

Report card India



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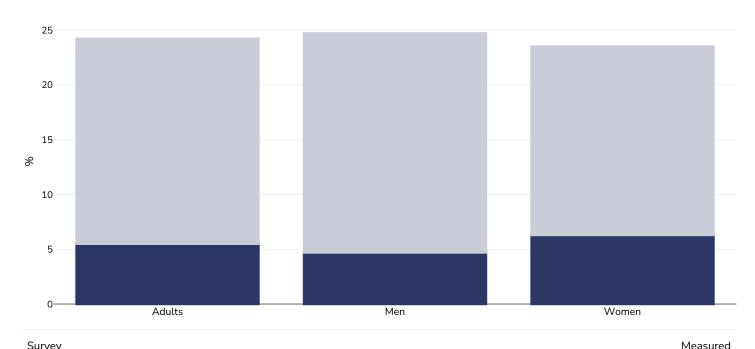


Obesity prevalence

Adults, 2019-2020

Notes:





| References: | International Institute for Population Sciences (IIPS) and ICF. 2021. National Family Health Survey (NFHS-5), India, 2019-20: Maharashtra. Mumbai: IIPS. Available at http://rchiips.org/nfhs/NFHS-5Report_MH.shtml (last accessed 24.03.21) |
|---------------|---|
| Area covered: | Regional |
| Sample size: | 34648 |
| Age: | 15-49 |
| type: | Measured |

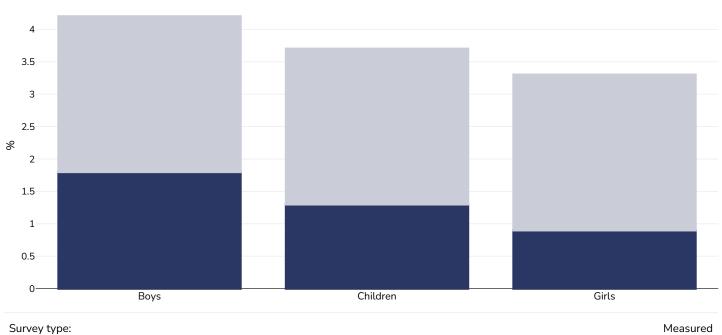
Sub National - State of Maharashtra State of Karnataka 2019-20 also available at http://rchiips.org/nfhs/NFHS-5Report_KA.shtml National data should be available later in 2021 NB. Combined adult data estimated. These estimates were calculated by weighting male and female survey results. Weighting based on World Bank Population % total female 2019 (
https://data.worldbank.org/indicator/SP.POP.TOTL.FE.ZS - accessed 24.03.21)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Children, 2016-2018



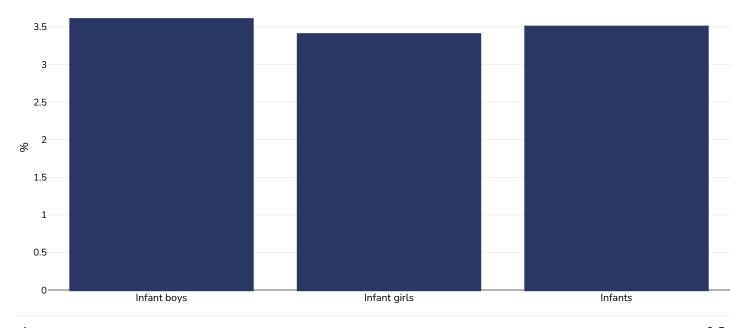


| Survey type: | Measured |
|---------------|--|
| Age: | 5-9 |
| Sample size: | 112316 (0-19 years) |
| Area covered: | National |
| References: | Ministry of Health and Family Welfare (MoHFW), Government of India, UNICEF and Population Council. 2019. Comprehensive National Nutrition Survey (CNNS) National Report. New Delhi. |
| Definitions: | Overweight BMI-for-age ≥ 1SD ≤ 2SD Obesity BMI-for-age ≥ 2SD |
| Cutoffs: | WHO |



Infants, 2019-2021

Overweight or obesity



Age: 0-5
Sample 197475
size:

References:

DHS: National Family Health Survey (NFHS-5), 2019-21: India. Mumbai: IIPS

Notes:

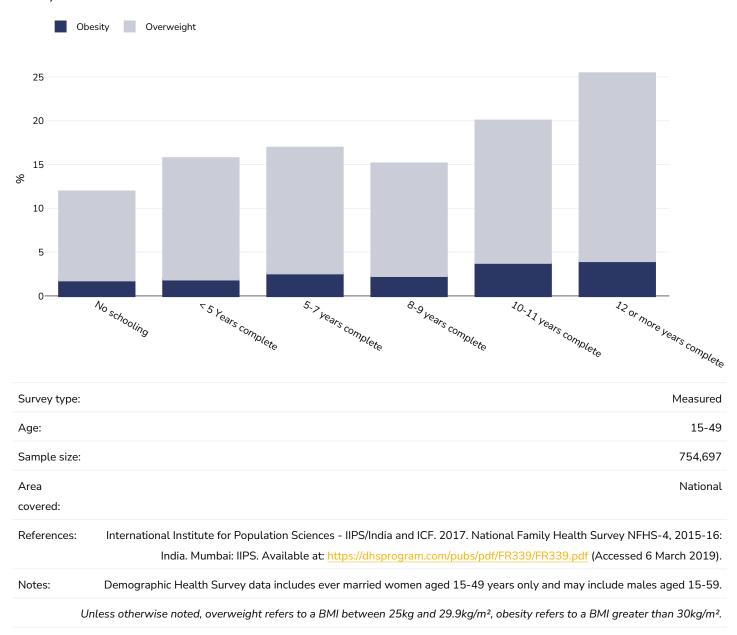
UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD



