

# Executive Summary

## of Collaborative Action for Control of Cancer and Other Non- Communicable Diseases Among Mumbai Police

The Traffic Police Healthcare Project, implemented by the Department of Preventive Oncology at Tata Memorial Hospital with CSR support from Kotak Securities Limited (KSL), provided comprehensive workplace-based screening, prevention, and health awareness services for traffic police personnel across Mumbai, Thane, and Navi Mumbai.

A total of 5,000 police personnel were screened, using simple, validated, low-cost tools for the detection of oral, breast and cervical cancers, diabetes, hypertension, obesity, and respiratory impairment. Structured multilingual awareness sessions were delivered prior to screening, strengthening knowledge on cancer warning signs, tobacco-related risks, NCD prevention, and respiratory health. The project also established clear referral pathways to Tata Memorial Hospital and Nagpada Police Hospital for all screen-positive cases, ensuring continuity of care.

NuSocia conducted an impact assessment to evaluate outcomes for beneficiaries. The findings were structured using the OECD-DAC REECIS framework and drew on a qualitative approach, including in-depth interactions with 30 beneficiaries and 09 key stakeholders.

### Key Findings

#### Project Reach and Beneficiary Profile:

4055

traffic police from Mumbai

493

traffic police from Thane

452

traffic police from Navi Mumbai

#### Key Impact:

The project generated meaningful health, behavioural, and institutional impact:

- **Early identification** of previously undiagnosed cases of hypertension, diabetes, respiratory impairment, and pre-cancerous lesions
- **Improved awareness** of cancer warning signs, tobacco-related risks, and NCD prevention
- **Increased willingness** among officers to seek preventive care, helping reduce fear and stigma around health screening
- **Reported improvements** in mental reassurance, morale, and perceived organisational support among police personnel

#### Conclusion:

The Traffic Police Healthcare Project demonstrates a thoughtfully designed, workplace-based preventive health model to deliver meaningful and measurable impact for a high-risk frontline workforce. By reaching 5,000 traffic personnel with comprehensive screening, awareness, and referral support, the initiative strengthened early detection, improved health literacy, reduced stigma around seeking care, and encouraged long-term behaviour change. Beyond individual health benefits, the project protected families from potential catastrophic healthcare costs, strengthened workforce wellbeing and morale. The model is cost-effective, scalable, and highly relevant for replication across other uniformed services and occupational groups, positioning it as a powerful example of high-impact CSR in preventive healthcare.