

## CCDC and University of Leicester roll out Rs 62 Cr programme for cardiovascular diseases in India

17 March 2026 | News

### To combat the rising cardiovascular burden among older adults in India



The University of Leicester, UK, and New Delhi's Centre for Chronic Disease Control have kickstarted "Integrated, co-developed intervention for detection and management of cardiometabolic risk factors in older Indians (CARDIO-India)", a £5 million (approximately Rs 62 crore), five-year research programme funded by the National Institute for Health and Care Research (NIHR).

The initiative aims to improve detection and management of cardiometabolic risk factors among adults aged 60 and above — a population at high risk of cardiovascular diseases (CVDs), where access to regular screening and long-term management remains limited. CVDs are the leading cause of death accounting for over 25% of all mortality in India and the burden is growing.

This programme will co-design contextually relevant interventions, implement and evaluate by conducting a cluster randomised controlled trial involving 48 Mobile Health Units across 10 states for close to 2000 participants.

CARDIO-India builds on the Government of India's Mobile Medical Units (MMUs) initiative introduced under the National Health Mission to deliver an integrated model of care across rural and sub-urban areas.

CARDIO-India's programme begins with a formative and co-design phase involving patients, caregivers, clinicians and frontline health workers. It will then move into a cluster randomised controlled trial and the intervention will run for 24 months. Outcomes will be measured at baseline, 12 months and 24 months to assess its effectiveness in real-world conditions.