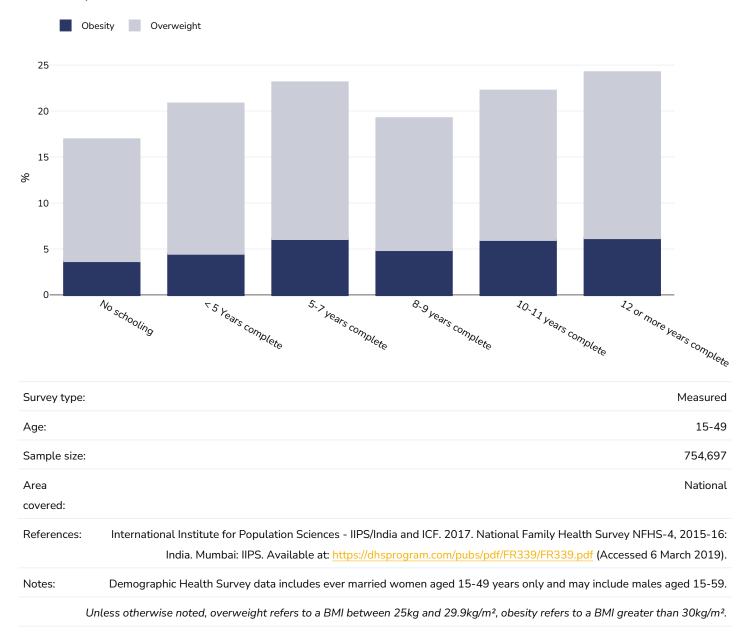
Overweight/obesity by education

Men, 2015-2016



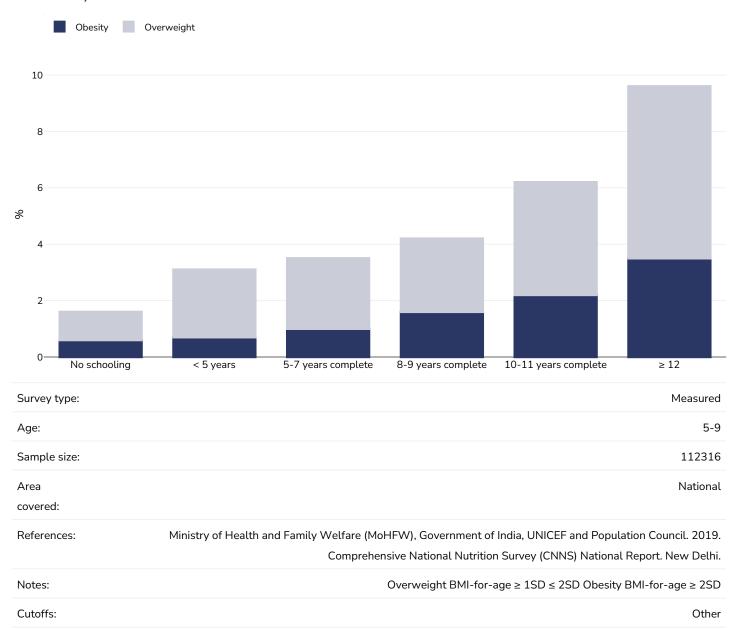


Women, 2015-2016





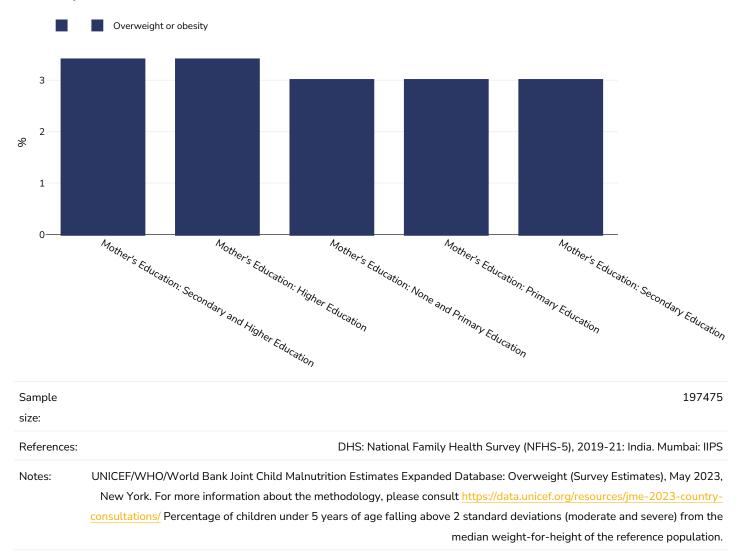
Children, 2016-2018





Definitions:

Infants, 2019-2021

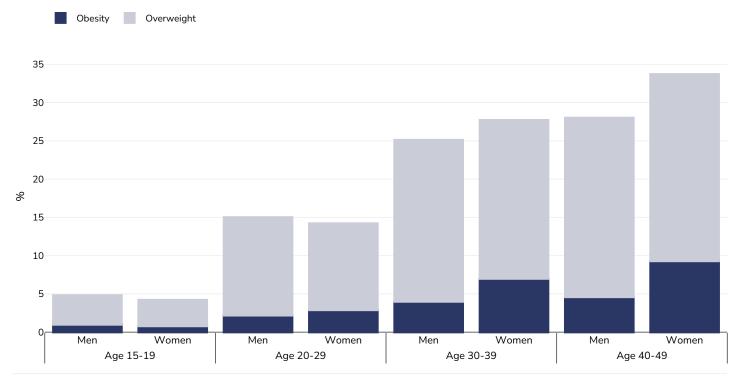


=>+2SD



Overweight/obesity by age

Adults, 2015-2016



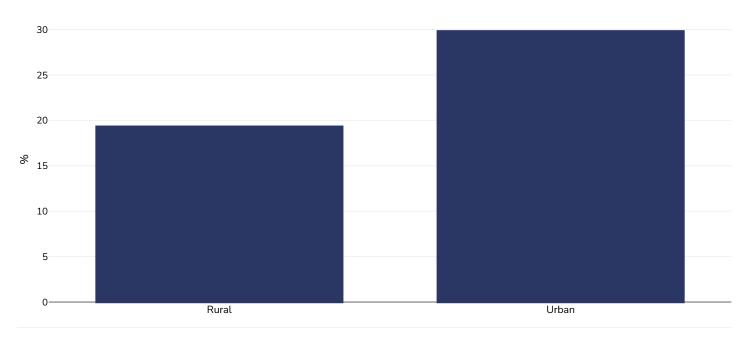
| Survey type | e: Measured |
|---------------|---|
| Sample siz | e: 754,697 |
| Area covered: | National |
| References | : International Institute for Population Sciences - IIPS/India and ICF. 2017. National Family Health Survey NFHS-4, 2015-16: India. Mumbai: IIPS. |
| Notes: | Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. |
| | Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m². |



Overweight/obesity by region

Men, 2019-2021





| Survey type: | Measured |
|---------------|----------|
| Age: | 15-49 |
| Sample size: | 925954 |
| Area covered: | National |

References: National Family Health Survey - 5 2019-21. India Fact Sheet. http://rchiips.org/nfhs/NFHS-5_FCTS/COMPENDIUM/NFHS-5 5%20India%20and%20State%20Factsheet%20Compendium_Phase-II.pdf (Accessed 26.11.2021)

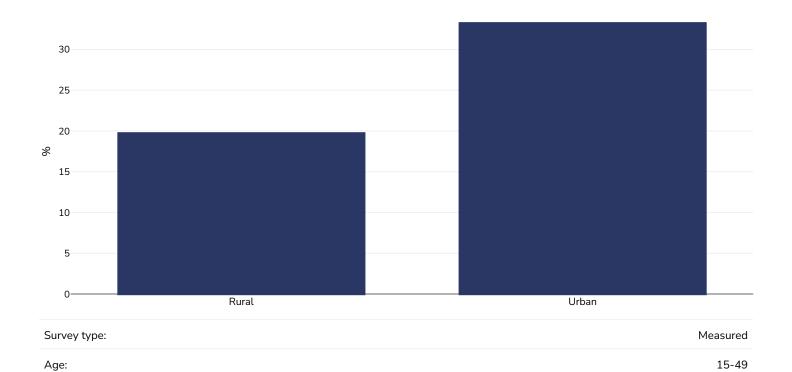
Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².



Sample

Women, 2019-2021

Overweight or obesity



size:

Area National covered:

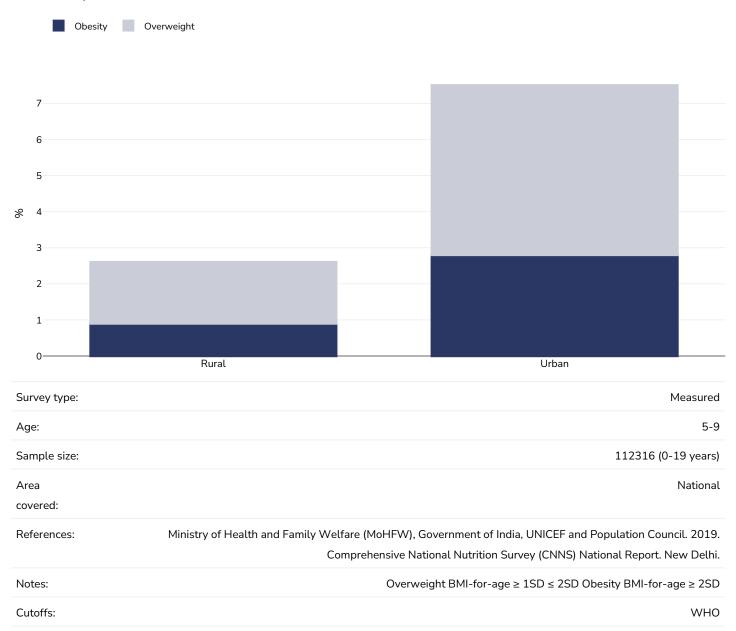
References: National Family Health Survey - 5 2019-21. India Fact Sheet. http://rchiips.org/nfhs/NFHS-5_FCTS/COMPENDIUM/NFHS-5%20India%20and%20State%20Factsheet%20Compendium_Phase-II.pdf (Accessed 26.11.2021)

Unless otherwise noted, overweight refers to a BMI between 25kg and 29.9kg/m², obesity refers to a BMI greater than 30kg/m².

