

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

**RAJYA SABHA
UNSTARRED QUESTION NO. 3483
TO BE ANSWERED ON 1ST APRIL, 2025**

RISING OBESITY IN THE COUNTRY

3483. SMT. SAGARIKA GHOSE:

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

- (a) whether Government has taken any steps to counter the rising cases of obesity among Indian citizens;
- (b) the advancements in healthcare facilities for people battling with obesity; and
- (c) the causes identified by the ministry that is leading to a rise in the cases of obesity in the nation?

**ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY
WELFARE
(SHRI PRATAPRAO JADHAV)**

(a) to (c): Health is a State subject. However, Ministry of Health and Family Welfare under the National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD) provides financial and technical assistance to States and Union Territories to supplement the efforts of states with a focus on strengthening infrastructure, human resources, early diagnosis, referrals, treatment, and awareness for NCD prevention. Under the programme, 770 District NCD Clinics, 233 Cardiac Care Units, 372 District Day Care Centres, and 6,410 NCD clinics at Community Health Centres have been set up.

In order to counter obesity in the country, Food Safety and Standards authority of India (FSSAI) has notified Food Safety and Standards (Labelling and Display) Regulations, 2020 prescribing requirement for labelling of packaged food. The Regulations require display of nutrients and their contribution to Recommended Daily Allowance (RDA) in percentage at the back of the pack as Nutritional Information to enable consumers to make informed choice. It is mandatory for Food Business Operators (FBOs) to label the food package in accordance with these Regulations.

FSSAI has also notified the Food Safety and Standards (Safe food and balanced diets for children in school) Regulations, 2020. These regulations place a restriction on sale of foods High in Fat, Salt and Sugar (HFSS) to school children in school canteens/mess premises/hostel kitchens or within 50 meters of the school campus and also a restriction on advertisement of such products in these areas. Regulations aim to encourage schools to adopt a comprehensive program for promoting Safe food and healthy diets amongst school children

and to convert school campus into Eat Right School focusing safe and healthy food, local and seasonal food and no food waste as per specified benchmarks.

Moreover, FSSAI has systematically reduced trans-fat content in a phased manner, achieving a $\leq 2\%$ cap on industrially produced trans fats by 2022. (Aaj se Thoda Kam campaign encourages consumers to gradually reduce their intake of fat, salt, and sugar through dietary modifications).

FSSAI has launched Eat Right Movement to engage and enable citizens including children to improve their health and wellbeing by eating healthy and nutritious foods and creates public awareness that regular and excessive consumption of foods high in salt, sugar and fat leads to obesity. Under Eat Right India initiatives, 2209 Eat Right Campuses, 194 Eat Right Street Food Hub, 213 Eat Right Stations and 2025 Eat Right School have been certified to ensure healthy, hygiene and safe food practices. Till now, more than 400 Eat Right Melas/Eat Right Millets Melas have been conducted throughout the country to generate awareness of healthier food options.

The Ministry of Health and Family Welfare implements Reproductive, Maternal, New born, Child, Adolescent Health and Nutrition (RMNCAH+N) strategy in a life cycle approach under National Health Mission (NHM), which includes interventions to address nutrition among children including obesity across the country.

Unhealthy diets, sedentary lifestyles and environmental factors are key contributors to the rising prevalence of obesity. The increasing consumption of processed foods, reduced physical activity, and lifestyle changes have further intensified this growing crisis, affecting both urban and rural populations.

The Government of India promotes activities for healthy living under NP-NCD which are:

- i. Promotion of wellness activities through Ayushman Aarogya Mandir (AAM).
- ii. Yoga related activities are carried out by the Ministry of AYUSH.
- iii. Health Melas are organized at each AAM to generate awareness about healthy lifestyles.
- iv. Financial support is provided to States and Union Territories for awareness generation activities (IEC) through print, electronic and social media.
