

NATIONAL NCD MONITORING SURVEY (NNMS)

World Obesity Day

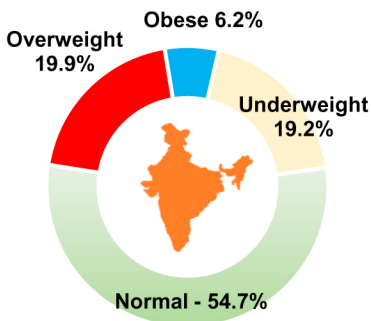
National Noncommunicable disease Monitoring Survey (NNMS) was conducted during 2017–18 by ICMR-NCDIR and provides reliable national level data on behavioural and physiological risk factors for NCDs amongst 15-17- and 18-69-years males and females residing in urban and rural areas of the country and health seeking behaviours and health system response to address NCDs. The survey covered a total of 12,000 households across the country.

The Body Mass Index (BMI) = Weight (Kg)/Height (m²). BMI (WHO cut-offs) was used to categorize respondents into underweight (<18.5 Kg/m²), normal (18.5-24.9 Kg/m²), overweight (25.0-29.9 Kg/m²) and obesity (≥ 30.0 Kg/m²). Central obesity was defined as those with a waist circumference of ≥90cm in males and ≥80cm in females.

Key findings - Adults (18-69 years)

Mean BMI – 22.5 Kg/m²

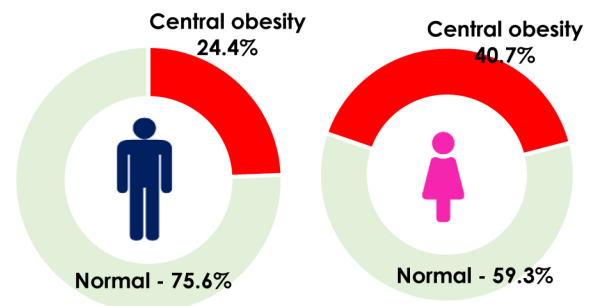
Prevalence of overweight and obesity



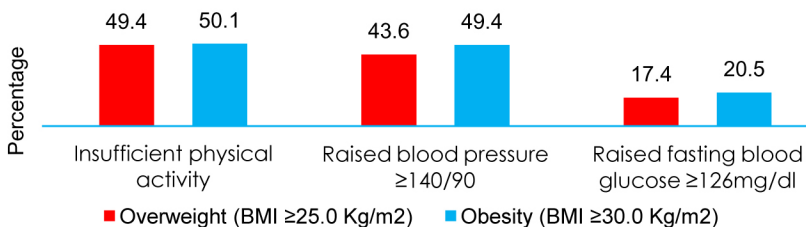
	Overweight	Obesity
Urban	31.3	11.2
Rural	14.3	3.7
Men	19.0	4.3
Women	21.0	8.3

Mean waist circumference – 79.6 cm

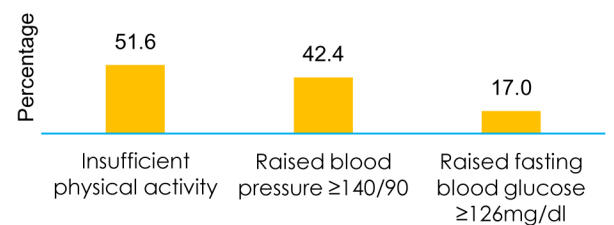
Prevalence of central obesity



Among adults overweight and obese



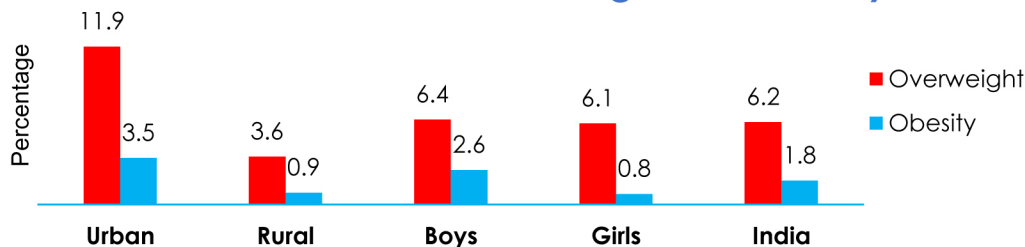
Among adults centrally obese



Key findings - Adolescents (15-17 years)

Prevalence of overweight and obesity

**Mean BMI
18.8 Kg/m²**



Overweight was >+1SD BMI for age and sex (equivalent to BMI 25.0 Kg/m²) and Obesity was >+ 2SD BMI for age and sex (equivalent to BMI 30.0 Kg/m²) as per WHO.

Key implications to achieve the global and national target: Halt or no rise in obesity and diabetes

1. Overweight and obesity increase risk of developing diabetes, hypertension, heart diseases, cancer, stroke etc.
2. Aggressively encourage healthy lifestyle practices through promotion of "Eat Right India" and "Fit India Movement".
3. Practice yoga regularly.



Scan to access