925954

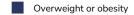


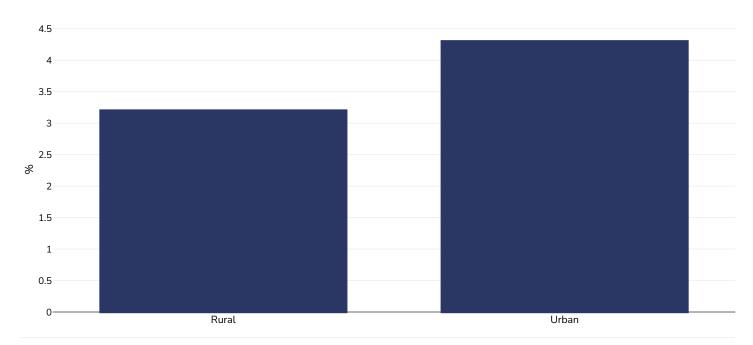
Children, 2016-2018





Infants, 2019-2021





Sample 197475

References:

DHS: National Family Health Survey (NFHS-5), 2019-21: India. Mumbai: IIPS

Notes:

size:

UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

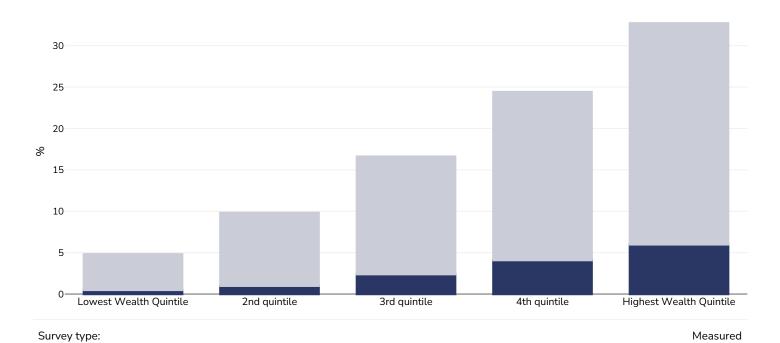
Definitions: =>+2SD



Overweight/obesity by socio-economic group

Men, 2015-2016

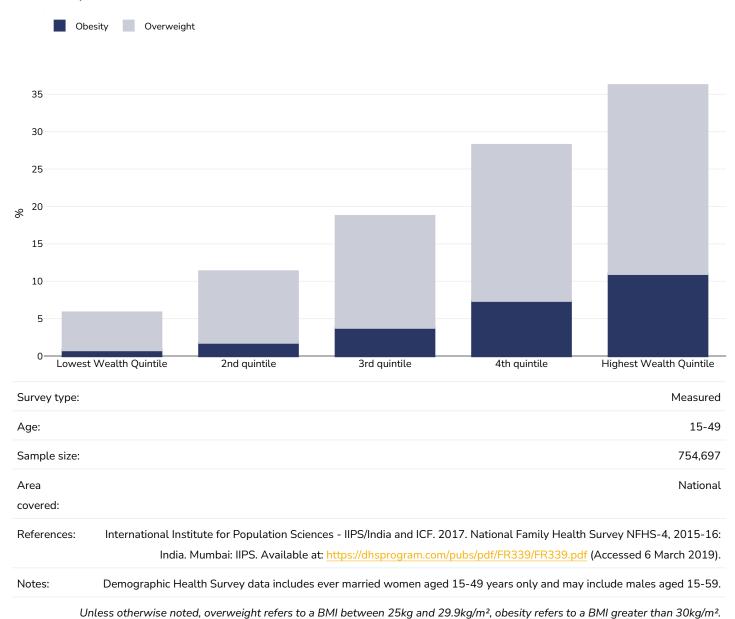




| Age: | 15-49 |
|---------------|--|
| Sample size: | 754,697 |
| Area covered: | National |
| References: | International Institute for Population Sciences - IIPS/India and ICF. 2017. National Family Health Survey NFHS-4, 2015-16: India. Mumbai: IIPS. Available at: https://dhsprogram.com/pubs/pdf/FR339/FR339.pdf (Accessed 6 March 2019). |
| Notes: | Demographic Health Survey data includes ever married women aged 15-49 years only and may include males aged 15-59. |

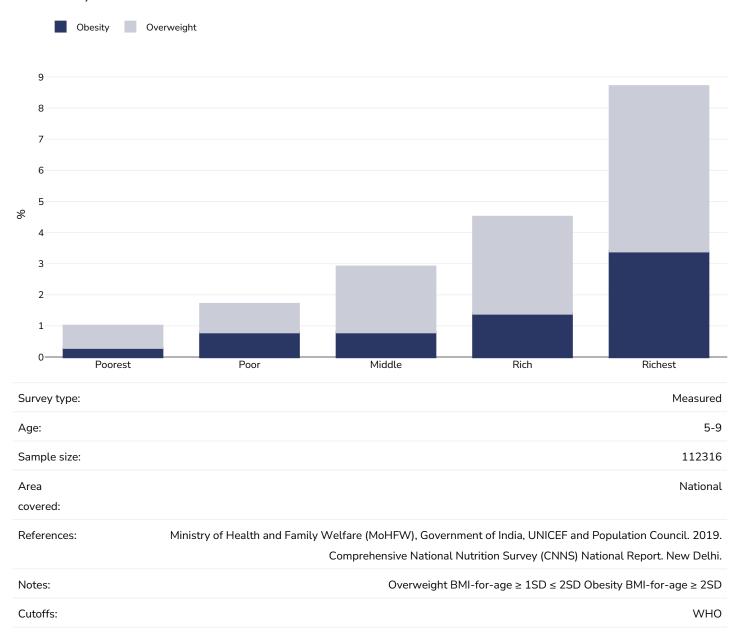


Women, 2015-2016



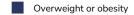


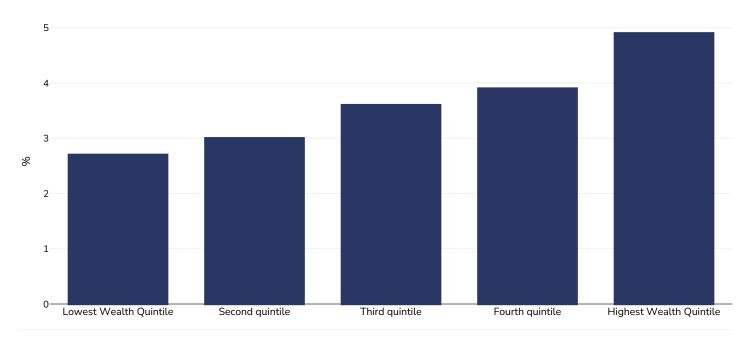
Children, 2016-2018





Infants, 2019-2021





Sample 197475

References:

size:

DHS: National Family Health Survey (NFHS-5), 2019-21: India. Mumbai: IIPS

Notes:

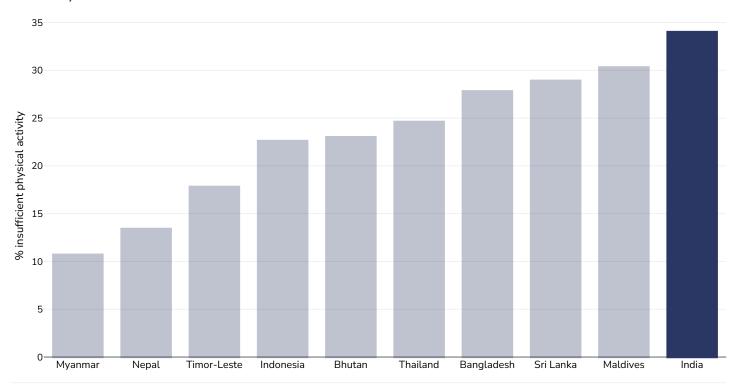
UNICEF/WHO/World Bank Joint Child Malnutrition Estimates Expanded Database: Overweight (Survey Estimates), May 2023, New York. For more information about the methodology, please consult https://data.unicef.org/resources/jme-2023-country-consultations/ Percentage of children under 5 years of age falling above 2 standard deviations (moderate and severe) from the median weight-for-height of the reference population.

