

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

**RAJYA SABHA  
STARRED QUESTION NO. 166  
TO BE ANSWERED ON THE 19<sup>TH</sup> DECEMBER, 2023**

**CHALLENGES OF OBESITY-RELATED CHRONIC DISEASES**

**166 SHRI SANJAY RAUT:**

Will the Minister of Health and Family Welfare be pleased to state:

- (a) whether Government is aware of the rising trends in obesity -related chronic diseases becoming very common in the country, particularly in urban areas;
- (b) if so, the details thereof and response of Government thereto;
- (c) whether Government has conducted/proposes to conduct any research/study to assess the severity of the problem of obesity and its ill effects on health; and
- (d) if so, the details thereof and the details of steps taken or proposed to be taken by Government to eliminate the obesity problems in the country?

**ANSWER  
THE MINISTER OF HEALTH AND FAMILY WELFARE  
(DR MANSUKH MANDAVIYA)**

- (a) to (d) A Statement is laid on the Table of the House.

**STATEMENT REFERRED TO IN REPLY TO RAJYA SABHA  
STARRED QUESTION NO. 166\* FOR 19<sup>TH</sup> DECEMBER, 2023**

(a) to (d): Ministry of Health and Family Welfare conducts an integrated survey namely National Family Health Survey (NFHS) with a periodicity of around three years to generate data on important demographic and health indicators for the purpose of monitoring performance of health programmes/schemes.

The overweight among children aged under 5 years and obese among adults aged 15-49 years for NFHS-5 (2019-21) and NFHS-4 (2015-16) are given in the table below:

Place of Residence	Children under 5 years who are overweight (weight-for-height)		Percentage of women age 15-49 years who are obese (BMI $\geq$ 30.0 kg/m <sup>2</sup> )		Percentage of men age 15-49 years who are obese (BMI $\geq$ 30.0 kg/m <sup>2</sup> )	
	NFHS-5 (2019-21)	NFHS-4 (2015-16)	NFHS-5 (2019-21)	NFHS-4 (2015-16)	NFHS-5 (2019-21)	NFHS-4 (2015-16)
Total	3.4	2.1	6.4	5.1	4.0	3.0
Urban	4.2	2.8	10.4	9.1	6.0	4.7
Rural	3.1	1.8	4.5	3.1	3.0	2.0

Source: NFHS-4 & NFHS-5 National Report

The Department of Health & Family Welfare, Government of India provides technical and financial support to the States/UTs under the National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD). The programme includes the following,

- i. Strengthening infrastructure
- ii. Human resource development
- iii. Health promotion
- iv. Screening of 30 years and above population under Ayushman Arogya Mandir Scheme
- v. Early diagnosis and management
- vi. Referral to an appropriate level of healthcare facility

Under NP-NCD, 753 District NCD Clinics, and 6237 Community Health Center NCD Clinics have been set up so far.

To generate awareness for NCDs prevention including risk factor such as obesity, following actions have been initiated: -

1. Preventive aspect of NCDs is strengthened under Comprehensive Primary Health Care through Ayushman Arogya Mandir Scheme, by promotion of wellness activities and targeted communication about risk factors like obesity at the community level.
2. Public awareness creation through print, electronic and social media about promotion of healthy lifestyle.
3. Healthy Eating is promoted through Food Safety and Standards Authority of India (FSSAI).
4. Fit India movement is implemented by Ministry of Youth Affairs and Sports.
5. Various Yoga related activities are carried out by Ministry of AYUSH.

Action taken by Food Safety and Standards Authority of India (FSSAI):

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.

Action taken by Ministry of Youth Affairs and Sports:

1. The Fit India movement, launched in August 2019, by Ministry of Youth Affairs and Sports on the occasion of National Sports Day, aims to make fitness an integral part of daily life of every Indian citizen. Under Fit India movement necessary campaign, celebration & certification has been implemented at various levels including schools.
2. Fit India Active Day Series which was a specially designed series to take care of children's physical and mental health.
3. To make a behavioral change for adoption of active lifestyle, the Ministry of Youth Affairs and Sports has also launched the Age-Appropriate Fitness Protocols and Guidelines