

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

**RAJYA SABHA
UNSTARRED QUESTION NO. 922
TO BE ANSWERED ON 11th FEBRUARY, 2025**

RISING CASES OF STROKES AMONG YOUNG PEOPLE IN THE COUNTRY

922. SHRI S NIRANJAN REDDY:

Will the **MINISTER OF HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether Government is aware of the rising cases of stroke among young people in the country and whether Government is maintaining data on the same;
- (b) if so, the details of number of deaths due to strokes, especially among the younger population, State/UT-wise;
- (c) whether the Ministry is collaborating with medical research institutions, universities, or global health organizations to investigate emerging trends in incidents;
- (d) whether it is a fact that stroke incidents are more prevalent in urban areas compared to rural areas, if so, the reasons therefor; and
- (e) the steps taken to reduce the incidence of strokes in the country?

ANSWER

**THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND FAMILY WELFARE
(SHRI PRATAPRAO JADHAV)**

(a) to (e): Indian Council of Medical Research (ICMR), has informed that ICMR has not collected data on the trends of increasing stroke cases and deaths in young. However, National Centre for Diseases Information and Research (NCDIR) has undertaken population based urban and rural registry at Ludhiana, Dibrugarh, Kota, Varanasi, Cuttack, Cachar and Tirunelveli in collaboration with medical college & hospital, for estimating stroke burden in the community. NCDIR is also undertaking 38 hospital based registries. As per the Global Burden of Disease study, the crude incidence rate of stroke in India increased by 30.1% (26.5 to 33.7) from 1990 to 2019.

ICMR's population based stroke registry in urban and rural Ludhiana observed that incidence of hemorrhagic stroke was more prevalent in rural population as compared to urban population. Stroke risk factors, including hypertension, hyperlipidemia, and alcohol consumption, were found to be more prevalent in rural areas compared to urban areas.

In the national stroke registry programme, among three Population Based Stroke Registry (PBRS) covering rural and urban populations, the proportion of registered cases was higher in rural areas than urban areas.

In order to prevent and control major Non Communicable Diseases (NCDs) including stroke, the National Programme for Prevention and Control of Non-Communicable Disease (NP-NCD) was launched by the Department of Health and Family Welfare with focus on strengthening infrastructure, human resource development, health promotion, early diagnosis, management and referral to an appropriate level of healthcare facilities. Under the programme, 770 District NCD Clinics, 233 Cardiac Care Units (CCU), and 6410 NCD Clinics at Community Health Centre have been set up across the country.

Preventive aspect of Stroke is strengthened under Comprehensive Primary Health Care through Ayushman Arogya Mandir by promotion of wellness activities and targeted communication at the community level. Other initiatives for increasing public awareness by using print, electronic and social media about Cancer and for promotion of healthy lifestyle includes observation of World Stroke Day. NP-NCD provides financial support under NHM for awareness generation activities for NCDs including stroke to be undertaken by the States and Union Territories.

Healthy Eating” is promoted through “Eat Right India movement” of Food Safety and Standards Authority of India (FSSAI). “Fit India movement” is implemented by Ministry of Youth Affairs and Sports. Various Yoga related activities are carried out by Ministry of AYUSH.