Definitions: =>+2SD



Insufficient physical activity

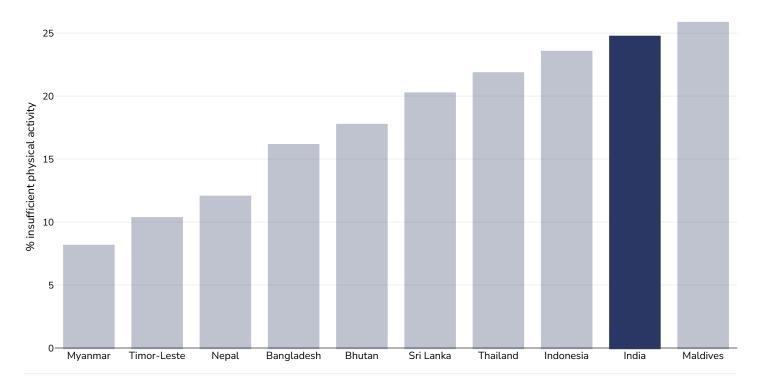
Adults, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X
(18)30357-7



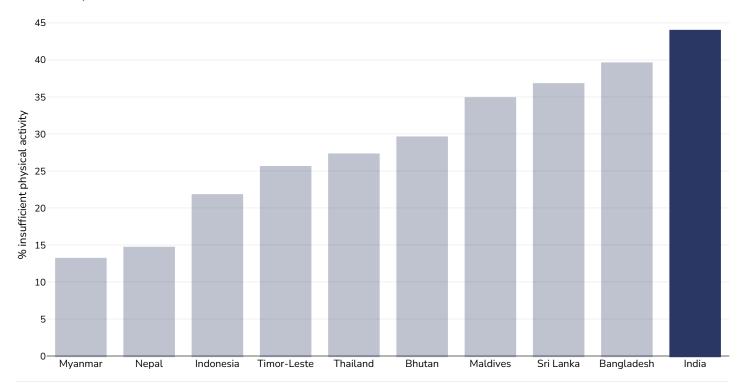
Men, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X
(18)30357-7



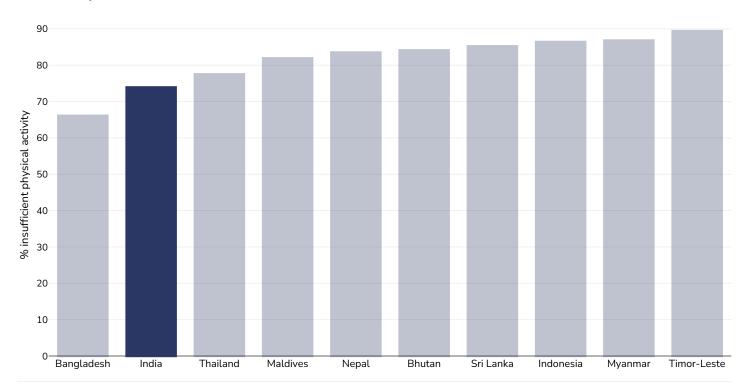
Women, 2016



References: Guthold R, Stevens GA, Riley LM, Bull FC. Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1.9 million participants. Lancet 2018 http://dx.doi.org/10.1016/S2214-109X
(18)30357-7



Children, 2016



Survey Self-reported type:

Age: 11-17

References: Global Health Observatory data repository, World Health Organisation,

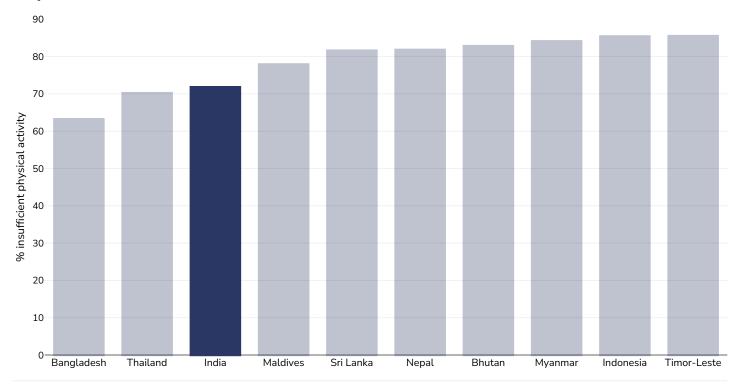
https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)

Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)



Boys, 2016



Survey Self-reported type:

Age: 11-17

References: Global Health Observatory data repository, World Health Organisation,

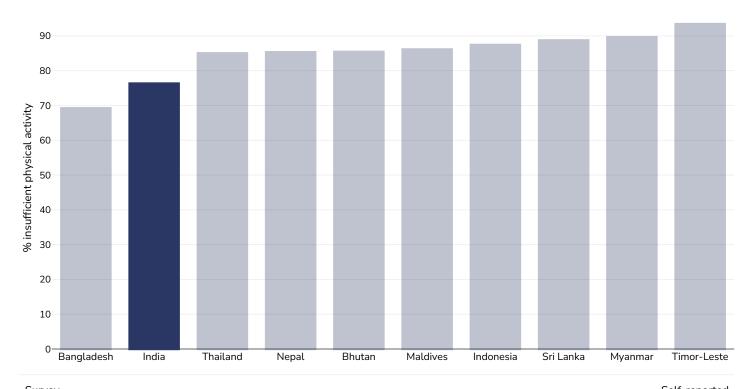
https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)

Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)



Girls, 2016



Survey Self-reported type:

Age: 11-17

Age: 11-17

References: Global Health Observatory data repository, World Health Organisation,

https://apps.who.int/gho/data/node.main.A893ADO?lang=en (last accessed 16.03.21)

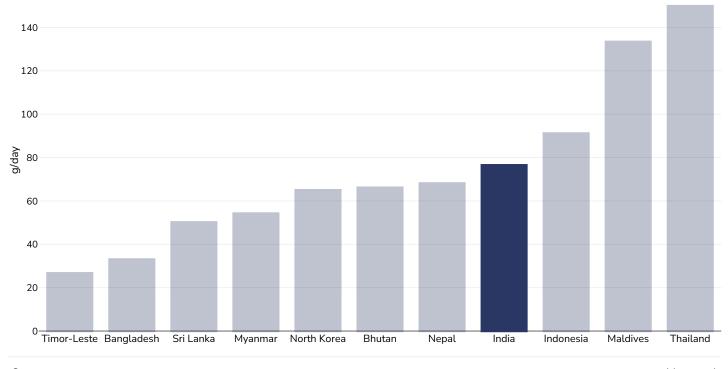
Notes: % of school going adolescents not meeting WHO recommendations on Physical Activity for Health, i.e. doing less than 60 minutes of moderate- to vigorous-intensity physical activity daily.

