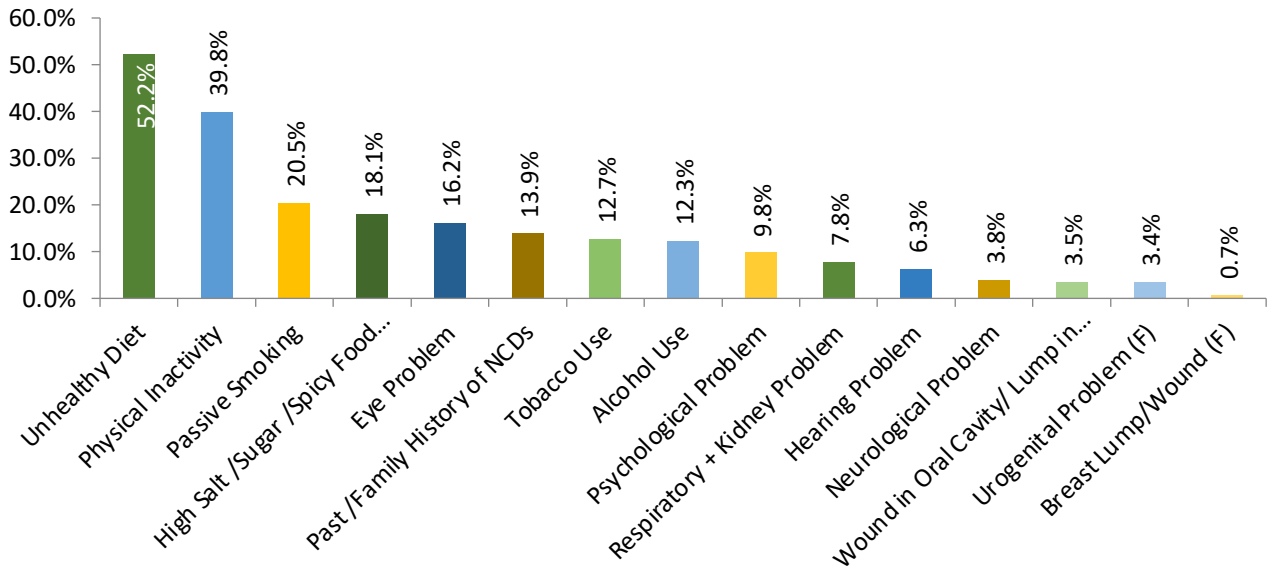
Indicators	Value	%
Total Target	633,202	
Persons enrolled against target	638,857	101%
Persons with NCD risk factors (amongst those assessed by ASHA)	419,635	66.0%
Persons reporting to stage 2 (for screening by ANM)	308,743	74.0%
Persons screened positive (by ANM)	50,958	17.0%
Persons reporting to stage 3 (for examination and diagnosis by MO)	77,291	152%
Persons diagnosed for NCD by MO	13,661	18.0%
Patients put on treatment & follow-up	13,661	100%



