

Regarding need to launch a time-bound National Non-communicable Disease Control Mission and regulation of Branched-Chain Amino-Acids (BCAA) supplements-Laid

SHRI NAVEEN JINDAL (KURUKSHETRA): I like to draw the attention of the Government to the issue of urgent need for a National NCD (Non-Communicable Disease) Control Mission and Regulation of BCAA (Branched-Chain Amino Acids) Supplements. According to the WHO, approximately 5.8 million people in India constituting about 63% of all deaths-die each year due to non-communicable diseases (NCDs) like heart ailments, cancer, diabetes, and lung diseases. The situation not only adds strain to our health system but may also weaken our biggest advantage-the demographic dividend-if our youth succumb to chronic illnesses. As per ICMR report, indiscriminate use of protein supplements containing BCAA (Branched-Chain Amino Acids) and steroids often consumed without medical advice can greatly increase the risk of diabetes, liver damage, and heart disease among the youth. Lured by gyms and social media influences, young people are using these substances, potentially triggering a public health crisis in the future. Hence, I urge the Government to launch a time-bound National NCD Control Mission similar to TB and polio programs, instituting real-time data dashboards at the district level, providing mobile screening vans, and making wellness programs mandatory in schools and workplaces. I also suggest that the Government establish a robust regulatory framework to strictly monitor the sale, advertising, and content related to such supplements and integrate this into the national strategy for NCD prevention which will ensure that our youth receive accurate information and remain safeguarded from these health risks.

