Hon’ble Union Minister of Health and Family Welfare Sri J P Nadda released “ICMR INdia Diabetes (INDIAB) Study” Report on World Health Day (April 7, 2016)

The ICMR-INDIAB study is a landmark study providing authentic epidemiological data on diabetes, prediabetes, hypertension, dyslipidemia and obesity from the various States of India. The study gains significance as it is collecting representative data from various States and Union Territories in India. The study has been completed in 14 states and one UT and the data obtained has been shared with the State health departments. Such data are invaluable, as they provide a snap shot of the existing burden of pre diabetes, diabetes, hypertension and obesity in the country. This data can be used to plan preventive interventions to reduce the progression from pre-diabetes to diabetes which involves mainly changes in lifestyle, including a diet with more vegetables and fruits and less cereal, regular exercise and reduced consumption of sugar and salt.