Definitions: % Adolescents insufficiently active (age standardised estimate)



Estimated per capita fruit intake

Adults, 2017



Survey type:

Age:

Clobal Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/

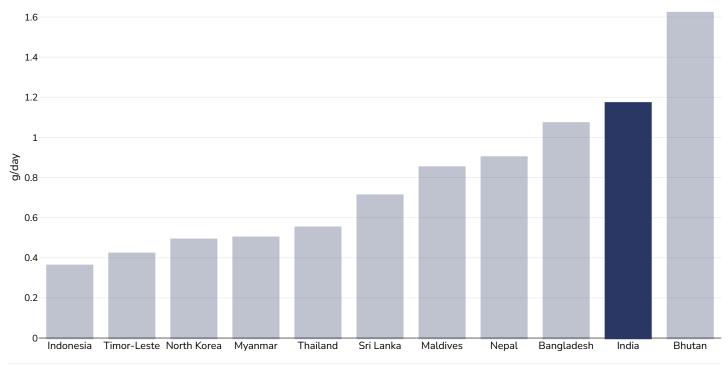
Definitions:

Estimated per-capita fruit intake (g/day)



Estimated per-capita processed meat intake

Adults, 2017



Survey type:

Age:

Clobal Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/

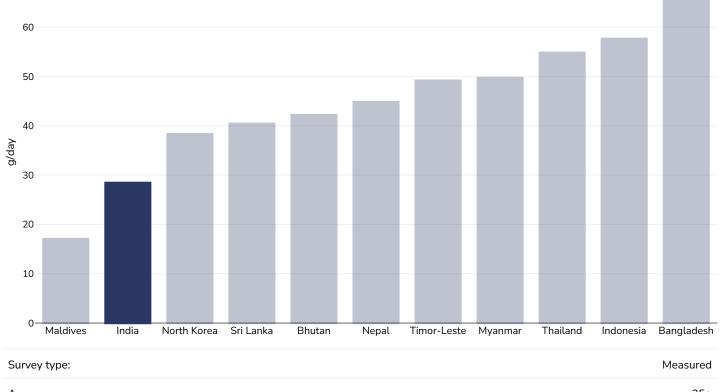
Definitions:

Estimated per-capita processed meat intake (g per day)



Estimated per capita whole grains intake

Adults, 2017



Age: 25+

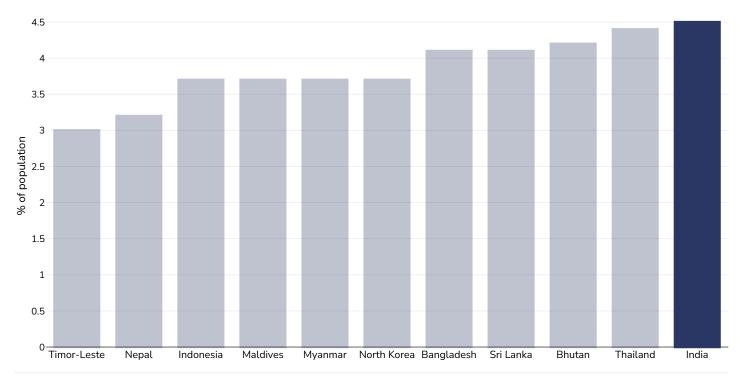
References: Global Burden of Disease, the Institute for Health Metrics and Evaluation http://ghdx.healthdata.org/

Definitions: Estimated per-capita whole grains intake (g/day)



Mental health - depression disorders

Adults, 2015



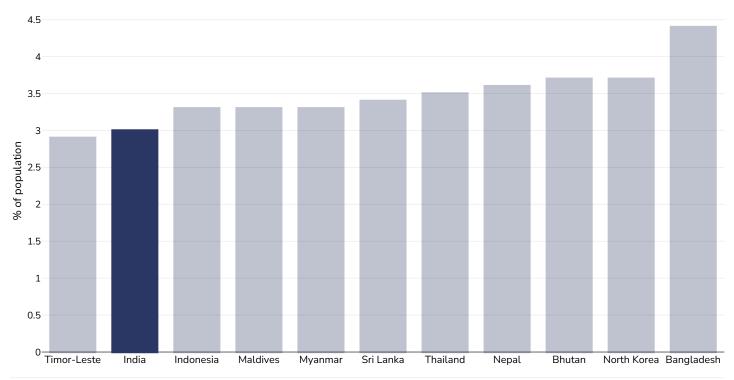
References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0 IGO.

Definitions: % of population with depression disorders



Mental health - anxiety disorders

Adults, 2015



References: Prevalence data from Global Burden of Disease study 2015 (http://ghdx.healthdata.org) published in: Depression and Other Common Mental Disorders: Global Health Estimates. Geneva: World Health Organization; 2017. Licence: CC BY-NC-SA 3.0

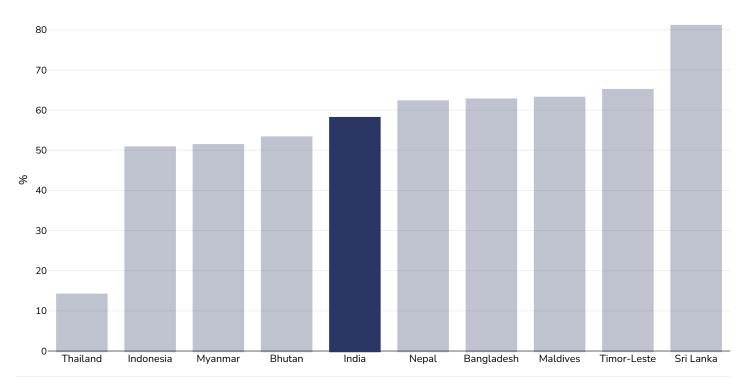
IGO.

Definitions: % of population with anxiety disorders



% Infants exclusively breastfed 0-5 months

Children, 2015-2020



Area National covered:

References:

Comprehensive National Nutrition Survey (CNNS) National Report. New Delhi

Notes:

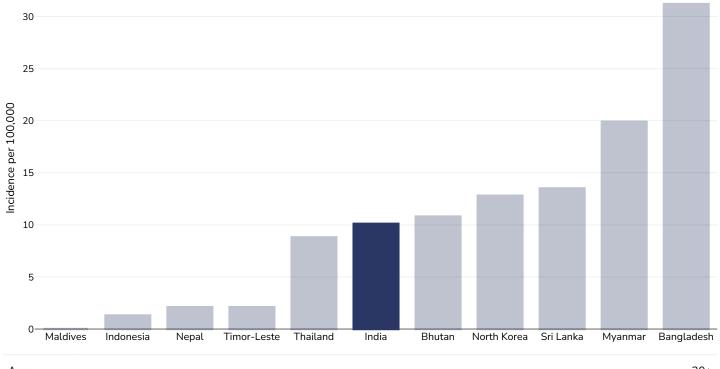
See UNICEF website for further survey information. Available at: https://data.unicef.org/resources/dataset/infant-young-child-feeding/ (last accessed 28.9.21) Citation: United Nations Children's Fund, Division of Data, Analysis, Planning and Monitoring (2021). Global UNICEF Global Databases: Infant and Young Child Feeding: Exclusive breastfeeding, New York, September 2021

Definitions: % exclusively breastfed 0-5 months



Oesophageal cancer

Men, 2020



Age: 20+

Area National

covered:

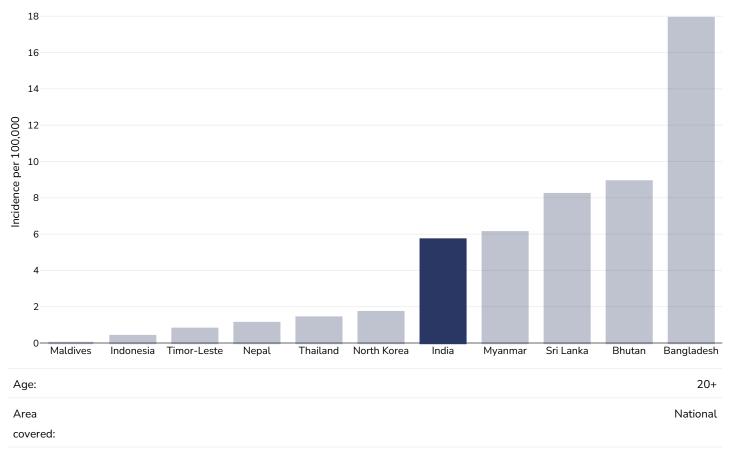
References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2179



