

# Rising Cases of Lifestyle Diseases in Urban India

## Background

India is witnessing a concerning surge in non-communicable diseases (NCDs), especially in urban centers. The latest National Health Profile 2025 report highlights that obesity, diabetes, hypertension, and cardiovascular illnesses are increasing at an alarming pace, particularly among working-age adults.

## Key Findings

- **Obesity:** Prevalence in metropolitan cities has risen from 19% (2019) to 28% (2025) in adults aged 25–45 years.
- **Diabetes:** Estimated 90 million Indians are now living with diabetes, with a majority residing in urban areas.
- **Hypertension:** One in three adults in cities is hypertensive, with poor control rates despite medication access.
- **Cardiovascular Disease (CVDs):** Account for nearly 27% of deaths in urban India, making them the leading cause of mortality.

## Contributing Factors

1. **Sedentary Lifestyles** – Long working hours, reduced physical activity, and increasing dependence on digital platforms.
2. **Dietary Habits** – High consumption of processed foods, sugary beverages, and fast foods.
3. **Stress & Mental Health** – Work-related stress and lack of coping mechanisms linked to rising hypertension and obesity.
4. **Environmental Challenges** – Urban pollution and limited green spaces restricting outdoor physical activities.

## Expert Opinions

- Dr. Arvind Menon (Cardiologist, Mumbai): *“We are seeing younger patients in their 30s and 40s with heart attacks and uncontrolled diabetes. The urban health crisis is no longer limited to the elderly.”*
- Public health experts emphasize that early lifestyle interventions—such as workplace wellness programs, yoga, and diet counselling—can significantly reduce long-term disease burden.

## Government & Policy Response

- The Ministry of Health is expanding NCD clinics under Ayushman Bharat to ensure affordable screening and management.
- Some cities like Bengaluru and Delhi have launched urban wellness clinics and mandatory fitness programs in corporates.
- Digital health platforms for tracking blood pressure, glucose, and BMI are being encouraged.

## Way Forward

- Strengthening preventive healthcare through mass awareness campaigns.
- Collaboration with schools, workplaces, and municipalities to promote physical activity.
- Affordable access to healthy food options in urban areas.
- Integration of mental health care with NCD management.

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✓ This rising trend signals a silent epidemic that requires immediate attention, blending policy action, community-level engagement, and individual responsibility.