

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

UNSTARRED QUESTION NO:3107

ANSWERED ON:07.08.2015

Prevalence of Obesity

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

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

- (a) whether the Government has taken note/cognizance of prevalence of obesity especially among the youth and children in the country;
- (b) if so, the details thereof and the reaction of the Government thereto;
- (c) whether the Government has conducted/proposes to conduct any research/ study to assess the severity of the problem of obesity and its ill effects on health;
- (d) if so, the details and the findings thereof; and
- (e) the remedial measures taken/being taken by the Government including launching of awareness programmes about the ill-effects of obesity as well as to mitigate the said problem?

**Answer**

(a) to (e): Yes. The ICMR's National Nutrition Monitoring Bureau (NNMB), Hyderabad has conducted several studies in which data on Body Mass Index (BMI) has been collected from various States/UTs in India. According to the NNMB survey in 10 States, the prevalence of overweight/obesity (BMI > 25 Kg/m<sup>2</sup>) among rural men and women (2011-12) was approximately 12% and 16% respectively while among Tribal population it was 3% for both men and women.

As per NNMB Rural survey of 2012 the prevalence of overweight and obesity among rural children ranged 1-2%.

Obesity is one of risk factors for major NCDs.

Government of India in 2010 launched National Programme for Prevention and Control of Cancer Diabetes, Cardiovascular Diseases & Stroke (NPCDCS). The focus of the programme is on awareness generation for behaviour and life-style changes, early diagnosis of persons with high levels of risk factors including obesity & unhealthy diet and their referral to higher facilities for appropriate management. The programme is expanded to cover more districts in XI<sup>th</sup> Five Year Plan. From 2013-14, the programme activities up to district level have been subsumed under National Health Mission (NHM).

The Government of India under National Health Mission has launched Rastriya Bal Swasthya Karyakram (RBSK) in February, 2013 in order to improve the overall quality of life of children and provide comprehensive care to all the children in the community including school children. This programme involves screening of children from birth to 18 years of age for four Ds - Defects at birth, Diseases, Deficiencies and Development delays including disabilities.

The Government of India has also launched Rashtriya Kishor Swasthya Karyakram (RKSK) in 2014, for adolescents in the age group of 10-19 years, which would target their nutrition including Body Mass Index (BMI) Screening, reproductive health, and substance abuse, among other issues.

In the National Monitoring Framework and Action Plan for prevention and control of Non-Communicable Diseases (2013-2020), adopted by Government of India, obesity has been identified as an area of intervention.