

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

UNSTARRED QUESTION NO:2695  
ANSWERED ON:11.03.2011  
HEART PROBLEM DUE TO EXPOSURE TO COMPUTER  
Singh Shri Radha Mohan

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

- (a) whether the Government has taken note of a recent study conducted by a London based University according to which working continuously on a computer or watching television is likely to double the risk of heart disease and premature deaths;
- (b) if so, the details and the facts in this regard;
- (c) the precautionary measures taken/ proposed by the Government in this regard;
- (d) whether the Government proposes to conduct any such study to ascertain the adverse affects of computer usage on human health especially on younger generation in the country; and
- (e) if so, the details thereof?

**Answer**

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

(a) & (b) A study on "Screen Based Entertainment Time, All-Cause Mortality, and Cardiovascular Events" has been published in the Journal of American College of Cardiology in 2011. The study followed up a population sample of 4,512 Scottish Health Survey 2003 respondents up to 2007 for all-cause mortality and cardiovascular disease (CVD) events. The co-variable adjusted hazard ratio for all-cause mortality was 1.52 and for CVD events was 2.30 for participants engaging in 4 hours per day or more of screen time relative to 2 hours per day. Approximately 25% of this association between screen time and CVD could be explained collectively by C-reactive protein, body mass index and HDL cholesterol.(c) to (e) No study or measures are proposed by the Ministry of Health and Family Welfare in this regard at present.