

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

STARRED QUESTION NO:273

ANSWERED ON:22.07.2009

RISE IN DIABETIC PATIENTS

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

- (a) whether the number of cases of diabetic patients are on the rise in the country;
- (b) if so, the details thereof and the reasons therefor;
- (c) whether the Government has conducted any survey to find out the number of diabetic patients in the country;
- (d) if so, the outcome thereof;
- (e) the funds allocated to eradicate the disease during the last three years and the current year, State-wise;
- (f) whether the Government proposes to launch awareness programme to control the disease;
- (g) if so, the details thereof;
- (h) the details of the hospitals in the country where the diabetic patients can get free treatment including dialysis, State-wise; and
- (i) the preventive measures being taken/proposed to be taken by the Government in this regard?

Answer

MINISTER OF THE STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE (SHRI GHULAM NABI AZAD)

(a)to(i): A statement is laid on the Table of the House.

STATEMENT REFERRED TO IN REPLY TO LOK SABHA STARRED QUESTION NO. 273 FOR 22ND JULY, 2009

Exact number of diabetics in India is not known. The estimates are based on various epidemiological studies. Government of India has not conducted any nation-wide survey to find out number of diabetics in the country.

According to ICMR, WHO estimates suggest that there were 32 million diabetics in India in 2004 and it is projected that India would have largest number of diabetics (80 million) in the world by 2030.

The increase in prevalence is due to various factors including unhealthy diet, obesity and sedentary lifestyle, population ageing etc. Evidence from epidemiological studies indicate that Indians as an ethnic group have high risk of developing diabetes. The rapid economic growth, accompanied by rapid urbanization, may also contribute to the increase in diabetic epidemic. Urbanization is associated with unhealthy nutrition and physical inactivity, leading to obesity and increase in the prevalence of chronic diseases such as diabetes.

A comprehensive strategy of action is being put in place in respect of Non-communicable diseases (NCDs) including diabetes etc. Action is being focused on prevention, early detection and appropriate management of the diseases.

Diabetes is a lifestyle disease and it cannot be eradicated. However, an outlay of Rs.1660.50 crore has been allotted for the National Programme for Prevention and Control of Diabetes, Cardiovascular Diseases and Stroke (NPDCS) during 11th Five Year Plan. On pilot basis, the NPDCS has been initiated in 10 districts in 10 States.

Services for diabetes like preliminary tests of urine and blood sugar and treatment are available at PHC/CHC and district hospitals /secondary and tertiary level at Government Hospitals countrywide. Difficult cases are generally referred to Medical Colleges and apex institutes like AIIMS, Delhi, PGI, Chandigarh, SGPGI, Lucknow etc.

All diabetes patients do not need dialysis. Dialysis or kidney transplant is required only in advanced cases of chronic kidney disease, of which diabetes is one of the causes.

It is well proven that the risk of developing non-communicable diseases like Diabetes, etc. can be prevented by adopting healthy life styles, healthy diet and physical activity. Hence, the NPDCS Programme focuses on health promotion for the general population by

creating awareness on lifestyle related diseases with focus on adopting healthy life styles apart from disease prevention for the high risk through targeted interventions to reduce mortality and morbidity due to diabetes and other NCDs.

Under the programme, sustained IEC/BCC Campaign has been envisaged so that individual, group and community behaviour can be modified to prevent and control the chronic non-communicable diseases like diabetes etc. An amount of Rs.150 crore is earmarked under the Programme for IEC/BCC activities