

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

**RAJYA SABHA
UNSTARRED QUESTION NO. 1251
TO BE ANSWERED ON 10TH FEBRUARY, 2026**

**RISING PREVALENCE OF OBESITY AMONG CHILDREN AND ADOLESCENTS
IN THE COUNTRY**

1251. SMT. SUDHA MURTY:

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

- (a) whether Government has examined the factors contributing to the rising prevalence of overweight and obesity among children and adolescents, as indicated by the National Family Health Survey (NFHS-5), despite ongoing nutrition programmes and initiatives such as school meals and nutrition education; and
- (b) whether the Ministry proposes targeted interventions to address contributing factors such as reduced physical activity, increased screen time, changing dietary patterns and lifestyle behaviours, through age-appropriate, evidence-based strategies and if so, the details thereof?

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

(a) & (b) As per the National Family Health Survey (NFHS)-5 (2019-21), overall, 24% of Indian women and 23% of Indian men are overweight or obese. 3.4% of children under 5 years are overweight (weight-for-height). 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%.

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 incidence, affecting both urban and rural populations.

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, as placed below:

- i Eat Right Movement launched by Food Safety and Standard Authority of India (FSSAI) aims 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.

ii The Government of India focuses on health promotion and awareness generation through countrywide movements like 'Fit India Movement' where people are encouraged to remain healthy and fit.

iii. The following activities for healthy living including physical activities are also promoted through the National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD):

- Promotion of wellness activities and targeted communications at the community level are undertaken under the Comprehensive Primary Health Care through Ayushman Aarogya Mandir (AAM).
- Yoga related activities are carried out by the Ministry of AYUSH.
- Financial support for awareness generation activities (IEC) through print, electronic and social media under NP-NCD.
- Health Melas are organized at each AAM to generate awareness about healthy lifestyles.
- Under the Rashtriya Kishor Swasthya Karyakram (RKSK), the Government implements preventive, promotive and curative interventions to improve the health and well-being of adolescents in the age group of 10–19 years.
- Under the Rashtriya Bal Swasthya Karyakram (RBSK), a national child health screening programme is implemented for early detection and free treatment of health conditions among children from birth to 18 years.