

## **Nutrition Status & Non-Communicable Diseases - A Study**

### **What is the issue?**

\n\n

\n

- 'National Nutrition Monitoring Bureau' carried out an nationwide study during 2015-16.

\n

- It established nutritional deficiencies and the increasing threat of Non-Communicable Disease - NCDs in urban India.

\n

\n\n

### **What does the study say?**

\n\n

\n

- The study assessed the prevalence of Obesity, Hypertension & Diabetes and its relation to dietary and nutritional patterns.

\n

- A survey was done among urban dwellers across 16 states (& union territories).

\n

- The results point to an increase in the threat levels of NCD's.

\n

- Increased NCDs have mainly been attributed to changing food habits & unhealthy lifestyles.

\n

\n\n

### **What are the data points regarding NCDs?**

\n\n

\n

- The survey has highlighted the prevalence of stunting, under-nutrition and obesity in children less than 5 years.

\n

- U.P. had the highest proportion of underweight children at 43% which is

followed by Madhya Pradesh at 32.3%.

\n

- On the contrary Puducherry was ranked highest in obesity with 51% of the population obese followed by Tamil Nadu.

\n

- Kerala was rated the highest in prevalence of hypertension & cholesterol (35%), while Bihar ranked at the bottom (19%).

\n

- Diabetics also recorded high occurrence in Puducherry and it topped the chart with 42% of its population diabetic.

\n

- Notably, the Southern States had a poor record in most NCD domains.

\n

\n\n

## **What are the data points regarding Nutrition?**

\n\n

\n

- **Intake** - Nutrition intake showed great diversity across the states.

\n

- While Andaman and Nicobar Islands reported the highest intake of meat, Odisha recorded highest in green leafy vegetables (GLV).

\n

- Madhya Pradesh was found to have the lowest intake of flesh foods and Kerala consumes the least greens.

\n

- While highest intake of sugar and jiggery was in Madhya Pradesh, Odisha and Assam recorded highest intake of salt.

\n

- Rajasthan topped in the intake of fats, oils, milk and milk products.

\n

- On the whole, Indians were found to consume far less than the recommended quantum of several micro-nutrients and vitamins.

\n

- **Recommended Standards** - An average Indian consumed only 24g/CU/day of 'green leafy vegetables' while the recommended level is 40g/CU/day,

\n

- The Indian average intake of cereals and millets was also found to be lower than the Recommended Dietary Intake - RDI.

\n

- Only the intake of pulses and legumes at 42g/CU/day was found to be according to recommended standards.

\n

\n\n

\n\n

**Source: The Hindu**

\n

