

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

**LOK SABHA
UNSTARRED QUESTION NO. 5669
TO BE ANSWERED ON 27TH MARCH, 2026**

INCREASE OF SUDDEN CARDIAC ARREST

5669. SHRI ESWARASAMY K.:

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

- (a) whether the Government has taken note of reports indicating an increase in sudden deaths, including sudden cardiac arrests, among apparently healthy individuals in the age group of 18-45 years across the country and if so, the details thereof;
- (b) whether the Indian Council of Medical Research (ICMR) and All India Institute of Medical Sciences (AIIMS) have conducted or commissioned any studies to examine the causes and risk factors associated with such sudden deaths and if so, the key findings thereof;
- (c) whether any lifestyle factors, pre-existing conditions, post-viral complications or other medical causes have been identified and if so, the details thereof; and
- (d) the steps taken/proposed to be taken by the Government to promote early cardiac screening, preventive health check-ups and public awareness campaigns on heart health, particularly targeting youth and working-age populations?

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 ICMR-National Institute of Epidemiology (NIE) 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/Union Territories of India during May-August 2023. Cases were apparently healthy individuals without any known co-morbidity, who suddenly (<24 hours of hospitalization or seen apparently healthy 24 hours before death) died of unexplained causes during 1st October 2021-31st March 2023. Four controls were included per case matched for age,

gender and neighbourhood. 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 / interviewed controls. A total of 729 sudden death cases and 2916 controls were included in the analysis. It was observed that receipt of any dose of COVID-19 vaccine reduced the odds for unexplained sudden death. Receiving two doses of COVID-19 vaccine significantly reduced the odds of unexplained sudden death. Past COVID-19 hospitalization, family history of sudden death, binge drinking 48 hours before death/interview, use of recreational drug/substance and performing vigorous-intensity physical activity 48 hours before death/interview increased the odds of sudden death. Hence, 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 behaviours increased the likelihood of unexplained sudden death.

Further, in order to understand the reasons for heart attack, ICMR-National Institute of Epidemiology (ICMR-NIE) conducted another multicentric 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 events and ever been smoker.

All India Institute of Medical Sciences (AIIMS) New Delhi conducted a study “Establishing the cause in sudden unexplained deaths in young” using virtual autopsy & CT scan to understand the cause of death in young adult patients (aged 18 years to 45 years). The interim results have suggested that Myocardial Infarction (MI) remained main cause of sudden death and there has not been any shift in trend of causes of sudden deaths compared to previous years.

(d): The Department of Health and Family Welfare provides technical and financial support to States and Union Territories under the National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD). The programme focuses on strengthening infrastructure, human resource development, screening, early diagnosis, referral, treatment, and health promotion for Non-Communicable Diseases (NCDs). Under National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD), 770 District NCD Clinics, 364 District Day Care Cancer

Centres (DCCC), and 6,410 NCD clinics at Community Health Centres have been set up. Further 297 District Day Care Cancer Centre (DCCC) were approved for the Financial Year 2025-26 to ensure cancer care accessibility at district hospital level.

Further, a population-based initiative for prevention, control and screening for common NCDs including 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 provides financial support under NHM 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, healthy eating is also promoted through Food Safety & Standards Authority of India. Fit India movement is implemented by Ministry of Youth Affairs and Sports, and various Yoga related activities are carried out by Ministry of AYUSH.