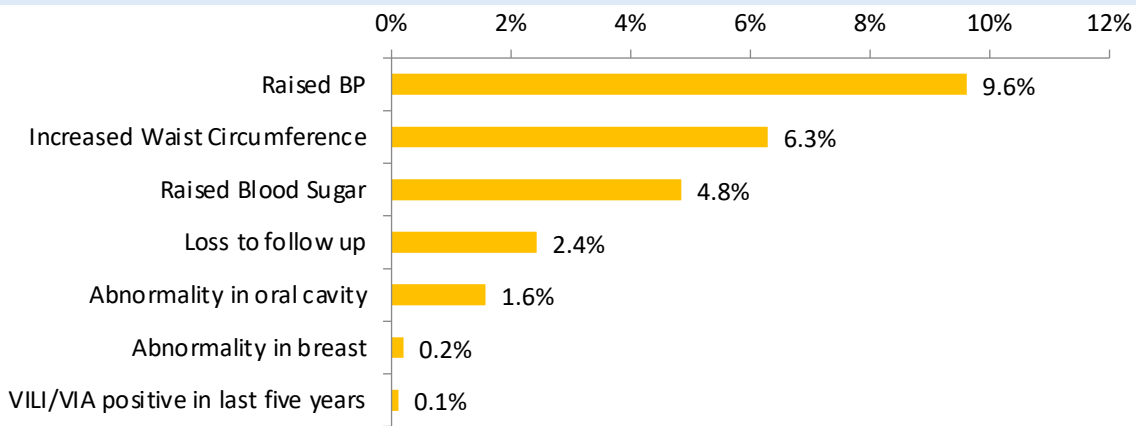
# District Shimla NCD Profile



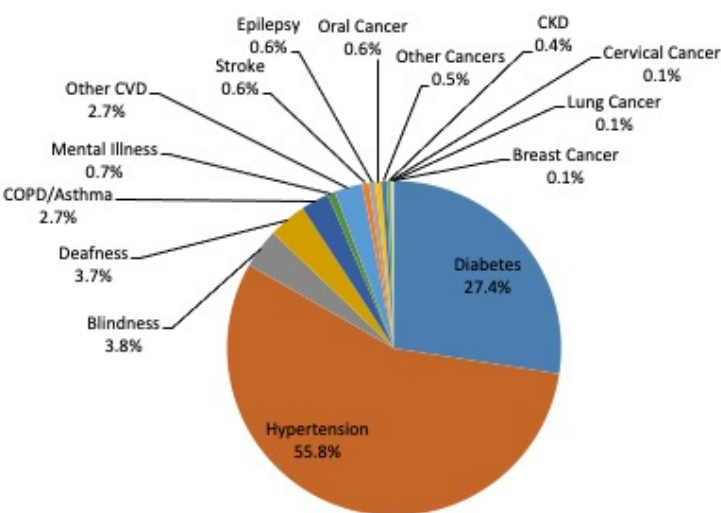
## Risk Assessment of +18 Population by ASHA Workers (342,667)



## NCD Screening by CHOs/Health Workers (163,656)



## Patients Diagnosed by Doctors (39,022)



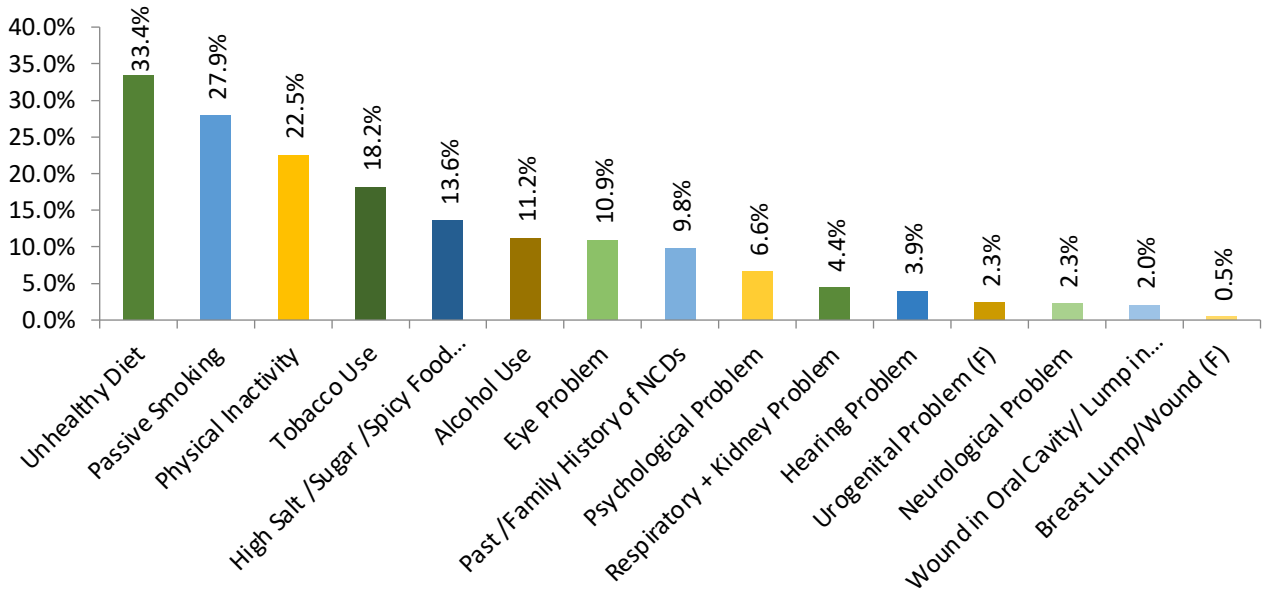
Indicators	Value	%
Total Target	487,867	
Persons enrolled against target	342,667	70.0%
Persons with NCD risk factors (amongst those assessed by ASHA)	272,968	80.0%
Persons reporting to stage 2 (for screening by ANM)	163,656	60.0%
Persons screened positive (by ANM)	29,304	18.0%
Persons reporting to stage 3 (for examination and diagnosis by MO)	39,022	133%
Persons diagnosed for NCD by MO	12,366	32.0%
Patients put on treatment & follow-up	12,366	100%



