

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

UNSTARRED QUESTION NO:1425

ANSWERED ON:04.03.2011

JUNK FOOD

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

- (a) whether the Government has taken note of various studies which have revealed that consumption of junk and fast food causes various diseases including obesity, cardiovascular ailments and diabetes, particularly among children;
- (b) if so, the details thereof;
- (c) whether any survey has been conducted by the Government to ascertain the number of people, particularly children suffering from these diseases due to consumption of junk food in the country;
- (d) if so, the details alongwith the findings thereof;
- (e) whether the Government proposes various measures including curbs on marketing and advertisement of junk/fast food products and also mandatory display of their nutritional value; and
- (f) if so, the details thereof?

Answer

THE MINISTER OF HEALTH & FAMILY WELFARE (SHRI GHULAM NABIAZAD)

(a) to (d): The fundamental cause of obesity and overweight is an energy imbalance between calories consumed and calories expended. Global increase in overweight and obesity are attributable to a number of factors including:

a global shift in diet towards increased intake of energy-dense foods that are high in fat and sugars but low in vitamins, minerals and other micronutrients; and

a trend towards decreased physical activity due to the increasingly sedentary nature of many forms of work, changing modes of transportation, and increasing urbanization.

However, only few studies have shown that fast food and junk foods leads to obesity in children.

A study titled 'Assessment of effects of consumption of 'Carbonated water beverages and soft drinks' on health of Adolescents and young Adults, has been initiated in Andhra Pradesh in 2010 by National Institute of Nutrition, Indian Council of Medical Research (ICMR), Hyderabad will be completed by the end of March 2012.

(e) & (f): The Government of India has initiated a National Programme for Prevention and Control of Cancer, Diabetes, Cardiovascular Disease and Stroke at an estimated outlay of Rs.1230.90 crore for the 11th Five Year Plan. The programme, inter alia, emphasise on healthy life style

The National Institute of Nutrition has initiated multi-component intervention programmes in the selected schools as pilot programmes. Based on its success, scaling up of the programme can be done in other schools.

Government of India has initiated the process for regulation and promotion of healthy foods in the school canteens and avoidance of sale/availability of junk foods in the premises.

The nutrition labelling has been made mandatory on pre-packaged foods as part of food regulations dealt by the Food Safety and Standards Authority of India, Ministry of Health and Family Welfare, Government of India.