

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

UNSTARRED QUESTION NO:3342  
ANSWERED ON:12.12.2014  
AFFECTS OF EXCESSIVE INTAKE OF SALT  
Jena Shri Rabindra Kumar

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

- (a) whether the Government has taken note of the reports on the ill effects of excessive intake of salt published in the New England Journal of Medicine (NCJM) recently;
- (b) if so, the details thereof;
- (c) whether the Government has conducted any study to ascertain the per capita daily consumption of salt in the country;
- (d) if so, the details along with the findings thereof; and
- (e) the remedial steps taken/being taken by the Government in this regard including creating awareness amongst people to restrict the daily intake of salt to the desired level?

**Answer**

THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE (SHRI SHRIPAD YESSO NAIK)

(a) & (b): Yes. A report titled "Urinary Sodium and Potassium Excretion, Mortality and Cardiovascular Events" was published in New England Journal of Medicine (NEJM) on 14th August, 2014.

The report examines the impact of intake of salt on Cardiovascular Diseases.

(c) & (d): The National Nutrition Monitoring Bureau (NNMB) under National Institute of Nutrition, Hyderabad (ICMR) has carried out study on diet and nutritional status of tribal population during 2008-09 in 9 States. Similar surveys were carried out among rural population during 2011-12 in 10 States. In these surveys, information on salt consumption at individual level was collected by 24 hour recall method of diet surveys.

NNMB tribal studies showed that the mean consumption of salt among tribals was 4.8g/CU/day, while among rural adults; it was 5.6g/CU/day. The consumption levels were found to be higher among tribals of Karnataka (7.6g/CU/day) and Orissa (9.1g/CU/day). The state-wise salt consumption levels (g/CU/day) among tribal and rural population of NNMB States is at Annexure.

(e): While health is a State subject, the Central Government supplements the activities and efforts of the States towards creation of awareness, health education and health promotion.

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 and their referral to higher facilities for appropriate management.

National Institute of Nutrition, ICMR, Hyderabad has also published 'Dietary Guidelines for Indians' to control and prevent non communicable diseases.

In the National Monitoring Framework and Action Plan for prevention and Control of NCDs (2013-2020), adopted by Government of India, reduction in Salt intake has been identified as a strategy for prevention and Control of NCDs with a proposed outcome of relative reduction in mean population intake of salt and an aim of achieving recommended level of less than 5 gram per day.