

**GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**RAJYA SABHA
UNSTARRED QUESTION NO. 2187
TO BE ANSWERED ON 01ST JANUARY, 2019**

INCREASE IN PREVALENCY OF HEART DISEASE AND DIABETES

2187. SHRI K. R. ARJUNAN:

Will the Minister of **HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether it is a fact that the prevalence of ischemic heart disease and stroke has increased by over 50 per cent from 1990 to 2016 in India with an increase observed in every State;
- (b) whether the number of persons with diabetes in India has increased from 26 million in 1990 to 65 million in 2016;
- (c) whether the rate of increase in the burden of ischemic heart disease and diabetes has been the highest in the less developed States of India, where the burden of chronic obstructive lung disease and infectious conditions is already high; and
- (d) if so, the details thereof?

**ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(SMT. ANUPRIYA PATEL)**

(a): According to Indian Council of Medical Research (ICMR)'s report titled 'India: Health of Nation's States' report, there is a rise in the burden of Ischemic Heart Disease (IHD) and Stroke in the country as evident from their contribution to Disability Adjusted Life years (DALY), given below:-

Contribution to DALY		
Year	Ischemic Heart Disease	Stroke
1990	3.7%	2%
2016	8.7%	3.5%

As informed by ICMR, as per article in Lancet 2017 based on Global Burden Disease Study and India: Health of Nation's States' report, the all-age death rate has increased by 54.5% for IHD. The age-standardised death rate increased by 12% for IHD and decreased by 23.7% for cerebrovascular diseases from 1990 to 2016. The mean percentage change in Disability Adjusted Life Years (DALYs) for IHD was 104.1% and for stroke was 52.9%.

(b): As per Global Disease Burden Study, the number of people with diabetes in India has increased from 26 million in 1990 to 65 million in 2016.

(c) & (d): The largest disease burden or DALY rate increase from 1990 to 2016 was observed for diabetes, at 80%, and IHD, at 34%. The rate of change of burden for IHDs and diabetes was highest in States which are less developed, are at lower Epidemiological Transition Level (ETL) and have higher burden of chronic obstructive pulmonary disease.

The crude death rate for cardiovascular diseases (CVDs) increased in both sexes from 1990 to 2016 in all ETL state groups. Though, the prevalence rates increased in all states, the age-standardised DALY rate of IHD increased by 15.4% in the low ETL state group and decreased in the high ETL state group by 9.8%.

The crude death rate due to diabetes increased in India from 1990 to 2016 by 131%. The crude DALY rate of diabetes increased across all ETL state groups from 1990 to 2016. The increase in the age-standardised DALY rate since 1990 was generally the highest in states with a relatively low DALY rate in 1990. The highest changes exceeding 60% was in the states of Chhattisgarh, Uttar Pradesh, and Madhya Pradesh in the low ETL group.