

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

**LOK SABHA  
UNSTARRED QUESTION NO. 6665  
TO BE ANSWERED ON 6<sup>TH</sup> APRIL, 2018**

**GLOBAL NORMS FOR DIABETES**

**6665. SHRI G. HARI:**

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

- (a) whether a new set of global guidelines on managing diabetes that aim to replace those followed for over three decades has been objected by medical community;
- (b) if so, the details thereof;
- (c) whether the guidelines relaxing blood sugar targets lead to complications in managing diabetes;
- (d) if so, the details thereof along with reaction of the Government in this regard; and
- (e) the details of guidelines issued by the Government in this regard?

**ANSWER  
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND  
FAMILY WELFARE  
(SMT. ANUPRIYA PATEL)**

(a) to (e): There are number of global guidelines on managing diabetes. One of them is American College of Physicians (ACP). These guidelines change on the basis of development and clinical outcome. As informed by Indian Council of Medical Research (ICMR), the American College of Physicians (ACP) recently came out with Guidelines saying that glycosylated hemoglobin (HbA1c) level of 7–8% is sufficient for majority of patients with diabetes. It is true that in some patients who are old, frail or have multiple complications, relaxation of the control may be acceptable but not for the majority of patients as suggested by the American College of Physicians.

As informed by ICMR, for every 1% in glycosylated hemoglobin (HbA1c) levels, studies have shown that there could be a 25%- 33% increase in the risk of developing complications like eye, kidney and nerves.

The Indian Council of Medical Research (ICMR) has recently revised its earlier 2005 guidelines. In the revised 2018 guidelines on management of diabetes, the ICMR still recommends that most patients with diabetes should try to get HbA1c level to 7%.

As per the Training Module for Medical Officers for Population level Prevention, Control and Screening for Hypertension, Diabetes and Common Cancer (Oral, Breast & Cervical) under the National Health Mission (NHM), HbA1C level of less than 7% is recommended for most of the patients.