

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

**RAJYA SABHA  
UNSTARRED QUESTION NO. 1407  
TO BE ANSWERED ON 11<sup>TH</sup> MARCH, 2025**

**INCREASE IN DEATH OF YOUNG PERSONS DUE TO HEART ATTACK**

**1407. DR. KANIMOZHI NVN SOMU:  
SHRI R. GIRIRAJAN:**

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

- (a) whether Government has taken serious note on the sudden increase in death of young persons aged 35-55 due to heart attack or cardiovascular disorders in the country especially after COVID pandemic, if so, the details thereof; and
- (b) the various steps taken by Government to reduce the heart ailments among young population and their deaths due to sudden heart attack; and
- (c) whether Government has any studies on the side effects of certain medicines and injections administered to people during Covid pandemic and if so, the details thereof and if not the reasons therefor?

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

(a) to (c): Indian Council of Medical Research (ICMR) has informed that ICMR-National Institute of Epidemiology (NIE) conducted a study titled “Factors associated with unexplained sudden deaths among adults aged 18-45 years in India – A multicentric matched case–control study” at 47 tertiary care hospitals located across 19 States/Union Territories of India during May- August 2023. Cases were apparently healthy individuals without any known co-morbidity, who suddenly (<24 hours of hospitalization or seen apparently healthy 24 hours before death) died of unexplained causes during 1st October 2021-31st March 2023. Four controls were included per case matched for age, gender and neighbourhood. Information was collected regarding data on COVID-19 vaccination/infection, post-COVID-19 conditions, family history of sudden death, smoking, recreational drug use, alcohol frequency, binge drinking and vigorous-intensity physical activity two days before death among the cases / interviewed controls.

A total of 729 sudden death cases and 2916 controls were included in the analysis. It was observed that receipt of any dose of COVID-19 vaccine reduced the odds for unexplained sudden death. Receiving two doses of COVID-19 vaccine significantly reduced the odds of unexplained sudden death. Past COVID-19 hospitalization, family history of sudden death, binge drinking 48 hours before death/interview, use of recreational drug/substance and performing vigorous-intensity physical activity 48 hours before death/interview increased the odds of sudden death.

Hence, the study observed that COVID-19 vaccination did not increase the risk of unexplained sudden death among young adults in India. Past COVID-19 hospitalization, family history of sudden death and certain lifestyle behaviours increased the likelihood of unexplained sudden death.

Covid-19 Vaccine Administration Cell has informed that a robust Adverse Event Following Immunization (AEFI) surveillance system has been in place, under the guidance of the National AEFI Committee, comprising of experts from diverse fields, such as paediatricians, obstetricians, cardiologists, neurologists, pathologists, forensic medicine, microbiologist and public health specialists to evaluate vaccine-related adverse events. These independent experts make decisions on the causality of the Adverse Events based on available details of the case and scientific evidence.

The Department of Health and Family Welfare, Government of India, provides technical and financial support to the States and Union Territories under the National Programme for Prevention and Control of Non-Communicable Diseases (NP-NCD) as part of National Health Mission (NHM). The programme focuses on strengthening infrastructure, human resource development, early diagnosis, referral to an appropriate level of healthcare facility for treatment and management and health promotion and awareness generation for prevention of NCDs including cardiovascular diseases. Under NP-NCD, 770 District NCD Clinics, 372 District Day Care Centres, 233 Cardiac Care Units and 6410 Community Health Centre NCD Clinics have been set up.

A population-based initiative for screening, management and prevention of common NCDs including cardiovascular diseases have been rolled out as a part of comprehensive Primary Health Care in the country under National Health Mission (NHM). Screening of these common NCDs is an integral part of service delivery.

Further, initiatives for increasing public awareness about NCDs including heart diseases and for promotion of healthy lifestyle include observance of World Hypertension Day and World Heart Day, use of print, electronic and social media for continued community awareness. Financial support under National Health Mission (NHM) for awareness generation activities for NCDs including heart diseases is provided to States/Union Territories as per their Programme Implementation Plans (PIPs).

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.

\*\*\*\*\*