

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

**LOK SABHA
UNSTARRED QUESTION NO. 2802
TO BE ANSWERED ON 3RD AUGUST, 2018**

VITAMIN D DEFICIENCY AMONG WOMEN

2802. SHRI DIBYENDU ADHIKARI:

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

- (a) whether the Government is aware of the Vitamin D deficiency among Indian women, if so, the details thereof and necessary steps taken in this regard;
- (b) whether it is a fact that Vitamin D deficiency is one of the major reason of obesity and arthritis; and
- (c) if so, the details thereof including the proposals to support with dietary supplement and reduce the risk of developing rheumatoid arthritis in women?

**ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(SHRI ASHWINI KUMAR CHOUBEY)**

(a) to (c): Nationwide data for vitamin -D deficiency is not available.

Evidence from studies has suggested that vitamin D deficiency is associated with increased risk of obesity and osteoarthritis. However, there is inconclusive evidence on the role of Vitamin-D supplementation in prevention of rheumatoid arthritis. Consequently, there is no proposal to support dietary supplements for reducing the risk of developing rheumatoid arthritis in women.

However, in view of the beneficial effect of calcium and vitamin-D during pregnancy and lactation, free and universal calcium with vitamin-D supplementation is a part of antenatal and postnatal care provided under National Health Mission.

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