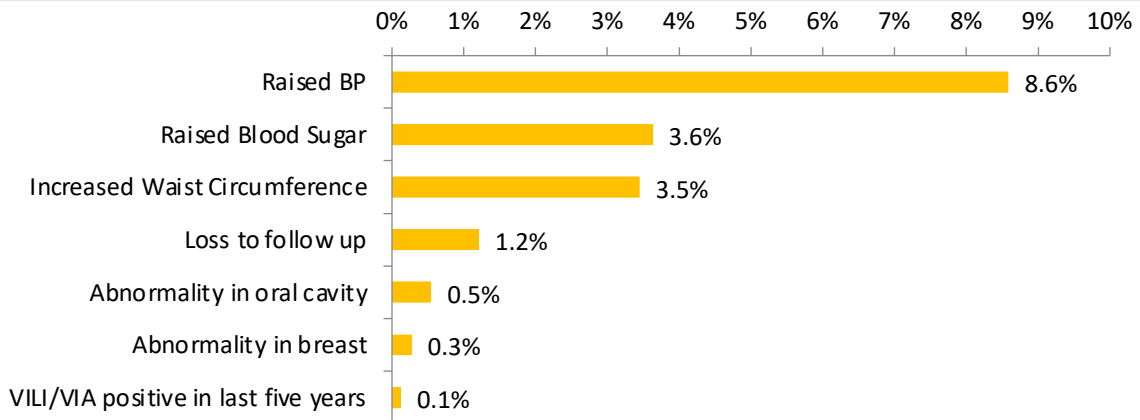
# District Sirmour NCD Profile



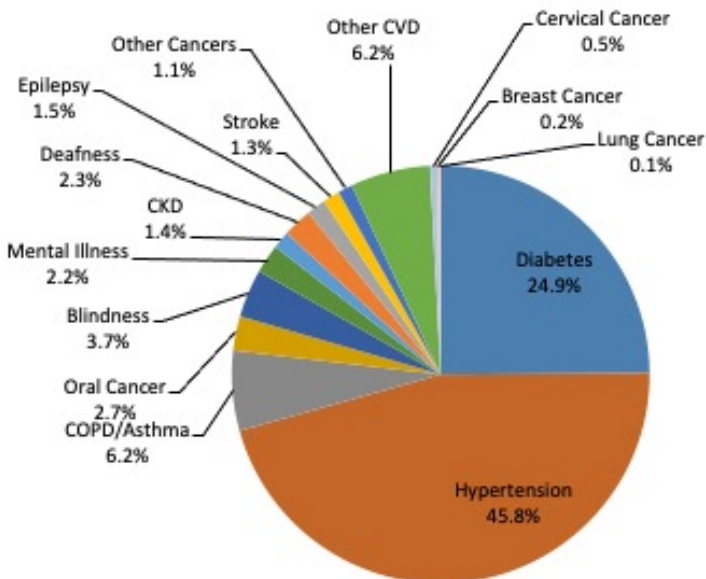
## Risk Assessment of +18 Population by ASHA Workers (211,330)



