

**GOVERNMENT OF INDIA  
HEALTH AND FAMILY WELFARE  
LOK SABHA**

UNSTARRED QUESTION NO:3500  
ANSWERED ON:16.04.2008  
HEART DISEASE DUE TO CONSUMPTION OF PALM OIL  
Kaushal Shri Raghuvir Singh

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

- (a) whether consumption of 'palm oil' causes heart disease in the country;
- (b) if so, the details thereof;
- (c) the number of patients suffering from such disease during the last three years, State-wise, year-wise;
- (d) whether the Government has conducted any research/ survey in this regard; and
- (e) if so, the details thereof?

**Answer**

THE MINISTER OF STATE FOR HEALTH & FAMILY WELFARE(SMT. PANABAKA LAKSHMI)

(a) & (b) According to ICMR and AIIMS, several epidemiological studies have shown that consumption of saturated fatty acids raises LDL cholesterol, a well known risk factor for coronary artery disease. Palm oil has a high content of saturated fat which increases the risk of heart disease ( Natural Heart Lung and Blood Institute and WHO).

(c)&(d) The data relating to the number of patients suffering from such disease during the last three years, State-wise and year-wise is not available. However, according to the assessment of Burden of Non-Communicable Diseases, 2006 published by ICMR, there were about 1.86 crore cases Ischaemic Heart Disease in 1998 whereas this figure in 2004 was 2.23 crores.

(e) Does not arise.