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

LOK SABHA
UNSTARRED QUESTION NO. 3482
TO BE ANSWERED ON 13TH MARCH, 2026

INCIDENCES OF TYPE 2 DIABETES

3482. SHRI DEEPENDER SINGH HOODA:

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

(a) whether it is a fact that 1 in 4 young Indians aged 15 to 24 are now affected by Type 2 diabetes, reflecting a steep rise during the last 15 years and if so, the primary causes identified by the Government for this rise;
(b) whether the Government considers it dangerous for the upcoming generation and if so, the details thereof;
(c) the key measures being undertaken by the Government to address this trend, including school/university health programmes, nutrition and fitness initiatives and early screening schemes; and
(d) whether the Government has prepared a time-bound roadmap to reverse the rise of Type 2 diabetes among youth, with clear milestones for reduction, awareness campaigns and healthcare access enhancements and if so, the details thereof?

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

(a) and (b) As per the Indian Council of Medical Research (ICMR) report titled "India: Health of the Nation's States – 2017", the contribution of Non-Communicable Diseases (NCDs), including diabetes, to overall mortality and disease burden has grown substantially between 1990 and 2016.

As per data from the ICMR-India Diabetes (ICMR-INDIAB) study period from 2008 to 2021 conducted in the 31 States/UTs studied among the adults aged 20 years and above, the overall weighted prevalence of diabetes was 11.4%.

Sedentary lifestyles, increased consumption of processed and high-calorie foods, and environmental factors are recognised as key contributors to the rising prevalence of NCDs, which is increasingly affecting both urban and rural populations, including younger age groups.

(c) Health is state subject. However, technical and financial support is provided to the States and Union Territories under NP-NCD. Diabetes is an integral part of NP-NCD. Under the programme, 770 District NCD Clinics and 6410 Community Health Centre NCD Clinics have been set up. Further, a population-based initiative for prevention, control and screening for common NCDs including diabetes has been rolled out in the country under NHM as a part of Comprehensive Primary Health Care. Under the initiative, persons more than 30 years of age are targeted for their screening through Ayushman Arogya Mandirs.

(d) The Government of India through the National Programme for Prevention and Control of Non-Communicable Diseases has adopted a multi-pronged strategy to raise diabetes awareness and promote early care-seeking, particularly among low-income and underserved groups. Key initiatives include:

i. Awareness activities are carried out under Information, Education and Communication (IEC) and Behaviour Change Communication (BCC) campaigns to encourage healthy lifestyles, early diagnosis and diabetes prevention.
ii. Financial support is provided to States and Union Territories for conducting awareness generation activities under NHM as per their Programme Implementation Plans.
iii. National and international days, such as World Diabetes Day are leveraged to disseminate key messages through print, electronic and social media.
iv. Food Safety & Standards Authority of India promotes healthy eating through initiatives like 'Eat Right India'.
v. The Ministry of Youth Affairs and Sports promotes physical activity and fitness among the population through campaigns such as the 'Fit India Movement' and 'Khelo India'.
vi. The Ministry of AYUSH promotes wellness and preventive health through various yoga based activities at the community level.
vii. Installation of 'Sugar and oil" boards in schools to raise awareness among children and adolescents.

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