## NCD Screening by CHOs/Health Workers (60,749)



## Patients Diagnosed by Doctors (23,087)



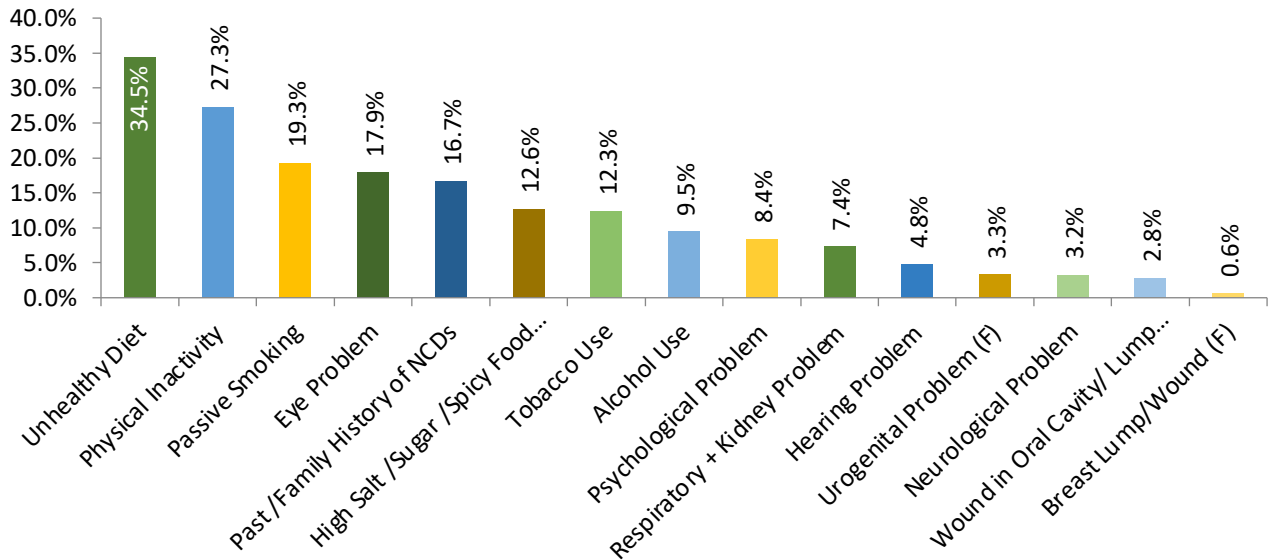
Indicators	Value	%
Total Target	335,443	
Persons enrolled against target	211,330	63.0%
Persons with NCD risk factors (amongst those assessed by ASHA)	146,680	69.0%
Persons reporting to stage 2 (for screening by ANM)	60,749	41.0%
Persons screened positive (by ANM)	8,247	14.0%
Persons reporting to stage 3 (for examination and diagnosis by MO)	23,087	280.0%
Persons diagnosed for NCD by MO	2,637	11.0%
Patients put on treatment & follow-up	2,637	100%



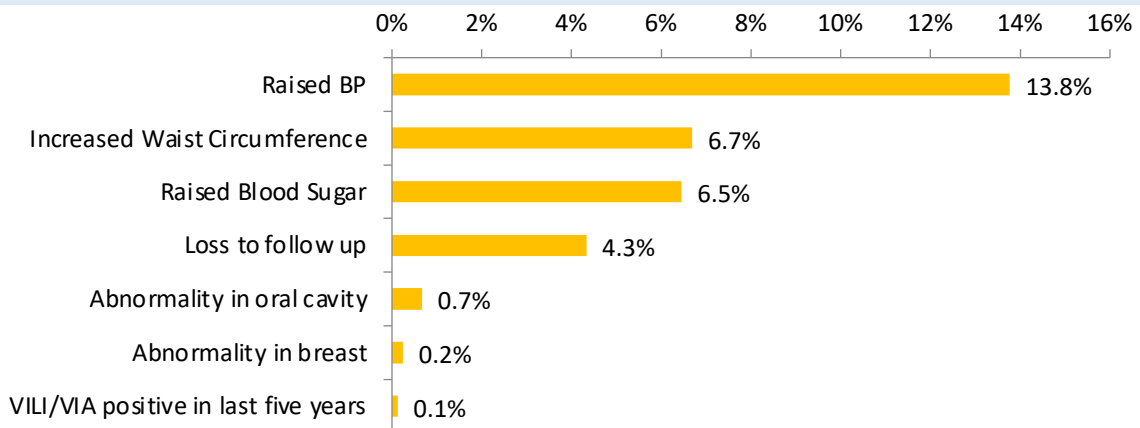
# District Solan NCD Profile



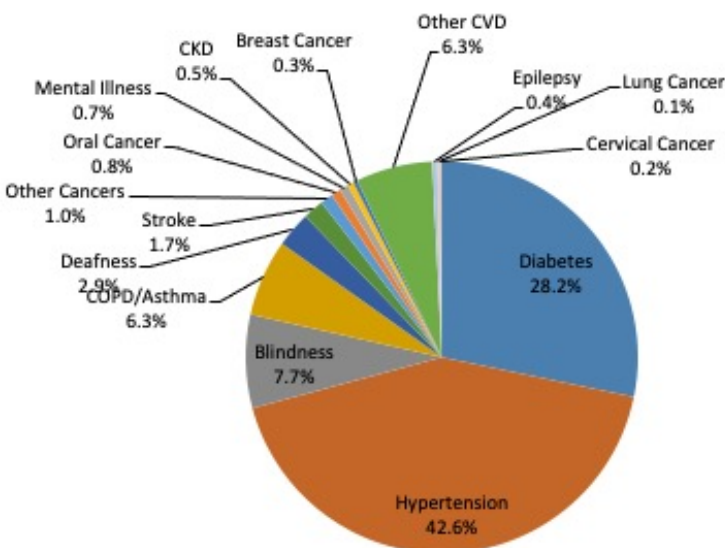
## Risk Assessment of +18 Population by ASHA Workers (142,041)



