

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

**RAJYA SABHA
UNSTARRED QUESTION NO. 296
TO BE ANSWERED ON 22ND JULY, 2025**

INCREASING INCIDENCE OF HEART ATTACKS AMONG THE YOUNG POPULATION

296. SHRI IMRAN PRATAPGARHI:

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

- (a) whether Government is aware of the increasing incidence of heart attacks among the young population in the country, particularly in the age group of 25 to 45 years;
- (b) whether any comprehensive national study has been conducted in recent years to understand the causes, risk factors and trends behind this rise;
- (c) if so, the key findings of such studies or research projects, including any correlations with lifestyle, stress, post-COVID complications, environmental factors; and
- (d) whether Government has taken or proposes to take any preventive measures, including awareness campaigns, early screening programmes for young adults to reduce the incidence of cardiovascular diseases?

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

(a) to (d): Indian Council of Medical Research - National Institute of Epidemiology (*ICMR-NIE*) has conducted a study titled “Factors associated with unexplained sudden deaths among adults aged 18-45 years in India – A multicentric matched case–control study” at 47 tertiary care hospitals located across 19 States and Union Territories during May- August 2023. Cases were apparently healthy individuals aged 18-45 years without any known co-morbidity, who suddenly (<24 hours of hospitalization or seen apparently healthy 24 hours before death) died of unexplained causes during 1st October 2021-31st March 2023. Information was collected regarding data on COVID-19 vaccination/infection, post-COVID-19 conditions, family history of sudden death, smoking, recreational drug use, alcohol frequency, binge drinking and vigorous-intensity physical activity two days before death among the cases.

The study observed that COVID-19 vaccination did not increase the risk of unexplained sudden death among young adults in India. Past COVID-19 hospitalization, family history of sudden death and certain lifestyle behaviors increased the likelihood of unexplained sudden death. The results of this study can be assessed at:

https://journals.lww.com/ijmr/fulltext/2023/10000/factors_associated_with_unexplained_sudden_deaths.6.aspx

The Department of Health & Family Welfare, Government of India provides technical and financial support to the States and Union Territories under the National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD). Cardiovascular diseases is an integral part of NP-NCD. Under NP-NCD, 770 District NCD Clinics, 6410 Community Health Center NCD Clinics and 233 Cardiac Care Units has been set up.

A population-based initiative for prevention, control and screening for common NCDs including diabetes, hypertension (which are the biological risk factor for cardiovascular disease) has been rolled out in the country under National Health Mission (NHM) as a part of Comprehensive Primary Health Care. Under the initiative, persons more than 30 years of age are targeted for their screening.

Preventive aspect of NCDs is strengthened under Comprehensive Primary Health Care through Ayushman Arogya Mandir, by promotion of wellness activities and targeted communication at the community level. Further initiatives for increasing public awareness about NCDs and for promotion of healthy lifestyle includes observation of National & International Health Days and use of print, electronic and social media for continued community awareness. NP-NCD provides financial support under NHM for awareness generation activities for NCDs including cardiovascular diseases to be undertaken by the States and Union Territories. Furthermore, healthy eating is also promoted through Food Safety & Standards Authority of India. Fit India movement is implemented by Ministry of Youth Affairs and Sports, and various Yoga related activities are carried out by Ministry of AYUSH.
