

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

**LOK SABHA
UNSTARRED QUESTION NO.1989
TO BE ANSWERED ON 30TH JULY, 2021**

ADVERSE EFFECT OF JUNK/FAST FOODS

†1989. SHRIMATI RAMA DEVI:

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

- (a) whether the Government is aware that the consumption of junk food and fast food has led to increase in the number of diabetic, mental, heart and liver patients;
- (b) if so, the details thereof along with the outcome of the studies conducted in this regard; and
- (c) whether any awareness programme is being conducted by the Government in this regard and if so, the details thereof?

ANSWER

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(DR. BHARATI PRAVIN PAWAR)**

(a) & (b): 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. Various studies indicate that products with high content of fat, sugar or salt may increase the risk of overweight, obesity or certain Non-Communicable Diseases (NCDs).

Junk foods are high in calorie but low in nutritional value and lead to an excess metabolic weight leading to obesity. An obese individual is prone to life-threatening diseases which are not only limited to cholesterol or diabetes but also can cause stroke and other NCDs.

According to the study report "India: Health of the Nation's States"-The India State-Level Disease Burden Initiative 2017, the proportion of Chronic Diseases (NCDs) have 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) include unhealthy diet as per study.

(c): Food Safety & Standards Authority of India (FSSAI) has informed that a nation-wide media campaign titled 'Aj Se Thoda Kam', to encourage consumers to make dietary modifications by gradually reducing the consumption of fat, sugar and salt has been launched. A series of short videos (with subtitles in 12 languages) have been created for the same. The campaign is supported with flyers, banners, audio clips and an 'Eat Right India' website with useful inputs on gradual reduction in consumption of fat, salt and sugar.

ICMR-NIN (National Institute of Nutrition) along with FSSAI has recommended guidelines for High Fat, Salt, Sugars (HFSS) Food Labels on all Ready to Eat Foods so that consumption of these foods is moderated.

Several awareness initiatives have been undertaken by the Government including use of print, electronic and social media. In addition, the national Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS) supports awareness generation activities to be undertaken by the States.