## NCD Screening by CHOs/Health Workers (33,303)



## Patients Diagnosed by Doctors (3108)



Indicators	Value	%
Total Target	378,081	
Persons enrolled against target	142,041	38.0%
Persons with NCD risk factors (amongst those assessed by ASHA)	100,291	71.0%
Persons reporting to stage 2 (for screening by ANM)	33,303	33.0%
Persons screened positive (by ANM)	7,923	24.0%
Persons reporting to stage 3 (for examination and diagnosis by MO)	3,108	39.0%
Persons diagnosed for NCD by MO	1,288	41.0%
Patients put on treatment & follow-up	1,288	100%

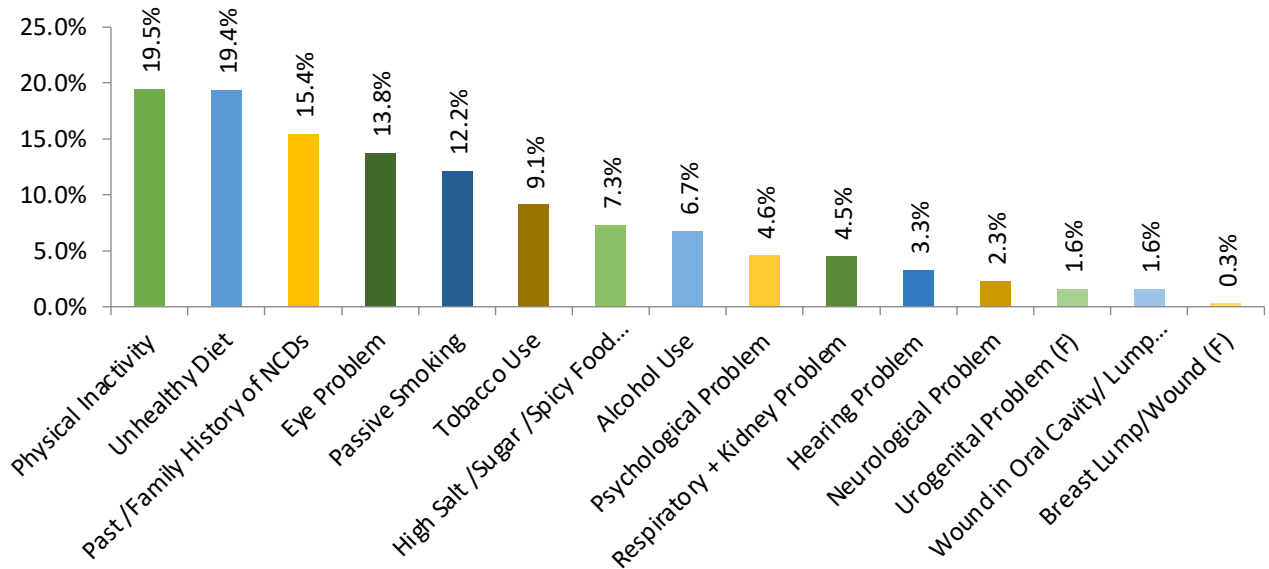




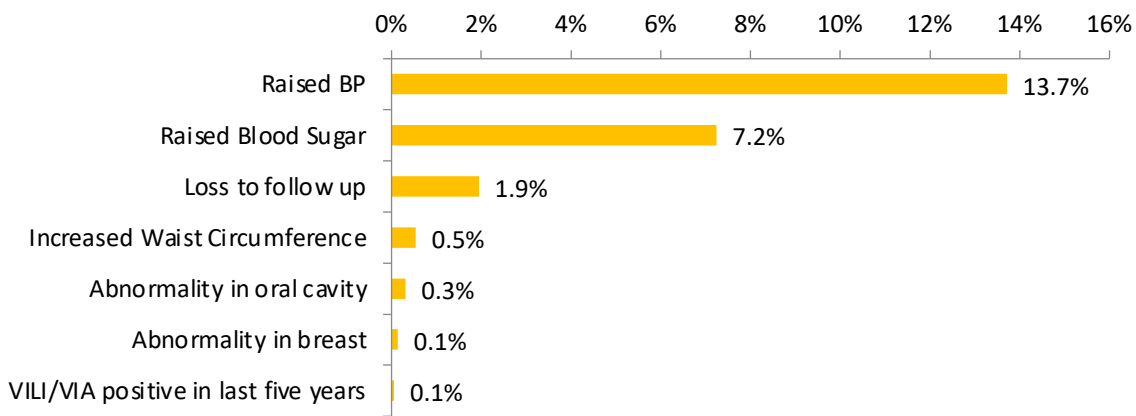
# District Una NCD Profile



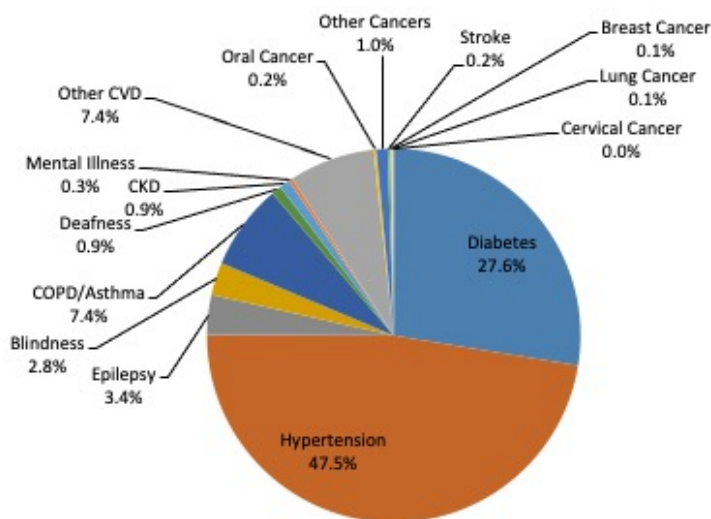