Women, 2020

References:



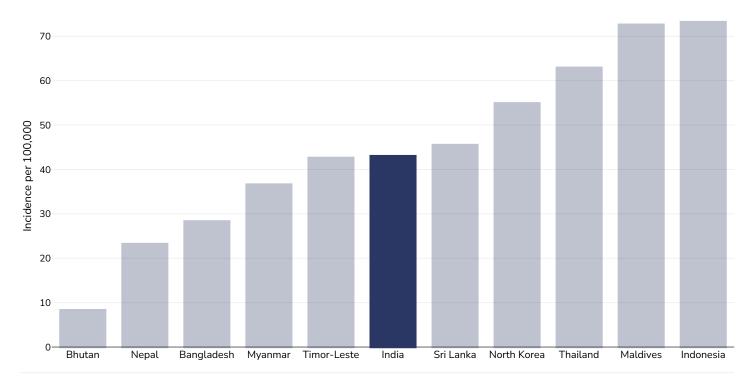
Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2179



Breast cancer

Women, 2020



Age: 20+

Area National covered:

References:

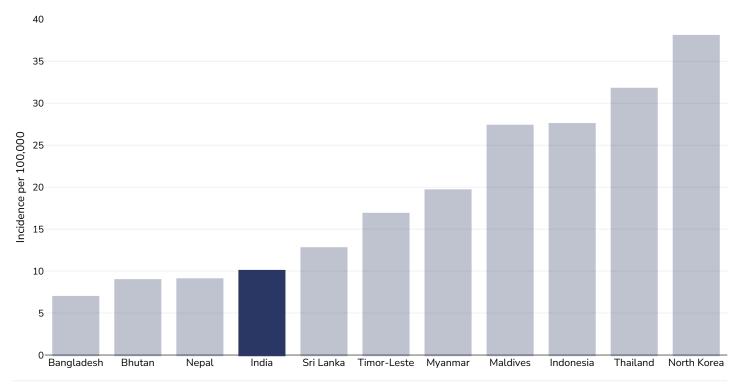
Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2179



Colorectal cancer

Men, 2020



Age: 20+

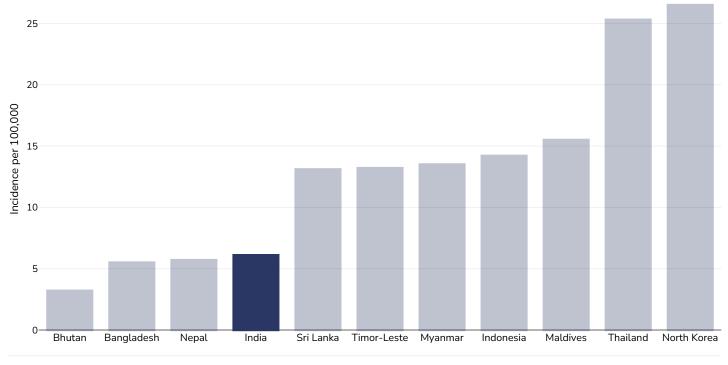
Area National covered:

References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from: https://gco.iarc.fr/today, accessed 10.01.2179



Women, 2020



Age: 20+

Area National

covered: References:

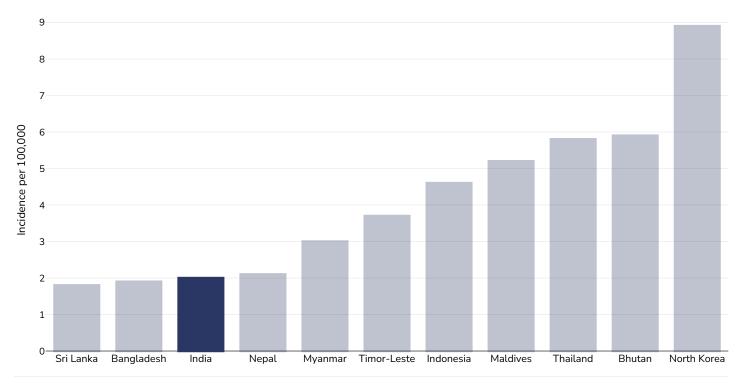
Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2179



Pancreatic cancer

Men, 2020



Age: 20+

Area National covered:

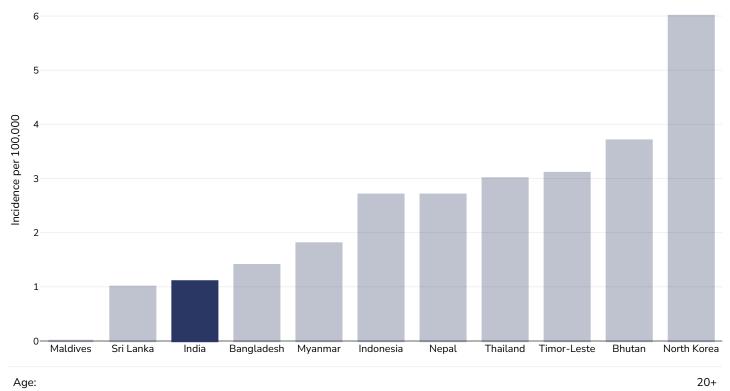
References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2179



Women, 2020



Area National

covered:

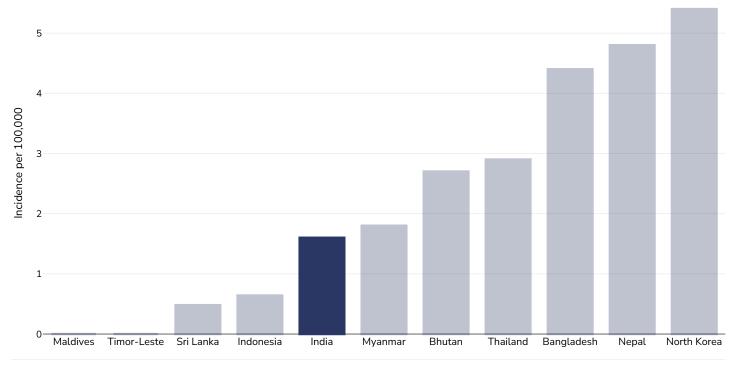
References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2179



Gallbladder cancer

Men, 2020



Age: 20+

Area National

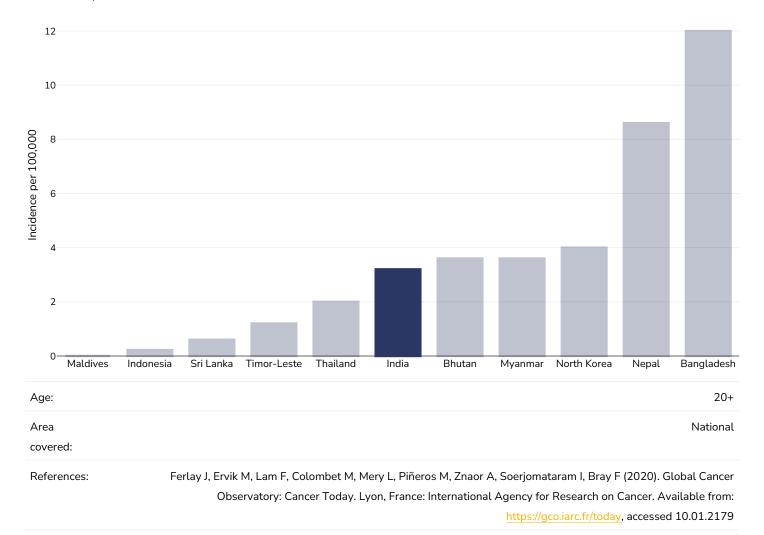
covered:

