

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

**LOK SABHA
UNSTARRED QUESTION NO. 1123
TO BE ANSWERED ON 25TH JULY, 2025**

RIISING CASES OF DEATHS AMONG YOUTH DUE TO HEART ATTACKS

1123. SHRI DHARAMBIR SINGH:

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

- (a) whether the Government is aware of the rising incidents of sudden deaths among youth due to heart attacks and other non-communicable diseases and if so, the details thereof;
- (b) the steps taken/proposed to be taken by the Government to investigate the root causes behind such health issues, especially among people in the age group of 18 to 40;
- (c) whether the Government has initiated any nationwide health screening or early detection campaigns in the country and if so, the details thereof;
- (d) whether the Government is conducting the awareness programmes on lifestyle, nutrition and stress management in schools, colleges and workplaces and if so, the details thereof; and
- (e) whether the Government proposes any long-term policy to prevent lifestyle related diseases among youth through preventive healthcare and fitness awareness programme in the country and if so, the details thereof?

**ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(SHRI PRATAPRAO JADHAV)**

(a) to (e): Indian Council of Medical Research - National Institute of Epidemiology (*ICMR-NIE*) has conducted a study titled “Factors associated with unexplained sudden deaths among adults aged 18-45 years in India – A multicentric matched case–control study” at 47 tertiary care hospitals located across 19 States and Union Territories during May- August 2023. Cases were apparently healthy individuals aged 18-45 years without any known co-morbidity, who suddenly died of unexplained causes during 1st October 2021-31st March 2023. Information was collected regarding data on COVID-19 vaccination/infection, post-COVID-19 conditions, family history of sudden death, smoking, recreational drug use, alcohol frequency, binge drinking and vigorous-intensity physical activity two days before death among the cases.

The study observed that COVID-19 vaccination did not increase the risk of unexplained sudden death among young adults in India. Past COVID-19 hospitalization, family history of sudden death and certain lifestyle behaviors increased the likelihood of unexplained sudden death.

National Health Mission (NHM) provides technical and financial support to the States and Union Territories under the National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD). Cardiovascular diseases are an integral part of NP-NCD. Under this programme, 770 District NCD Clinics, 6410 Community Health Center NCD Clinics and 233 Cardiac Care Units has been set up.

A population-based initiative for prevention, control and screening for common NCDs including diabetes, hypertension has been rolled out in the country under National Health Mission (NHM) as

a part of Comprehensive Primary Health Care. Under the initiative, persons more than 30 years of age are targeted for their screening.

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. NP-NCD provides financial support under NHM for awareness generation activities for NCDs including cardiovascular diseases to be undertaken by the States and Union Territories.

The nation-wide 'Eat Right India' campaign of the Food Safety and Standards Authority of India (FSSAI) promotes awareness on preventive healthcare through social and behavioural change. Key initiatives include promoting healthy food practices, ensuring safe and balanced diets in schools, and developing a food safety guidebook for integration into school curricula. FSSAI has also collaborated with the University Grants Commission (UGC) to spread awareness in higher educational institutions. Fit India movement is implemented by Ministry of Youth Affairs and Sports, and various Yoga related activities are carried out by Ministry of AYUSH.