## Risk Assessment of +18 Population by ASHA Workers (146,954)



## NCD Screening by CHOs/Health Workers (25,474)



## Patients Diagnosed by Doctors (5200)



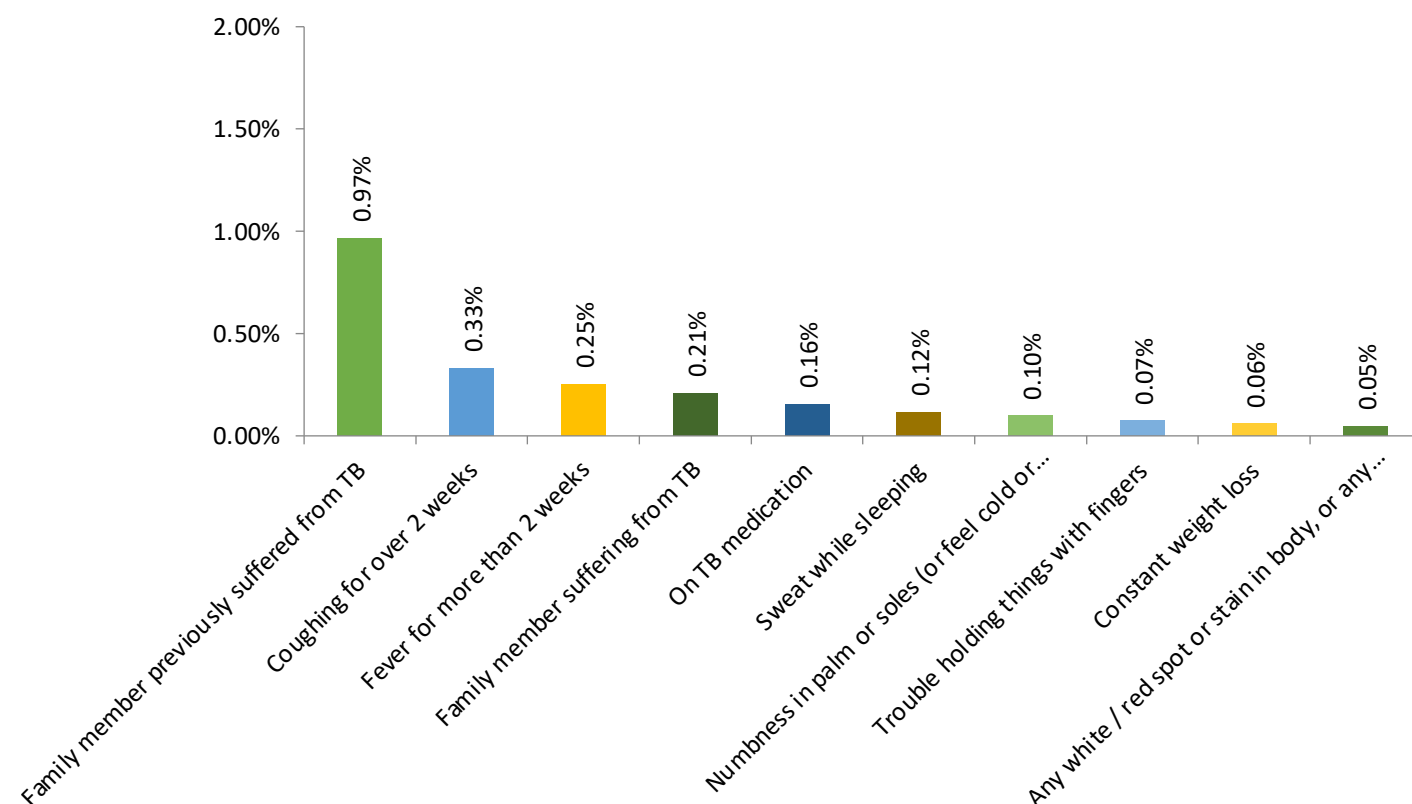
Indicators	Value	%
Total Target	359,296	
Persons enrolled against target	146,954	41.0%
Persons with NCD risk factors (amongst those assessed by ASHA)	77,615	53.0%
Persons reporting to stage 2 (for screening by ANM)	25,474	33.0%
Persons screened positive (by ANM)	4,977	20.0%
Persons reporting to stage 3 (for examination and diagnosis by MO)	5,200	104.0%
Persons diagnosed for NCD by MO	1,572	30.0%
Patients put on treatment & follow-up	1,572	100%



