

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

STARRED QUESTION NO:169
ANSWERED ON:15.07.2009
CARDIAC AILMENTS IN YOUTH
Haque Shri Sk. Saidul

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

- (a) whether cases of cardiac ailments, particularly among youth, are increasing in the country;
- (b) if so, the details thereof and the reasons therefor; and
- (c) the corrective measures taken by the Government to check its growing menace?

Answer

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

(a)&(b) As per the study on 'Assessment of Burden of Non-communicable Disease' carried out by the Indian Council of Medical Research (ICMR), the number of ischemic heart disease (IHD) was estimated to have increased from 18.6 million in 1998 to 22.37 million in 2004.

No separate data of the prevalence of the disease in younger population is available.

The four major risk factors which are directly or indirectly associated with the causation of chronic non-communicable disease including coronary heart diseases are as follows:-

- (i) Tobacco use; smoking, chewing of tobacco products;
- (ii) Alcohol use;
- (iii) Physical inactivity; and
- (iv) Unhealthy diet.

(c) Healthy lifestyle can prevent many of the non-communicable diseases including heart ailments. Early detection and treatment also avoids the complications in heart ailments.

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.