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2179

Definitions: Age-standardized indicence rates per 100 000





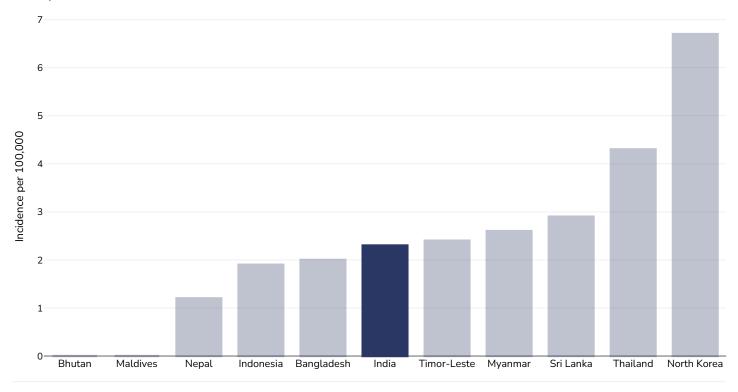
Age-standardized indicence rates per 100 000

Definitions:



Kidney cancer

Men, 2020



Age: 20+

Area National

covered:

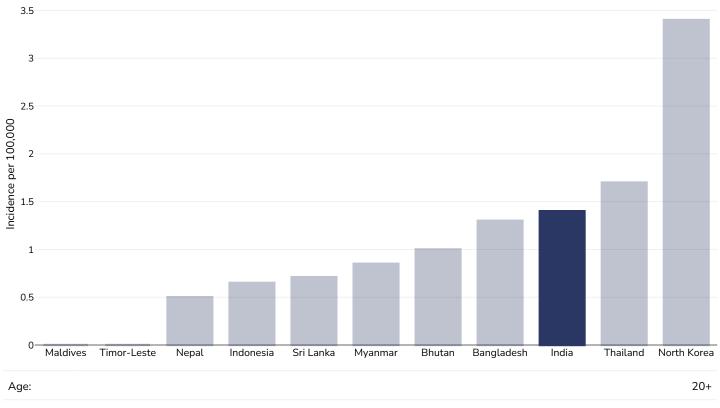
References:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2179

Definitions: Age-standardized indicence rates per 100 000





Area National

References:

covered:

Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

https://gco.iarc.fr/today, accessed 10.01.2179

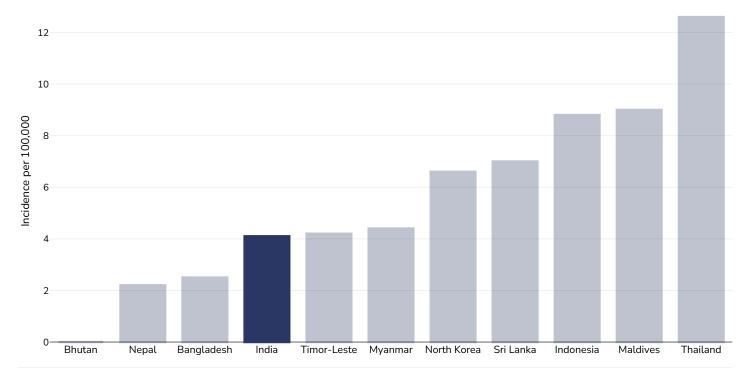
Definitions:

Age-standardized indicence rates per 100 000



Cancer of the uterus

Women, 2020



Age: 20+

Area National

covered:

References: Ferlay J, Ervik M, Lam F, Colombet M, Mery L, Piñeros M, Znaor A, Soerjomataram I, Bray F (2020). Global Cancer Observatory: Cancer Today. Lyon, France: International Agency for Research on Cancer. Available from:

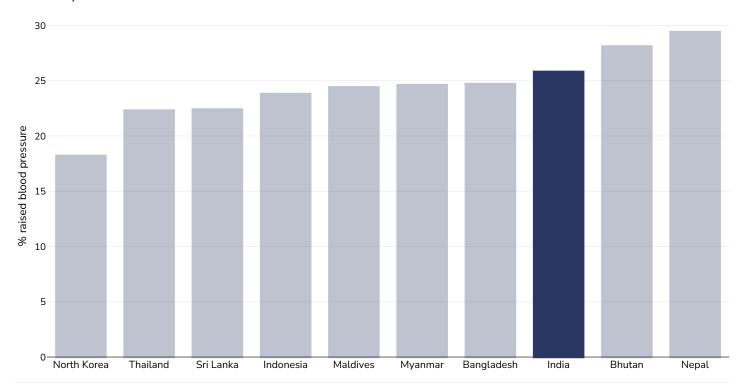
https://gco.iarc.fr/today, accessed 10.01.2179

Definitions: Age-standardized indicence rates per 100 000



Raised blood pressure

Adults, 2015



References:

Global Health Observatory data repository, World Health Organisation,

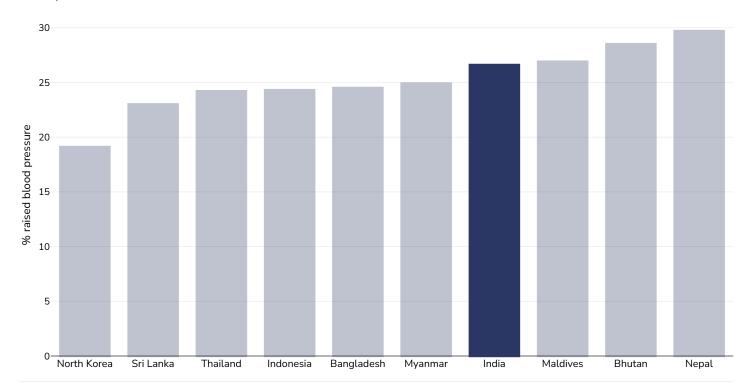
http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



Men, 2015



References:

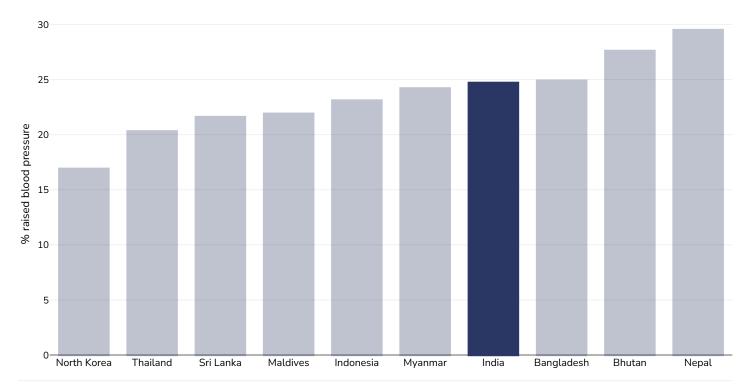
Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A875?lang=en

Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).





References:

Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A875?lang=en

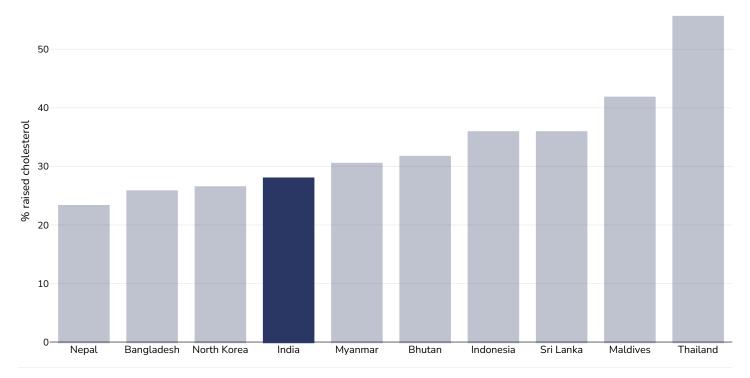
Definitions:

Age Standardised estimated % Raised blood pressure 2015 (SBP>=140 OR DBP>=90).