# Extended CBAC



Risk assessment for TB & Leprosy by ASHA Workers (21,59,444)



**We have started the TB screening through extended CBAC in the year 2020-21 for all +18 population and 21,59,444 persons have been screened verbally till 31.3.2023**



**Rewards & Recognitions  
at  
National & International Level**

# मुख्यमंत्री निरोग योजना (E-Healthcard) Selected in “New Pathways” coffee table book on Best Innovations released by Hon’ble PM in April 2018



## New Pathways

Prime Minister's Awards for Excellence, 2018

Stories of Innovations and New Initiatives in Implementation of Priority Programmes



Department of Administrative Reforms & Public Grievances  
Ministry of Personnel, Public Grievances & Pensions  
Government of India

(E-HEALTH CARD)

### E-Surveillance of NCDs

National Health Mission - Himachal Pradesh

According to World Health Organization (WHO) nearly 85% deaths in India are attributed to non-communicable diseases (NCDs), viz. heart diseases, cancer and diabetes. Almost 25% are at risk of premature death due to such diseases. In India, a total of 58.7 lakh deaths in 2016, were estimated from diseases like cancer, diabetes and heart problems. Experts are concerned over rapidly increasing incidence because of changing lifestyle and factors like pollution. Four risk factors responsible are tobacco, unhealthy diet, physical inactivity and excessive consumption of alcohol. Major metabolic risk factors are obesity and raised blood pressure, blood glucose and blood cholesterol levels. Cardiovascular diseases viz., coronary heart disease, stroke and

#### CHALLENGES FACED

- The primary challenge was to bring together key NCD experts and to devise the implementable strategies in accordance with the GOI requirements under the NCD related programmes
- Developing the software was a challenge
- Motivating and training Auxiliary Nurse Midwives (ANMs) and health workers to use the software on Aarogya Tablets was also a challenge



68 INNOVATIONS

Awarded in "5th-National Summit on Good & Replicable Practices and Innovations under NHM in India in Public Healthcare System 2018 at Kajiranga ASSAM "

चंडीगढ़ | बुधवार, 31 अक्टूबर 2018

10

## स्वास्थ्य में उत्कृष्ट कार्य पर सूबे को 4 पुरस्कार



अमर उजाला व्यूरो

शिमला/बिलासपुर। स्वास्थ्य एवं परिवार कल्याण मंत्री विपिन सिंह परमार ने बताया कि प्रदेश को स्वास्थ्य के क्षेत्र में उत्कृष्ट कार्यों के लिए चार पुरस्कार प्राप्त हुए हैं।

