

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

**LOK SABHA  
UNSTARRED QUESTION NO.3378  
TO BE ANSWERED ON 12<sup>TH</sup> JULY, 2019**

**OBESITY**

**3378. SHRIMATI RATHVA GITABEN VAJESINGBHAI:**

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

- (a) whether it is a fact that the incidence of obesity is increasing among not only middle-aged persons, but also among the youth in urban areas;
- (b) if so, whether the Government is planning to formulate any policy or guidelines to tackle the increasing incidence of obesity among the urban population and if so, the details thereof; and
- (c) if not, the reasons therefor?

**ANSWER**

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

(a) According to ICMR Report entitled "India: Health of the Nation's States", the contribution of high Body Mass Index (BMI) in total Disability-Adjusted Life Year (DALY) of India has increased from 0.8% in 1990 to 3.6% in 2016.

As per National Family Health Survey (NFHS) 4 (2015-16), there has been a rise in obesity in both males (from 9.3% to 18.6%) and females (from 12.6% to 20.7%) in the age group 15-49 years in comparison to NFHS-3.

b) and c) Steps taken by the Government to tackle obesity inter alia include the following:

(i) The Government has launched National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) which is implemented for interventions up to District level under the National Health Mission. NPCDCS has a focus on awareness generation for behaviour and life-style changes, apart from early diagnosis, treatment and follow up of non-communicable diseases including cardiovascular diseases and diabetes, for which obesity is a major risk factor

(ii) National Institute of Nutrition, an Institution under Indian Council of Medical Research (ICMR) is working in the area of nutritional education such as development of IEC material for healthy eating.

(iii) Food Safety and Standards Authority of India (FSSAI) has launched 'Eat Right India' movement, which includes various activities such as Swastha Bharat Yatra and poster competition inter alia. 20 major Food Business Operators including Britannia, ITC, Kellogg and Nestle have pledged to continuously work towards evaluating and reformulating their products to reduce Fat, Sugar and Salt.

(iv) Ministry of Women and Child Development had constituted a Working Group to address consumption of food high in Fat, Salt and Sugar. Central Board of Secondary Education has issued advisory covering major recommendations of the report.

(v) Food and Nutrition Board under Ministry of Women and Child Development is engaged in awareness generation on nutrition.

(vi) FSSAI has launched Safe and Nutritious Food initiative focusing on social and behavioural change through food safety and nutrition.