

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

**LOK SABHA
STARRED QUESTION NO. 194
TO BE ANSWERED ON 1ST AUGUST, 2025.**

AWARENESS ON MAFLD

***194. SHRI ASADUDDIN OWAISI:**

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

- (a) whether the Government is aware of recent research published in Nature which found that 84% of Information Technology Sector employees surveyed in Hyderabad had Metabolic Dysfunction-Associated Fatty Liver Disease (MAFLD), and 71% were obese and if so, the details thereof;
- (b) whether the Government has conducted/plans to conduct any nationwide health survey or screening focused on the prevalence of MAFLD and related lifestyle disorders and if so, the details thereof;
- (c) the steps taken/proposed to be taken by the Government to raise awareness about MAFLD, promote healthy lifestyle interventions and improve nutritional standards in corporate settings;
- (d) whether the Government proposes to issue any workplace health guidelines or advisories for urban corporate offices to address life style disorders and if so, the details thereof; and
- (e) whether any inter-ministerial collaboration is being planned to address this emerging public health issue and if so, the details thereof?

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

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

**STATEMENT REFERRED TO IN REPLY TO LOK SABHA STARRED QUESTION
NO.194 FOR 1ST AUGUST, 2025**

(a): As per the study published in Nature Scientific Reports Journal in 2025 titled “Prevalence of Metabolic Dysfunction-Associated Fatty Liver Disease among Information Technology Employees in India” involving 345 IT employees in Hyderabad, Metabolic Syndrome (MetS) was present in 118 (34.20%) of the employees. A total of 290 (84.06%) employees had increased liver fat accumulation which indicates high prevalence of MAFLD among IT employees.

(b): An ICMR study with Institute of Liver and Biliary Science, Delhi conducted on Indian Metabolic and Liver Disease (IMELD) Phase I was an initiative focused on understanding regional risk factors for Fatty Liver Disease (FLD), Metabolic Syndrome (MetS) Diabetes Mellitus (DM), and Hypertension (HTN) in various villages of three tehsils of Jaipur, Rajasthan. The key findings of the study are that 37.19% of participants had FLD, with males showing a higher prevalence. Those consuming fast-food weekly (76.3%) were at higher risk.

(c) to (e): The Ministry of Health & Family Welfare has issued Operational guidelines for Non-Alcoholic Fatty Liver Disease (NAFLD) under National Programme for Prevention and Control of Non-Communicable Diseases which provides for healthy diet, regular physical activity, weight management, and reduced sugar/saturated fat consumption for prevention and management of NAFLD. Further, States and Union Territories have been requested to undertake screening and risk stratification by the health care providers as per the guidelines and guide appropriate referrals.

Preventive aspect of NCDs is strengthened under Comprehensive Primary Health Care through Ayushman Arogya Mandir, by promotion of wellness activities and targeted communication at the community level. Further initiatives for increasing public awareness about NCDs and for promotion of healthy lifestyle includes observation of National & International Health Days and use of print, electronic and social media for continued community awareness.

The Government of India provides financial support under NHM for awareness generation activities for NCDs to be undertaken by the States and Union Territories. Health promotion messages on fatty liver are being disseminated through IEC materials and public campaigns under NP-NCD.

The Food Safety & Standards Authority of India (FSSAI) has carried out an awareness campaign across its social media platforms to raise awareness about liver health. As a part of this campaign, a wide range of creative, videos, and reels have been disseminated

to engage audiences and convey critical messages on liver health in a relatable and impactful manner.

Fit India movement is implemented by Ministry of Youth Affairs and Sports and various Yoga related activities are carried out by Ministry of AYUSH. The Ministry of Ayush has developed a 5-minute yoga protocol called Yoga Break (Y break) devised with an aim to help professionals to de-stress, refresh and re-focus. It consists of a few 'Light' practices that can be done by taking a few minutes break from work. The protocol comprises few simple Yoga practices which includes Asana (postures), Pranayama (breathing techniques) and Dhyana (meditation). It has been carefully developed by eminent experts and a tested protocol.

Ayush Vertical, Directorate General of Health Services with the support of Research Councils under the Ministry of Ayush, has published Standard Treatment Guidelines (STGs) for Metabolic Disorders in Ayush system of medicine. These guidelines specifically address the prevention and management of NAFLD and represent a coordinated effort to integrate traditional systems of medicine into the national response to metabolic and lifestyle-related health challenges.
