

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

**RAJYA SABHA
UNSTARRED QUESTION NO. 2333
TO BE ANSWERED ON 21ST MARCH, 2023**

PREVALENCE OF OBESITY

2333. SMT. VANDANA CHAVAN:

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

- (a) whether Government has conducted a pan-India estimate of prevalence of obesity;
- (b) if so, the details thereof and the States which show the highest prevalence; and
- (c) whether there is any programmes of Government to counter the growing prevalence of obesity in the country?

ANSWER

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE
(DR. BHARATI PRAVIN PAWAR)**

(a) to (c): As per Indian Council of Medical Research's National Non-Communicable Diseases Monitoring Survey (2017-18), the prevalence of obesity among adults (18-69 years) is 6.2%.

The Department of Health & Family Welfare, Government of India, however, provides technical and financial support to the States/UTs under the National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS), as part of National Health Mission (NHM), based on the proposals received from the States/UTs and subject to the resource envelope. The programme focusses on strengthening infrastructure, human resource development, health promotion & awareness generation for prevention, early diagnosis, management and referral to an appropriate level of healthcare facility for treatment of the Non-Communicable Diseases (NCDs) including obesity. Under NPCDCS, 708 District NCD Clinics and 5671 Community Health Center NCD Clinics has been set up.

Preventive aspect of NCDs is strengthened under Comprehensive Primary Health Care through Ayushman Bharat Health Wellness Centre scheme, by promotion of wellness activities and targeted communication at the community level. Other initiatives for increasing public awareness for promotion of healthy lifestyle includes use of print, electronic and social media for continued community awareness. Fit India movement is implemented by Ministry of Youth Affairs and Sports, and various Yoga related activities are carried out by Ministry of AYUSH. In addition, NPCDCS gives financial support under NHM for awareness generation (IEC) activities for NCDs to be taken up by the States/UTs as per their Programme Implementation Plans (PIPs).

Food Safety and Standards Authority of India (FSSAI) through Eat Right India initiatives has taken holistic approach to transform the country's food safety environment and it is based on 3 pillars –

1. Eat Safe which promotes safe and hygienic food
2. Eat Healthy which promotes diet diversification and fortification
3. Eat Sustainable which promotes conservation of water resources, eating local and seasonal foods etc.

FSSAI extensively uses its public awareness material through different social media platforms like Facebook, Instagram and Twitter and promotes a variety of whole grains ranging besides wheat and rice to millets and other indigenous grains for better nutrition and reduce consumption of food high in salt, fat and sugar.
