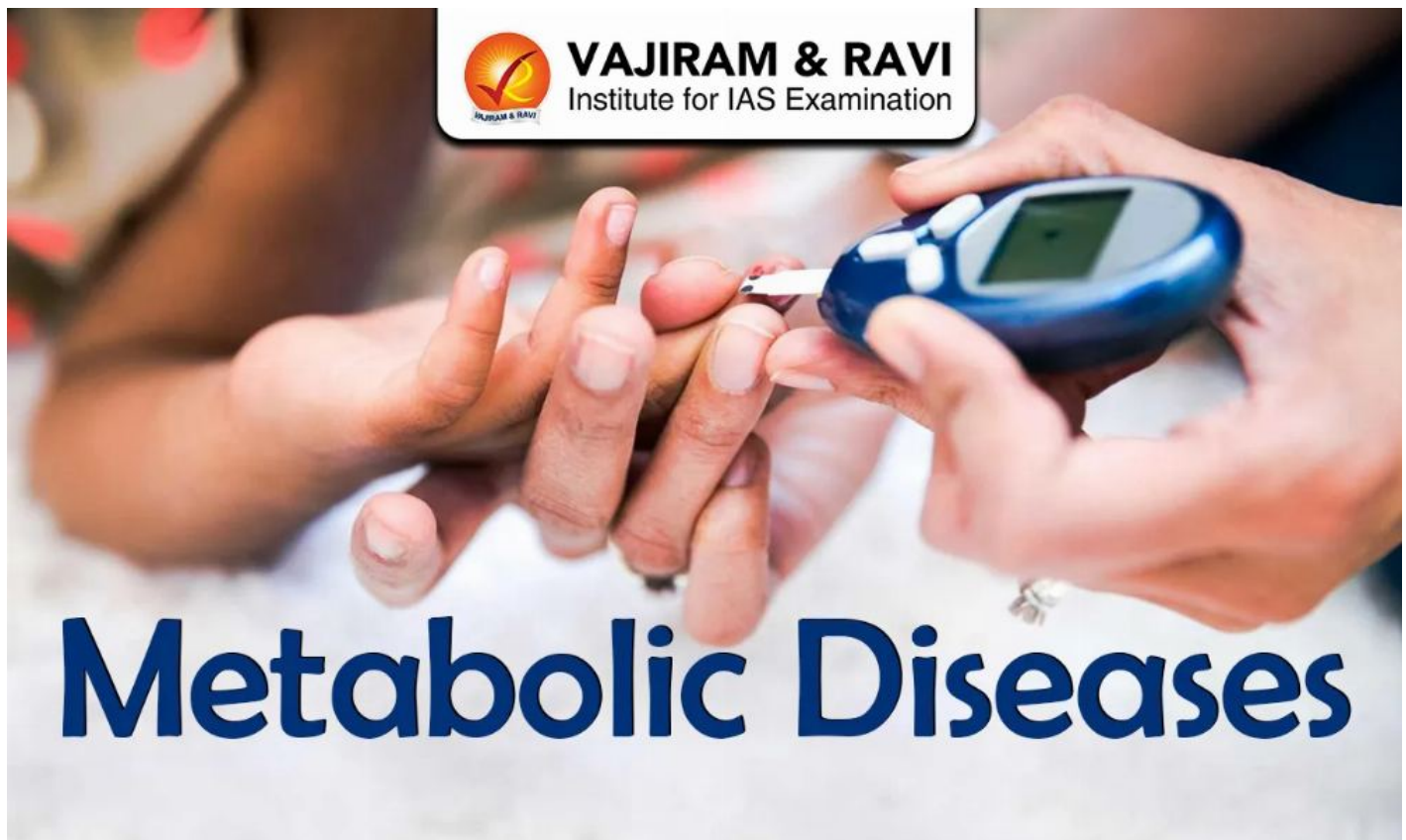


Metabolic Diseases Burden in India - Explained

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Metabolic Diseases Latest News

- A recent analysis of the **Global Burden of Disease (GBD) Study 1990-2023** has revealed that India and China have the highest metabolic disease burdens in the Asia-Pacific region.

