

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

**LOK SABHA
UNSTARRED QUESTION NO. 1085
TO BE ANSWERED ON 5TH DECEMBER, 2025**

HEART ATTACK INCIDENTS AMONG YOUTH

1085. SHRI ASHOK KUMAR RAWAT:

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

- (a) whether the Government has taken note that the incidence of death due to heart attack and cardiac arrest is increasing, especially among young people who go to the gym in the country and if so, the details thereof along with the Government response therefor;
- (b) whether the Government is also aware that factors like excessive work pressure in the private sector, tendency to work till late at night and excessive physical exertion in gyms are also contributing to such incidents in the country and if so, the details thereof;
- (c) whether any study/expert report are available with the Government in this regard and if so, the details thereof;
- (d) whether the Government proposes to issue any guidelines/launching any public awareness campaign regarding balance in work-life and safe exercise practices and if so, the details thereof; and
- (e) the steps taken/proposed to be taken by the Government so far to prevent the increasing incidence of heart-related diseases and deaths among the youth?

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

(a) to (c): Indian Council of Medical Research (ICMR) has informed that in order to understand the reasons for heart attack, ICMR-National Institute of Epidemiology (ICMR-NIE) conducted a multi-centric matched case-control study in 25 hospitals across India. Cases were patients aged 18-45 years admitted in the study hospitals with newly diagnosed Acute Myocardial Infarction (AMI) between October 2021 and January 2023. Controls were patients aged 18-45 years admitted in the same hospital for other causes, matched for time of hospitalization. Information was collected regarding the various risk factors. The study observed that hospitalization with AMI was associated with presence of any known comorbidity, family history of thrombotic event and ever been smoker.

(d) and (e) Health is a State subject. 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 disease is an integral part of NP-NCD. Under the programme, 770 District NCD Clinics, 6410 Community Health Center NCD Clinics and 233 Cardiac Care Units have been set up. Further, 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.

To manage acute cardiac events a hub-and-spoke model has been implemented. District hospitals and Community Health Centers (spokes) are equipped to provide initial thrombolysis and stabilization, while tertiary hospitals and medical colleges (hubs) offer advanced interventions. Ambulance services, telemedicine platforms and streamlined referral pathways further enhance access, especially in rural areas.

Government of India also provides support for awareness generation activities for Non-Communicable Diseases (NCDs) including cardiovascular diseases to be undertaken by the States and Union Territories. The preventive aspect is strengthened under Comprehensive Primary Health Care through Ayushman Arogya Mandir, by promotion of wellness activities and targeted communication at the community level. Furthermore, the Eat Right India movement, led by the Food Safety and Standards Authority of India, promotes reduced salt, sugar, and trans-fat consumption. 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 Pradhan Mantri Jan ArogyaYojana (PM-JAY) offers health insurance coverage for over 50 crore people, covering secondary and tertiary cardiac care, including angioplasty and bypass surgeries. The Pradhan Mantri Bhartiya Janaushadhi Pariyojana (PMBJP) and Affordable Medicines and Reliable Implants for Treatment (AMRIT) Pharmacies improve access to affordable cardiovascular medicines, stents, and implants, reducing out-of-pocket expenses and supporting long-term treatment adherence.
