

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

**LOK SABHA
STARRED QUESTION NO. 39
TO BE ANSWERED ON THE 3RD FEBRUARY, 2023**

ADVERSE EFFECTS OF JUNK/FAST FOOD

***39. SHRI SANJAY SADASHIVRAO MANDLIK:
SHRI BIDYUT BARAN MAHATO:**

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

- (a) whether the Government is aware of the fact that the consumption of junk/fast food has led to an increase in the cases of diabetes, mental illness, liver related diseases and is adversely affecting the health of the people;
- (b) if so, the details of any study conducted in this regard including outcome thereof;
- (c) whether the Government will consider putting pictorial warning on junk food to check the consumption of junk/fast food especially by children and youth and if so, the details thereof;
- (d) whether the Food Safety and Standards Authority of India has created a framework regulation to prevent the consumption of unhealthy food by school children and if so, the details thereof;
- (e) whether the Government is also organising/ proposes to organise any awareness programme in this regard and if so, the details thereof; and
- (f) the other corrective steps taken or proposed to be taken by the Government in this regard?

**ANSWER
THE MINISTER OF HEALTH AND FAMILY WELFARE
(DR MANSUKH MANDAVIYA)**

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

**STATEMENT REFERRED TO IN REPLY TO LOK SABHA
STARRED QUESTION NO. 39 FOR 3RD FEBRUARY, 2023**

(a) to (f): Indian Council of Medical Research (ICMR) has informed that development of chronic diseases like diabetes, heart diseases & liver diseases are multi-factorial in nature and eating of junk food and/or processed food is one of them. Review of Published literature indicates that products with high content of fat, sugar or salt may increase the risk of obesity and certain Non-Communicable Diseases (NCDs).

According to the study report "India: Health of the Nation's States"-The India State-Level Disease Burden Initiative 2017, the proportion of total morbidity (Disability Adjusted Life years) due to Chronic Diseases (NCDs) has increased in India from 30.5% in 1990 to 55.4 % in 2016. The overall metabolic risk factors / causes attributable to the rise in Chronic Diseases (NCDs) also include unhealthy diet as per study.

Food Safety and Standards Authority of India (FSSAI) is mandated to lay down science based standards for articles of food and to regulate their manufacture, storage, distribution, sale and import to ensure availability of safe and wholesome food for human consumption.

FSSAI has notified Food Safety and Standards (Safe food and balanced diets for children in school) Regulations, 2020, which includes General Guidance for Providing Safe food and balanced diet to Children. The regulations also specifically restrict selling for offering for sale, marketing & advertising of food products high in saturated fat or trans-fat or added sugar or sodium in school premises or campus, or in an area within fifty meters from the school gate in any direction. The regulation also provides for provisions which support balanced diets in schools.

FSSAI through Eat Right India Initiative has taken holistic approach to transform the country food safety environment and it is based on 3 pillars –

- 1) Eat Safe which promotes safe and hygienic food
- 2) Eat Healthy which promotes diet diversification and fortification
- 3) Eat Sustainable which promotes conservation of water resources, eating local and seasonal foods etc.

FSSAI is creating awareness among general public about adverse effects of foods containing high fats, sugar and salts through various campaigns/ activities.

This awareness for both food business operators and citizens is being done through various campaigns, challenges and programmes like ‘Eat Right Melas and walkathons’, eat right challenge for cities & districts, eat right creativity challenge, eat right millet Melas etc.

FSSAI extensively uses its public awareness material through different social media platforms like Facebook, Instagram and Twitter. FSSAI has also compiled various e-books on healthy food options which are available on its website.

Preventive aspect of NCDs is strengthened under Comprehensive Primary Health Care through Ayushman Bharat Health Wellness Centre scheme, by promotion of wellness activities and targeted communication at the community level through the use of print, electronic and social media. Other initiatives for increasing public awareness about NCDs for promotion of healthy lifestyle includes observation of International Health Days, Yoga related activities carried out by Ministry of AYUSH and Fit India movement by Ministry of Youth Affairs and Sports.