Understanding Metabolic Diseases

- Metabolic diseases refer to a group of disorders that disrupt the body's normal metabolic processes, particularly the way energy from food is broken down, stored, and utilised.
- Common metabolic diseases include Type 2 diabetes mellitus, High blood pressure (hypertension), Obesity or high body mass index (BMI), High LDL cholesterol and Metabolically-dysfunction-associated steatotic liver disease (MASLD)
- These conditions are closely linked to lifestyle factors such as unhealthy diets, sedentary behaviour, and increasing urbanisation.
- They are also major contributors to **non-communicable diseases** (NCDs), which account for a significant proportion of deaths globally.

Findings of the Global Burden of Disease Study

- The study analysed data for the period **1990-2023**, with projections up to **2030** for the Asia-Pacific region.
- Researchers assessed the burden of metabolic diseases using two key indicators:
 - **Disability-Adjusted Life Years (DALYs)** – a measure of overall disease burden combining years lost due to premature death and years lived with disability.
 - **Mortality rates** – the number of deaths caused by specific diseases.
- The study identified five major metabolic risk factors contributing to disease burden:
 - Type 2 diabetes mellitus
 - High systolic blood pressure
 - High BMI
 - High LDL cholesterol
 - Metabolically-dysfunction-associated steatotic liver disease (MASLD)
- The findings indicate that metabolic disorders have become one of the most serious health challenges in the Asia-Pacific region.

India's Metabolic Disease Burden

- According to the study, India has one of the highest absolute metabolic disease burdens in the Asia-Pacific region. In 2023, India recorded:
 - Approximately **21 million DALYs linked to type 2 diabetes**
 - Around **5.8 lakh deaths due to diabetes**
- High systolic blood pressure was another major contributor to disease burden, accounting for nearly 3.8 crore DALYs and around 15.7 lakh deaths in the country.
- These numbers indicate that hypertension and diabetes remain among the leading health challenges facing India.
- In terms of DALYs, India overtook China in 2023 to become the country with the **highest metabolic disease burden in the Asia-Pacific region**.
- However, under other parameters such as high BMI, LDL cholesterol, and MASLD, India still ranks second after China.

Rising Risk Factors in India

- The study highlights several metabolic risk factors that are increasing steadily in India.
- One of the most significant trends is the **rising prevalence of obesity and high BMI**, which is growing at an annual rate of **about 2.7-2.9%**.
- High LDL cholesterol levels and fatty liver disease (MASLD) are also becoming increasingly common.
- These trends are largely driven by:
 - Rapid urbanisation
 - Sedentary lifestyles
 - Increasing consumption of ultra-processed foods
 - High intake of sugar, salt, and unhealthy fats

- Together, these factors are contributing to the growing burden of metabolic diseases in India.

Implications for Public Health

- Metabolic diseases have far-reaching consequences for public health and economic productivity.
- If current trends continue, these diseases could place enormous pressure on healthcare systems due to Increased hospitalisation, Long-term treatment costs and Reduced workforce productivity
- The study also warns that most metabolic risk factors are expected to continue rising until 2030, unless strong preventive measures are adopted.
- Thus, tackling metabolic diseases has become a major priority for health policymakers.

Prevention and Policy Measures

- Experts emphasise that an integrated public health approach is needed to address the rising metabolic disease burden in India.
- Key recommended strategies include:
 - **Promoting healthier diets:** Governments should regulate ultra-processed foods and reduce excessive sugar, salt, and unhealthy fats in commonly consumed foods.
 - **Nutrition labelling:** Clear front-of-pack nutrition labels can help consumers make informed dietary choices.
 - **Urban design and physical activity:** Cities should be redesigned to encourage active lifestyles through safe walking spaces, cycling tracks, and public exercise facilities.
 - **Screening and early detection:** Large-scale screening for diabetes, hypertension, obesity, and fatty liver disease should be integrated into primary healthcare systems.
- India has already initiated programmes through the Union Health Ministry and State governments, but experts emphasise the need for stronger and more uniform implementation across the country.

Source: TH

Source: <https://vajiramandravi.com/current-affairs/metabolic-diseases-burden/>

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