

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

**RAJYA SABHA
UNSTARRED QUESTION NO. 2665
TO BE ANSWERED ON 11TH AUGUST, 2026**

SCREENING FOR LIPID DISORDERS IN THE COUNTRY

2665. SHRI S NIRANJAN REDDY:

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

- (a) whether it is a fact that, around 355 million Indians have abnormal lipid levels despite normal blood sugar, normal blood pressure and no obesity with 9 out of 10 Indian adults having at least one abnormal lipid level, according to the ICMR-INDIAB (Indian Council of Medical Research-India Diabetes) study 2026;
- (b) whether Government has conducted an assessment to identify probable reasons, if so, the details thereof; and
- (c) the measures taken to strengthen screening for lipid disorders under the National Programme for Prevention and Control of Non-Communicable Diseases?

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 40% individuals had dyslipidemia despite having normal Body Mass Index (BMI), normal glucose tolerance, and normal blood pressure. This is largely due to high prevalence of Low HDL cholesterol (low good cholesterol which is part of the 'Asian Indian' phenotype).

(b): ICMR has further informed that dyslipidemia among Indians is influenced by several factors, including rapid urbanization, demographic changes, rural-to-urban migration, and increasingly sedentary lifestyles. These factors are accompanied by a shift toward energy dense, processed and ultra-processed foods. Socioeconomic and cultural conditions as well as genetic susceptibility also affect lipid levels. Among young Indians, the growing consumption of ultra-processed foods high in added sugars, trans fats, sodium, and refined carbohydrates may be contributing to increasing rates of obesity and dyslipidemia.

(c): Under the National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD):

- i) Population-based screening is currently focused on common NCDs, diabetes, hypertension, and three common cancers (oral, breast, cervical) for all adults aged 30 years and above.
- ii) At District NCD Clinics and Community Health Centre (CHC) NCD Clinics, high-risk individuals (those with diabetes, hypertension, obesity, or other cardiovascular risk factors) undergo further evaluation, which includes lipid profile assessment as part of comprehensive risk assessment and management.
- iii) The programme emphasizes health promotion, lifestyle modification (diet, physical activity), early diagnosis, treatment, and follow-up.
