

Regarding need for a comprehensive strategy to combat Obesity and Diabetes-laid

SHRI NAVEEN JINDAL (KURUKSHETRA): "By making small changes in our food habits, we can make our future stronger, fitter and disease-free", as stated by Prime Minister, highlighting the critical role of lifestyle in combating India's growing health challenges. India is battling a silent health crisis as obesity rates surge across all age groups, driving an alarming rise in early mortality linked to diabetes, cardiovascular diseases, and cancer. As per National Family Health Survey(NFHS-5), nearly 24% of women and 22.9% of men are now overweight or obese, with diabetes prevalence reaching 9.3% of the adult population and Economic Survey 2023-24 indicates that 56.4% of India's disease burden stems from unhealthy diets, exacerbated by increased consumption of processed foods and reduced physical activity. This silent crisis, affecting both urban and rural populations, threatens to reverse hard-won public health gains. Contrasting this, Japan's low obesity rate of 4.5% demonstrates the impact of cultural habits, balanced diets, and proactive health policies. The Government must formulate a robust, multi-pronged strategy encompassing nutritional education, accessible healthy food options, and stricter regulations on unhealthy food marketing. Investing in preventive healthcare and promoting community-level interventions are crucial to curbing this "silent killer" and securing a healthier future for all Indians. By prioritizing preventive healthcare and accessible nutrition, India can protect its people, reduce healthcare costs, and secure a healthier future.