

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

**LOK SABHA  
UNSTARRED QUESTION NO. 5013  
TO BE ANSWERED ON 1<sup>st</sup> April, 2022**

**INCIDENCE OF OVERWEIGHTEDNESS AND OBESITY**

**5013. SHRI RAVNEET SINGH BITTU:**

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

- (a) whether the Government is aware that the incidences of overweightedness and obesity are increasing among children, adolescents and women in the country and if so, the details thereof;
- (b) whether the Government is also planning to conduct any awareness programmes to encourage people to avoid obesity which can be a potential risk for many diseases;
- (c) if so, the details thereof and if not, the reasons therefor;
- (d) whether it is a fact that the Government is planning to tax foods high in sugar and salt and take other measures to tackle obesity in the country; and
- (e) if so, the details thereof?

**ANSWER**

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

(a): As per Comprehensive National Nutrition Survey (CNNS), which is a national nutrition survey covering 112,316 pre-schoolers, school-age children, and adolescents in rural and urban areas across 30 states of India from 2016-18, 1.3% of children (5-9 years) and 1.1% adolescents (10-19 years) were classified as obese. As per the National Health Profile 2020, the prevalence of obesity among adults females (18+ years of age) have increased from 2.3% in 2000 to 5.1% in 2015

(b) to (c): Health is a state subject. The Department of Health & Family Welfare, Government of India, however, provides technical and financial support to the States/UTs under the National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Diseases and Stroke (NPCDCS), as part of National Health Mission (NHM), based on the proposals received from the States/UTs and subject to the resource envelope. The programme focusses on strengthening infrastructure, human resource development, health promotion & awareness generation for prevention, early diagnosis, management and referral to an appropriate level of healthcare facility for treatment of the Non-Communicable

Diseases (NCDs). Under NPCDCS, 682 District NCD Clinics, 191 District Cardiac Care Units, and 5408 Community Health Center NCD Clinics has been set up.

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. Other initiatives for increasing public awareness for promotion of healthy lifestyle includes use of print, electronic and social media for continued community awareness. Furthermore, healthy eating is also promoted through FSSAI. Fit India movement is implemented by Ministry of Youth Affairs and Sports, and various Yoga related activities are carried out by Ministry of AYUSH. In addition, NPCDCS gives financial support under NHM for awareness generation (IEC) activities for NCDs to be undertaken by the States/UTs as per their Programme Implementation Plans (PIPs).

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.

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 (CBSE) has issued and directed affiliated schools to ensure that junk/fast food is replaced completely with healthy snacks and carbonated and aerated beverages may be replaced by juices and dairy products (Lassi, Chach, Flavoured Milk etc.).

Government of India is implementing the Rashtriya Kishor Swasthya Karyakram (RKSK) to provide information, commodities and services to meet the diverse needs of adolescents across the country. RKSK expands the scope of adolescent health programming in India to now include in its ambit nutrition and non-communicable diseases as well. Trained Medical Officers, Auxillary Nurse Midwives (ANMs) and Adolescent Health Counsellors placed across District and block level Govt. health institutions in the Adolescent Friendly Health Clinics (AFHCs) provide services and counselling to the adolescent clients.

In partnership with the Ministry of Education, Ministry of Health is also implementing the School Health & Wellness Programme under Ayushman Bharat. This programme aims to train Two teachers, preferably one male and one female, in every school, designated as 'Health and Wellness Ambassadors' to transact health promotion and disease prevention information on 11 thematic areas every week to promote joyful learning. Nutrition, Health and Sanitation, Promotion of healthy lifestyle and growing up are among the thematic topics covered.

(d) to (e): FSSAI has prescribed limits for trans fatty acids in oils and fats to be not more than 2% by weight. Similarly, limit for trans fatty acids in food products in which edible oils and fats are used as ingredient has been prescribed at 2% by weight of oil/fat present in the food product. These limits are applicable from 01.01.2022.

FSS (Safe food and balanced diets for school children) Regulations, 2020 have been notified for promoting safe food and healthy diets for school children. Under these regulations, foods

which are referred to as food products high in saturated fat or trans-fat or added sugar or sodium (HFSS) cannot be sold to school children in school canteens/mess premises/hostel kitchens or in an area within fifty meters from the school gate in any direction. Marketing/advertising of such products is also prohibited. Revised FSS (Labelling and Display) Regulations, 2020 mandate that labels should mention food allergens, nutritional information including fat, trans fat, salt, sugar, added sugar etc. These regulations also provide that restaurant with 10 or more establishments must display information relating to quality (type of preparation, composition, nutritional including any allergens and energy (calorific value in kcal) and quantity (amount, number, size etc.) of the food products per serving to enable consumers to make an informed choice. Under FSS (Advertising and Claims) Regulations, 2018, there is a check on advertisements in respect of a food product that undermines the importance of healthy lifestyles or portrays the food product as a complete replacement of normal meal.

\*\*\*\*\*