

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

**RAJYA SABHA
UNSTARRED QUESTION NO. 2658
TO BE ANSWERED ON 11TH AUGUST, 2026**

ICMR INDIA B NATIONAL DATA ON BLOOD LIPIDS

2658. SHRI DILIP KUMAR RAY:

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

- (a) whether National Data on blood lipids containing fats including cholesterol, triglycerides in blood stream and blood tissues has been published by ICMR-INDIA B recently;
- (b) whether the glycaemic status, obesity, hyper-tension was very common and found in urban blood samples data;
- (c) if so, the details thereof;
- (d) whether "good cholesterol or HDL" the protective cholesterol which help fat from blood stream were the single most common abnormality affecting majority of adults in the samples;
- (e) if so, the details thereof, State-wise; and
- (f) the details of the roadmap of Government to tackle this problem?

ANSWER

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

(a): The Indian Council of Medical Research (ICMR) has informed that it recently published nationally representative data on lipids, which includes the prevalence of lipid abnormalities, such as hypercholesterolemia, hypertriglyceridemia, low HDL-cholesterol, high LDL-cholesterol, etc.

(b) and (c): ICMR has further informed that diabetes, obesity, and hypertension are increasing in India, more in urban compared to rural populations. The weighted prevalence of diabetes, obesity and hypertension is provided in Annexure-I.

(d) and (e): The most common lipid abnormality among Indian adults is low HDL cholesterol, affecting 66.8% of the population. Its prevalence is higher in urban areas (69.3%) compared to rural areas (65.6%). The region wise prevalence of dyslipidemia including low HDL-cholesterol from the ICMR-INDIAB study is at Annexure-II.

(f): The Government is addressing dyslipidemia (as a major cardiovascular risk factor) through the National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD)

under the National Health Mission. Key elements of the roadmap include population based screening for common NCDs (including risk factors linked to dyslipidemia) for adults aged 30 years and above, health promotion and lifestyle interventions (diet, physical activity, tobacco/alcohol control), strengthening of NCD clinics at district and CHC levels for early diagnosis, management and follow-up, integration of related conditions (diabetes, hypertension, obesity, cardiovascular diseases), capacity building of healthcare providers and multi-sectoral action under the National Multisectoral Action Plan for Prevention and Control of Common NCDs.

ANNEXURE-I**Weighted prevalence of diabetes, obesity and hypertension as per ICMR study**

Prevalence	Urban	Rural	Overall
Diabetes	16.40%	8.90%	11.40%
Generalised obesity (BMI ≥ 25 kg/m ²)	39.60%	23.10%	28.60%
Abdominal obesity (waist ≥ 90 cm [males], ≥ 80 cm [females])	51.60%	33.50%	39.50%
Hypertension	40.70%	33.00%	35.50%

ANNEXURE-II

Region wise prevalence of dyslipidemia from the ICMR-INDIAB study

Prevalence (%)	East	West	North	South	Central	North East
Hypercholesterolemia	18	30.9	28.2	24.3	21.7	13.8
Hypertriglyceridemia	23	26.8	32.7	31	24.6	32
Low HDL cholesterol	67.8	65.1	63	70	69.1	67.4
High LDL cholesterol	42.4	61.1	58.4	55	51.9	35.4
Dyslipidemia	85.8	87.8	88.8	89.1	89.1	85.3

Values are presented as weighted prevalence %. Dyslipidemia was diagnosed using Lipid Association of India guidelines — hypercholesterolemia: total cholesterol (TC) ≥ 200 mg/dl; hypertriglyceridemia: triglycerides ≥ 150 mg/dl; low HDL cholesterol: HDLC < 40 mg/dl (males) and < 50 mg/dl (females); high LDL cholesterol: LDLC ≥ 100 mg/dl.

Regions

- North: Chandigarh, Delhi, Haryana, Himachal Pradesh, Jammu & Kashmir, Ladakh, Punjab, Rajasthan
- South: Andhra Pradesh (undivided), Karnataka, Kerala, Puducherry, Tamil Nadu
- East: Andaman and Nicobar Islands, Bihar, Jharkhand, Odisha, West Bengal
- West: Dadra and Nagar Haveli and Daman and Diu, Goa, Gujarat, Lakshadweep, Maharashtra
- Central: Chhattisgarh, Madhya Pradesh, Uttarakhand, Uttar Pradesh
- North East: Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim, Tripura