ये पुरस्कार असम के काजीरंगा में बेहतर सेवाएं के लिए पांचवें राष्ट्रीय सम्मेलन-2018 के दौरान प्रदान किए गए। राज्य सरकार की ओर से पुरस्कार राष्ट्रीय स्वास्थ्य मिशन निदेशक मनमोहन शर्मा ने प्राप्त

किए। उन्होंने बताया कि दो पुरस्कार नवजात शिशु मृत्यु दर और पांच वर्ष से कम आयु के बच्चों की मृत्यु दर में इस वर्ष अन्य राज्यों की तुलना में सबसे ज्यादा कमी दर्ज करने के लिए प्रदान किए गए हैं। प्रदेश में नवजात शिशु मृत्यु दर में 15.8 प्रतिशत तथा पांच वर्ष से कम आयु के बच्चों में 18.2 प्रतिशत की कमी दर्ज की गई है।

तीसरा पुरस्कार ई - स्वास्थ्य कार्ड को प्रदेश में प्रभावी ढंग से लागू करने के लिए प्रदान किया गया। ई -

स्वास्थ्य कार्ड के माध्यम से 30 वर्ष या इससे अधिक की आयु के लोगों को 10 असेंक्रिमक और 15 उच्च जोखिम कारकों की जांच की जाती है। चौथा पुरस्कार प्रदेश को गोवा, कर्नाटक और लक्षद्वीप के साथ आंतरिक रोगी सेवाओं में उत्कृष्ट कार्य के लिए प्रदान किया गया है। स्वास्थ्य मंत्री ने कहा कि वर्तमान सरकार राज्य को स्वास्थ्य के क्षेत्र में देश में आदर्श राज्य बनाने के प्रयास कर रही है। इस दिशा में अनेक नई पहल की गई हैं।



**Best performance in  
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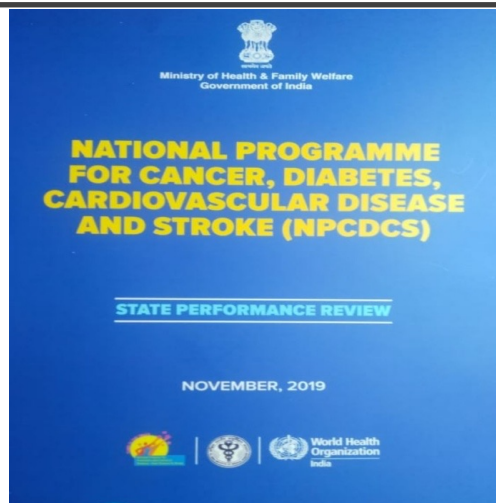




Digital Health Card –HP was Selected for presentation in “4th Global Digital Health Summit” organized by WHO and MoHFW at Delhi in 2019



Himachal Pradesh was  
selected in the “Best  
Performing States” in NCD  
Program implementation by  
Ministry of Health, Govt. of  
India in 2019



**Digital Health Card  
Program Success was  
shared at UN General  
Assembly side sessions on  
Universal Healthcare in  
2019**



**Daly, Jessica** 8:19 PM

to me, md-hp-nrhm@nic.in,...



Dear Dr. Gopal Chauhan,

Greetings and warm wishes from Medtronic Foundation. I'm writing to thank you kindly for sharing the progress you have lead with the digital HealthCard for NCD prevention and control in HP. Medtronic Foundation was proud to partner in the early stages of its development through the HealthRise program, and remain impressed with reach to over 1 million people, and the actionable insights its provides on risk profile and disease prevalence. I had the opportunity to share the success at a UN General Assembly side sessions on supporting the health workforce on the frontlines of care for Universal Healthcare. We also offered the example to our CEO in his remarks on the UN floor. While his speech stayed at a high level and reinforced the Value-Based Healthcare as a model for efficiency and improved service provision and health outcomes, we appreciated being able to offer specific proof points.

Thanks again, and we wish you continued success!

# Received Digital Transformation award in 2021

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18th November 2021



## Digital Transformation in Health

*Presented to*

**National Health Mission, Himachal Pradesh**

*For the project*

**Digital Health Approaches NCDs prevention and control  
as continuum of care in Himachal Pradesh**

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