Nutrition Status & Non-Communicable Diseases – A Study

What is the issue?

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- ‘National Nutrition Monitoring Bureau’ carried out an nationwide study during 2015-16.
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- It established nutritional deficiencies and the increasing threat of Non-Communicable Disease – NCDs in urban India.
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What does the study say?

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- The study assessed the prevalence of Obesity, Hypertension & Diabetes and its relation to dietry and nutritional patterns.
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- A survey was done among urban dwellers across 16 states (& union territories).
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- The results point to an increase in the threat levels of NCD’s.
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- Increased NCDs have mainly been attributed to changing food habits & unhealthy lifestyles.
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What are the data points regarding NCDs?

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- The survey has highlighted the prevalence of stunting, under-nutrition and obesity in children less than 5 years.
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- U.P. had the highest proportion of underweight children at 43% which is

followed by Madhya Pradesh at 32.3%.
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- On the contrary Puducherry was ranked highest in obesity with 51% of the population obese followed by Tamil Nadu.
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- Kerala was rated the highest in prevalence of hypertension & cholesterol (35%), while Bihar ranked at the bottom (19%).
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- Diabetics also recorded high occurance in Puducherry and it topped the chart with 42% of its population diabetic.
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- Notably, the Southern States had a poor record in most NCD domains.
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What are the data points regarding Nutrition?

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- **Intake -** Nutrition intake showed great diversity across the states.
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- While Andaman and Nicobar Islands reported the highest intake of meat, Odisha recorded highest in green leafy vegetables (GLV).
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- Madhya Pradesh was found to have the lowest intake of flesh foods and Kerala consumes the least greens.
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- While highest intake of sugar and jiggery was in Madhya Pradesh, Odisha and Assam recorded highest intake of salt.
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- Rajasthan topped in the intake of fats, oils, milk and milk products.
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- On the whole, Indians were found to consume far less than the recommended quantum of several micro-nutrients and vitamins.
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- **Recommended Standards -** An average Indian consumed only 24g/CU/day of ‘green leafy vegetables’ while the recommended level is 40g/CU/day,
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- The Indian average intake of cereals and millets was also found to be lower than the Recommended Dietary Intake – RDI.
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- Only the intake of pulses and legumes at 42g/CU/day was found to be according to recommended standards.
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Source: The Hindu

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