Protocol to assess risk for NCDs like diabetes and hypertension

Step 1: Get yourself screened

Get yourself screened for NCDs (like Diabetes and hypertension) regularly if Age > 30 years even if you have NO SYMPTOMS. Diabetes and hypertension are silent diseases which may or may not show symptoms. Only screening can help identify NCDs, so get yourself screened regularly.

Step 2: Know your status

<table>
<thead>
<tr>
<th>TAKE ACTION!</th>
<th>PRECAUTION</th>
<th>HEALTHY</th>
</tr>
</thead>
<tbody>
<tr>
<td>±FBS ≥ 126 mg/dl</td>
<td>*RBS ≥ 200 mg/dl</td>
<td>+SBP ≥ 140 mm of Hg</td>
</tr>
<tr>
<td>*RBS ≥ 200 mg/dl</td>
<td>†SBP ≥ 140 mm of Hg</td>
<td>+DBP ≥ 90 mm of Hg</td>
</tr>
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<td>†SBP ≥ 140 mm of Hg</td>
<td>+DBP ≥ 90 mm of Hg</td>
<td>◦BMI ≥ 25 Kg/m²</td>
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</tbody>
</table>

If any of the given parameters fall in the red zone, immediately see the doctor and follow doctors advice.

| ±FBS-110-125 mg/dl | *RBS 140-199 mg/dl | †SBP 120-139 mm of Hg |
| +DBP 80-89 mm of Hg | ◦BMI 23–24.9 Kg/m² |

If any of the given parameters fall in the yellow zone, see the doctor, if referred and follow a healthy lifestyle.

Healthy levels

| ±FBS < 110 mg/dl | *RBS < 140 mg/dl | †SBP < 120 mm of Hg |
| +DBP < 80 mm of Hg | ◦BMI 18.5–22.9 Kg/m² |

Even if you:
- Have normal weight for height
- Do not use Alcohol/tobacco in any form
- Follow a healthy lifestyle
- Do not have a family history
Add another healthy habit of "REGULAR SCREENING" to prevent NCDs.

±FBS-Fasting Blood Sugar, *RBS-Random Blood Sugar, † SBP-Systolic Blood Pressure, ‡DBP-Diastolic Blood Pressure, ◦BMI-Body Mass Index

Step 3: Guidance for referral

Red category
Should be directly referred to District hospital/CHC for detailed investigation

Yellow category
Should be referred to PHC/District hospital/CHC (which ever is near) for confirmatory tests and counselling

Green category
Appreciate and advise to continue healthy lifestyle and periodic screening

मधुमेह व उच्च रक्तचाप के बारे में अधिक जानकारी के लिए टॉल फ्री नं. 1800-11-2460 पर डायल करें।