

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

**LOK SABHA
STARRED QUESTION NO.163
TO BE ANSWERED ON THE 21ST DEEMBER, 2018
TRANS FAT**

†*163. SHRI SATYAPAL SINGH:

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

(a) whether trans fat consumed by the body through food stuff increases the risk of heart attack 23 per cent more than normal cases and causes blockage in the arteries and if so, the details thereof;

(b) whether the Food Safety and Standards Authority of India (FSSAI) has taken any strict steps to check trans fat in food items and if so, the details thereof;

(c) the details of the main causes of rapid spread of cancer; and

(d) the effective steps taken by the Government to prevent/control the same?

**ANSWER
THE MINISTER OF HEALTH AND FAMILY WELFARE
(SHRI JAGAT PRAKASH NADDA)**

(a) to (d) : A Statement is laid on the Table of the House.

**STATEMENT REFERRED TO IN REPLY TO LOK SABHA
STARRED QUESTION NO.163* FOR 21ST DECEMBER, 2018**

(a) The studies demonstrate that increased Trans Fatty Acids (TFA) consumption is associated with adverse health impact, particularly Cardio Vascular Diseases.

(b) As informed by Food Safety and Standards Authority of India (FSSAI), it has been taking steps to reduce trans fats. FSSAI has notified Trans Fatty Acid (TFA) content limit of 5% by weight for vanaspati, bakery-shortening, bakery and industrial margarine and interesterified vegetable fat. FSSAI has also notified requirement of declaration of class title (name of vegetable oil or type of vegetable fat), TFA content and saturated fat content on label of oil and fats and products in which these are used as ingredients. Food Safety and Standards (Advertising and Claims) Regulation 2018, which has been notified on 19th November, 2018 prescribes that a health claim of 'trans-fat free' may be made in cases where the trans-fat is less than 0.2 grams per 100 g or 100 ml of food.

(c) & (d) Cancer is a Multifactorial disease, the risk factors of which, *inter alia*, include ageing population, sedentary life style, use of tobacco products, unhealthy diet and air pollution.

Central Government supplements the efforts of the State Governments for improving healthcare including prevention, diagnosis and treatment of Cancer. The objectives of National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) being implemented under National Health Mission (NHM) for interventions upto district level include awareness generation for Cancer prevention, screening, early detection and referral to an appropriate level institution for treatment. The focus is on three types of cancer namely breast, cervical and oral cancer.

A population level initiative for prevention, control and screening for common Non-Communicable Diseases (diabetes, hypertension and cancer viz. oral, breast and cervical cancer) has been rolled out in more than 200 districts of the country under NHM. As a part of comprehensive primary healthcare, Ayushman Bharat, NCD service delivery is one of important packages in Health and Wellness Centers.

National Cancer Institute (NCI) at Jhajjar in Haryana and Second campus of Chittaranjan National Cancer Institute (CNCI), Kolkata are also approved. The Government of India is implementing Strengthening of Tertiary Cancer Care facility scheme of NPCDCS under which support is provided for setting up of State Cancer Institutes (SCIs) and Tertiary Cancer Care Centres (TCCCs) in the country. All these will enhance the capacity for prevention and treatment of cancer in the country.
