

**GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**RAJYA SABHA
ADMITTED UN-STARRED QUESTION 3783
TO BE ANSWERED ON 5TH APRIL 2022**

HEALTH OF ADOLESCENTS IN THE COUNTRY

3783: DR. KANIMOZHI NVN SOMU:

Will the Minister of **HEALTH & FAMILY WELFARE** be pleased to state:

- a) whether Government has analysed the issues relating to the health of adolescents in the country, if so the details thereof
- b) whether Government is aware that nutritional disorders, malnutrition, as well as obesity are the main issues being faced by the adolescents in the country, if so the details thereof and the action taken thereon and
- c) whether Government has initiated any action to resolve substance abuse and stress among adolescents in the country and if so the details thereof?

**ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY
WELFARE
(DR. BHARATI PRAVIN PAWAR)**

(a) The issues relating to the health of adolescents in the country as per the NFHS data are as below:

- The overall prevalence of early marriages has reduced from 26.8% (NFHS 4) (2015-16) to 23.3% (NFHS 5) (2019-20).
- Teenage pregnancies have gone down from 7.9% to 6.8% between NFHS 4 and 5.
- Use of hygienic methods of protection during menstrual period has moved up in the country from 57.6% to 77.3% between NFHS 4 and 5.

(b) State-wise details of the Adolescent Malnutrition and Obesity are placed at **Annexure A**

One of the key thrust areas of Rashtriya Kishor Swasthya Karyakram(RKSK) is reducing the prevalence of malnutrition. Adolescents are counseled at the Adolescent Friendly Health Centre (AFHCs) for prevention of Anemia and all forms of Non Communicable diseases

through maintaining healthy lifestyle. Clients are also referred to NCD clinics or higher facilities for further treatment. Peer Educators support in creating awareness about healthy lifestyle, balanced diet and exercise for prevention of NCDs. Adolescent Health and Wellness Days are celebrated on quarterly basis to create awareness on key adolescent health issues including importance of balanced nutrition and adopting healthy habits.

Under the School Health & Wellness Programme of Ayushman Bharat, which was launched in 2020, two selected teachers from each school are trained as ‘Health and Wellness Ambassadors’. They deliver age appropriate, culturally sensitive health promotion and disease prevention activities for one hour per week for 24 weeks in a year to promote joyful learning. Nutrition, Health and Sanitation, Promotion of Healthy Lifestyle and Growing up themes are amongst the eleven themes being covered under this programme.

- (c) (i)- The Government is implementing the National **Drug – De-addiction Programme** (DDAP) with the objectives of providing affordable, easily accessible and evidence based treatment for all substance use disorders through the government health care facilities and building the capacities of Health care staff in recognition and management of substance use disorders.
- (ii) Substance Abuse and Mental Health are among the key thematic areas of **Rashtriya Kishor Swasthya Karyakram**(RKSK). Adolescents coming to the Adolescent Friendly Health Clinics (AFHCs) with Mental Health and Substance Abuse issues are counseled by the trained Counselors.
- (iii) For providing affordable and accessible mental healthcare facilities to the population, the Government is implementing the **National Mental Health Programme** (NMHP). The District Mental Health Programme (DMHP) component of the NMHP has been sanctioned for implementation in 704 districts for which support is provided to States/UTs through the National Health Mission.
- (iv) Besides the above, the Government has announced a “National Tele Mental Health Programme” in the budget of 2022-23 to further improve access to quality mental health counselling and care services in the country.

Percentage of women and men age 15-49 with specific body mass index (BMI) levels-NFHS5 (2019-20)					
Sr. No.	States	Women (15-19 yrs)		Men (15-19 yrs)	
		BMI <18.5 (total thin)	BMI ≥25.0 (overweight or obese)	BMI <18.5 (total thin)	BMI ≥25.0 (overweight or obese)
1	A&N Islands	NA	NA	NA	NA
2	Andhra Pradesh	39.6	9.8	40.8	13.2
3	Arunachal Pradesh	13.8	5.9	13.6	8
4	Assam	32.6	3.9	28	4.4
5	Bihar	43.6	2.6	46.2	2.4
6	Chandigarh	NA	NA	NA	NA
7	Chhattisgarh	40.3	3.5	36.6	4.5
8	D&N Haveli & Daman & Diu	NA	NA	NA	NA
9	Delhi	31.6	10.3	31.8	13
10	Goa	39.3	13.6	51.5	10.2
11	Gujarat	52.5	4.9	46.5	8.8
12	Haryana	40.8	6.8	38.3	7.6
13	Himachal Pradesh	39.7	4.9	33.6	6.4
14	Jammu & Kashmir	18	6.8	15	10
15	Jharkhand	43.1	2.6	41.4	4.3
16	Karnataka	42.4	8.3	47.1	9.5
17	Kerala	34.8	6.9	36	7.1
18	Ladakh	NA	NA	NA	NA
19	Lakshadweep	NA	NA	NA	NA
20	Madhya Pradesh	43.8	2.9	47.3	4.6
21	Maharashtra	48.2	7.1	41.3	8.3
22	Manipur	20.2	9.6	27.4	7.2
23	Meghalaya	19.7	2.4	22.5	2
24	Mizoram	11.3	8.5	19.4	6.6
25	Nagaland	35.7	2	27.2	0.7
26	Odisha	36	6.4	32.9	8.5
27	Puducherry	NA	NA	NA	NA
28	Punjab	38.5	8.2	34.2	8.5
29	Rajasthan	40.1	2	34.7	3.7
30	Sikkim	13.8	12	32.7	4.2
31	Tamil Nadu	34.6	14.2	36.9	11.9
32	Telangana	43.4	7.5	49.9	10.4
33	Tripura	33.8	8	43	15.7
34	Uttar Pradesh	0.5	NA	0.6	NA
35	Uttarakhand	31.1	6.7	38.6	3.6
36	West Bengal	31.7	7.1	36	3.9