Raised cholesterol

Adults, 2008



References:

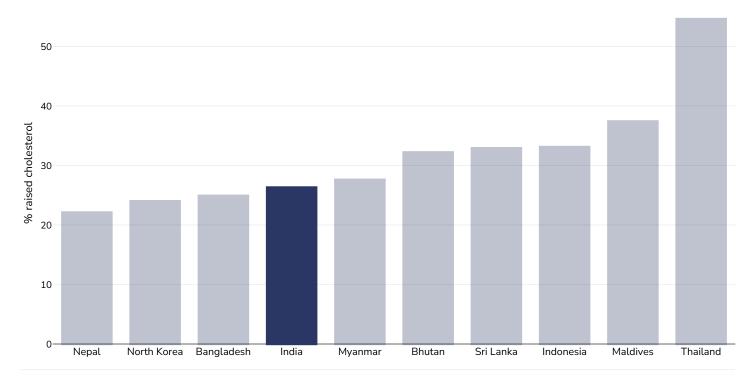
Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



Men, 2008



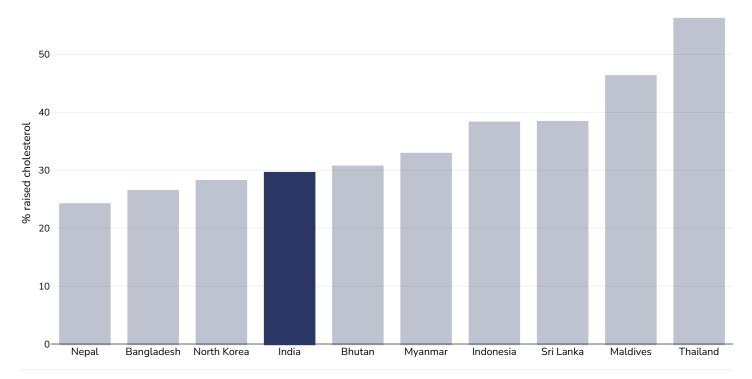
References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).





References:

Global Health Observatory data repository, World Health Organisation, http://apps.who.int/gho/data/node.main.A885

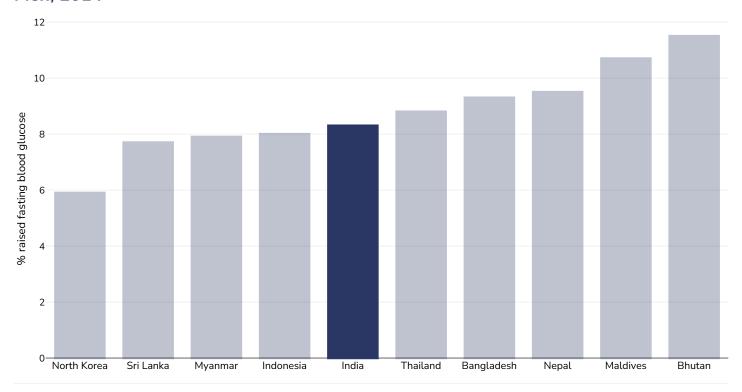
Definitions:

% Raised total cholesterol (>= 5.0 mmol/L) (age-standardized estimate).



Raised fasting blood glucose

Men, 2014



References:

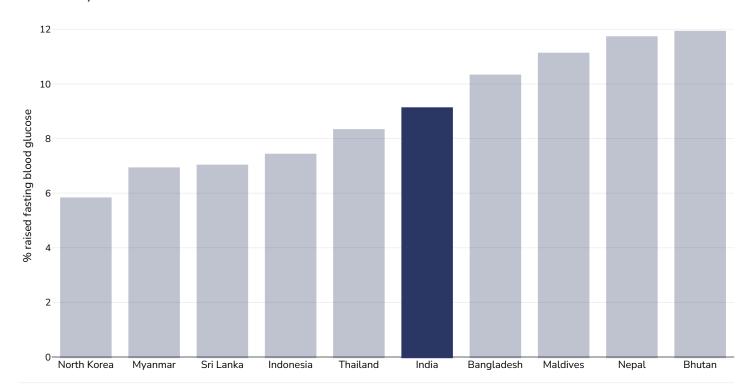
Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A869?lang=en

Definitions:

Age Standardised % raised fasting blood glucose (>= 7.0 mmol/L or on medication).





References:

Global Health Observatory data repository, World Health Organisation,

http://apps.who.int/gho/data/node.main.A869?lang=en

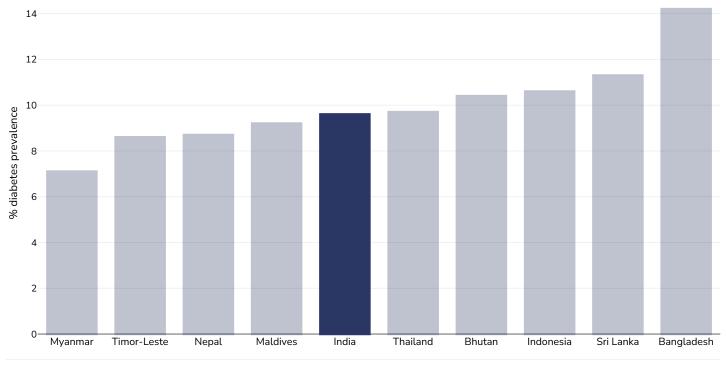
Definitions:

Age Standardised % raised fasting blood glucose (\geq 7.0 mmol/L or on medication).



Diabetes prevalence

Adults, 2021



Age: 20-79

Area National

covered:

References: Reproduced with kind permission International Diabetes Federation. IDF Diabetes Atlas, 10th edn. Brussels,

Belgium:International Diabetes Federation, 2021. http://www.diabetesatlas.org

Definitions: Age-adjusted comparative prevalence of diabetes, %



Contextual factors

Disclaimer: These contextual factors should be interpreted with care. Results are updated as regularly as possible and use very specific criteria. The criteria used and full definitions are available for download at the bottom of this page.



Labelling

| Is there mandatory nutrition labelling? | ~ |
|---|----------|
| Front-of-package labelling? | × |
| Back-of-pack nutrition declaration? | ✓ |
| Color coding? | ✓v |
| Warning label? | × |





Regulation and marketing

| Are there fiscal policies on unhealthy products? | ~ |
|--|------------|
| Tax on unhealthy foods? | ~ |
| Tax on unhealthy drinks? | ~ |
| Are there fiscal policies on healthy products? | X |
| Subsidy on fruits? | X |
| Subsidy on vegetables? | X |
| Subsidy on other healthy products? | × |
| Mandatory limit or ban of trans fat (all settings)? | ~ |
| Mandatory limit of trans fats in place (all settings)? | ~ |
| Ban on trans-fats or phos in place (all settings)? | X |
| Are there any mandatory policies/marketing restrictions on the promotion of unhealthy food/drinks to children? | ~ |
| Mandatory restriction on broadcast media? | ~ |
| Mandatory restriction on non-broadcast media? | ~ |
| Voluntary policies/marketing restrictions on the promotion of unhealthy food/drinks to children? | ✓ v |
| Are there mandatory standards for food in schools? | X |
| Are there any mandatory nutrient limits in any manufactured food products? | X |
| Nutrition standards for public sector procurement? | X |





Political will and support

| National obesity strategy or nutrition and physical activity national strategy? | ~ |
|--|----------|
| National obesity strategy? | X |
| National childhood obesity strategy? | X |
| Comprehensive nutrition strategy? | ~ |
| Comprehensive physical activity strategy? | ~ |
| Evidence-based dietary guidelines and/or RDAs? | ~ |
| National target(s) on reducing obesity? | ~ |
| Guidelines/policy on obesity treatment? | × |
| Promotion of breastfeeding? | ~ |
| Monitoring and surveillance | |
| Monitoring of the prevalence and incidence for the main obesity-related NCDs and risk factors? | ~ |
| Within 5 years? | ~ |
| Governance and resource | |
| Multi-sectoral national co-ordination mechanism for obesity or nutrition (including obesity)? | ~ |
| Key | |
| Present Present Incoming Absent Unknown | |
| (voluntary) | |

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