

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

**RAJYA SABHA
UNSTARRED QUESTION NO. 1862
TO BE ANSWERED ON 4TH AUGUST, 2026**

**RISING OBESITY TRENDS AND GOVERNMENT'S MEASURES UNDER EAT
RIGHT INDIA**

1862. SHRI MILIND MURLI DEORA:

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

- (a) the latest obesity trends across demographics of the country;
- (b) the measures taken under Eat Right India;
- (c) the policies on trans fats, sugar and salt;
- (d) the details of behavioural impact evaluation mechanisms; and
- (e) further initiatives for high-risk groups?

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

(a) to (e) 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%.

Accredited Social Health Activists (ASHAs) conduct risk assessments, including waist circumference measurement, for individuals using the Community-Based Assessment Checklist (CBAC). 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 in high risk group 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 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 Shikshas are organized every month at the health facilities 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.