

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

**LOK SABHA
UNSTARRED QUESTION NO. 2665
TO BE ANSWERED ON 4th August, 2023**

PATIENTS OF TYPE-2 DIABETES

2665. SHRI GHANSHYAM SINGH LODHI:

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

- (a) whether the Type-2 diabetes is related to poor diet and if so, the details thereof;
- (b) the details of the efforts made to create awareness about such disease(s);
- (c) whether health melas have been organized in urban and rural areas during the last three years and if so, the details thereof, year-wise;
- (d) the time by which such mela is likely to be organized in Rampur district of Uttar Pradesh;
- (e) whether excessive use of bottled soft drinks causes harm to human health and if so, the details thereof;
- (f) whether any research has been conducted in this regard in the country; and
- (g) if so, the details thereof?

ANSWER

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE
(PROF. SATYA PAL SINGH BAGHEL)**

(a) to (g) As per National NCD Monitoring Survey (2017-18), there are several risk factors associated with Non-Communicable Diseases, such as tobacco use, alcohol use, insufficient physical activity and unhealthy diet. The prevalence of inadequate fruits and/or vegetables intake is associated with NCDs including diabetes among 18-69 years.

A population-based initiative for prevention, control and screening for common Non-Communicable Diseases (NCDs) i.e., diabetes, hypertension and common cancers has been rolled out in the country under NHM and also as a part of Comprehensive Primary Health Care. Under the initiative, persons more than 30 years of age are targeted for their screening for common NCDs. Screening of these common NCDs is an integral part of service delivery under Ayushman Bharat – Health and Wellness Centres which generates awareness on risk factors of NCDs including diabetes.

Preventive aspect of diabetes is strengthened under Comprehensive Primary Health Care through Ayushman Bharat Health Wellness Centre scheme, by promotion of wellness activities and targeted communication at the community level. In addition, NP-NCD gives financial support under NHM for awareness generation (IEC) activities for Diabetes to be undertaken by the States/UTs as per their Programme Implementation Plans (PIPs). Other initiatives for increasing public awareness about Diabetes and for promotion of healthy lifestyle includes observation of World Diabetes Day and use of print, electronic and social media for continued community awareness.

Furthermore, healthy eating is promoted through FSSAI. Eat Right Initiative, Safe and Nutritious Food at Home and Aaj se thoda kum' awareness activities are also initiated. Fit India and Khleo India movements are implemented by Ministry of Youth Affairs and Sports, and various Yoga related activities are carried out by Ministry of AYUSH.

Health Melas are organized every 14th of month at each Ayushman Bharat Health Wellness Centre (AB-HWCs). The aim of these melas is to generate awareness amongst the people, about healthy lifestyles to maintain wellbeing and conduct community-based risk assessment and population-based screening for common diseases including diabetes. As on 31st July 2023 more than 22.12 million wellness sessions have been conducted with participation of 244.02 million participants cumulatively at AB-HWCs. A detailed status of health melas is attached at Annexure.

As reported by Government of Uttar Pradesh, health mela is organized at all Primary Health Centres on every Sunday under Mukhya Mantri Arogya Swasth Mela in rural area across Uttar Pradesh from 2nd February 2020 onwards.

As per study quoted by ICMR on 'harmful effects of soft drinks consumption on human health', soft drinks contain a lot of sugar and excessive consumption of sugar can add to the calories in the risk of obesity. Diabetes, heart diseases, bones and teeth disorders are frequently induced due to excessive consumption of soft drinks particularly among children and aged persons. The ill effect of consuming sugar sweetened beverages is practically a consequence of adverse sugar metabolism that is triggered in the body.

Annexure

State/UTs Wise Health Mela Status

SN	State/UTs	Total Health Mela Conducted	Total Footfall	Total number of Individuals screened for hypertension	Total number of Individuals screened for diabetes	Total number of Individuals screened for oral cancer	Total number of Individuals screened for breast cancer	Total number of Individuals screened for cervical cancer
1	Andaman & Nicobar Islands	26	1,623	633	633	633	448	199
2	Andhra Pradesh	11,166	4,43,674	3,07,597	2,99,007	2,10,03	1,37,509	1,14,416
3	Arunachal Pradesh	254	6,745	5,631	5,058	4,597	2,626	980
4	Assam	195	8,691	5,302	5,207	5,079	2,909	495
5	Bihar	13,181	3,79,317	1,86,479	1,62,961	1,26,727	66,471	35,321
6	Chandigarh	264	24,288	8,589	7,525	8,808	5,478	2,389
7	Chhattisgarh	15,132	4,19,215	3,43,879	3,35,076	3,05,668	1,70,750	81,038
8	Dadra & Nagar Haveli	228	7,269	5,561	5,4n	5,696	3,704	3,392
9	Daman & Diu	63	2,195	1,917	1,954	1,898	1,126	707
10	Delhi	1	8	7	7	7	7	7
11	Goa	157	11,191	7,731	7,606	6,514	2,972	1,467
12	Gujarat	22,139	9,60,688	7,28,981	7,19,990	6,59,927	3,90,011	3,30,64
13	Haryana	152	6,975	4,540	4,531	3,788	2,418	1,143
14	Himachal Pradesh	1,993	59,805	58,763	57,656	35,946	23,660	11,514
15	Jammu & Kashmir	2,965	1,07,731	64,545	61,415	60,649	35,616	18,242
16	Jharkhand	2,011	53,325	42,196	41,798	40,265	23,659	12,603
17	Karnataka	583	21,605	22,579	22,033	18,273	9,404	6,651
18	Kerala	4,151	1,08,453	81,880	72,964	26,588	15,520	4,128
19	Ladakh	1,238	24,818	19,123	17,846	17,449	10,555	3,500
20	Lakshadweep	13	1,106	599	464	278	138	100
21	Madhya Pradesh	5,795	1,55,367	1,18,412	1,11,608	1,06,320	57,095	37,027
22	Maharashtra	22,254	14,25,143	9,11,388	8,85,469	8,43,594	4,46,368	3,18,950
23	Manipur	445	11,922	7,650	6,557	5,054	3,246	593
24	Meghalaya	856	25,461	10,819	9,666	10,137	7,101	2,681
25	Mizoram	357	15,656	8,957	7,956	7,652	4,397	1,031
26	Nagaland	9	593	419	272	278	231	-
27	Odisha	16,728	5,39,796	3,58,290	3,40,287	2,84,168	1,57,917	91,994
28	Puducherry	391	25,743	14,892	13,763	12,233	7,032	2401
29	Punjab	4724	3,35,805	1,50,098	1,37,970	1,20,322	75,698	38,130
30	Rajasthan	753	59,989	29,407	27,827	22,554	10,225	4,848
31	Sikkim	268	8,984	6,269	6,166	5,984	3,415	1,158
32	TamilNadu	27,715	13,02,120	12,15,658	10,81,669	7,70,082	4,20,192	2,70,967
33	Telangana	4,299	1,95,120	1,23,595	1,04,187	53,520	34,093	20,865
34	Tripura	1,818	38,840	21,238	17,103	18,409	9,664	5,364
35	Uttar Pradesh	23,971	5,23,562	2,71,812	2,50,415	1,86,390	91,947	41,700
36	Uttarakhand	4,420	1,06,306	90,061	85,417	80,179	48,794	23,798
37	West Bengal	16	3,372	1,658	1,623	1,507	919	160
Total		1,90,797	74,22,501	52,37,155	49,17,158	40,67,176	22,83,315	14,90,023

Data source: AB-HWC portal, December 2022 to June 2023