



INDIAN COUNCIL OF MEDICAL RESEARCH

Department of Health Research – Ministry Health & Family Welfare
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Study suggests Narendra Modi's LPG scheme reduced household air pollution

December 8, 2018/the New Indian Express

PM Narendra Modi's LPG scheme reduced household air pollution: Study

December 8, 2018/Timesnownews

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Toxic Air in India Kills 1 out of Every 8 Indians: Lancet Study

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December 8, 2018/the New Indian Express

NEW DELHI: The Pradhan Mantri Ujjwala Yojana (PMUY), a pet project of Prime Minister Narendra Modi that aims to provide every household Liquid Petroleum Gas (LPG) replacing wood or coal fuel, has been found useful in tackling household air pollution, a new report said. The study, "The India State-Level Disease Burden Initiative", released by the **Indian Council of Medical Research (ICMR)**, Public Health Foundation of India (PHFI), Ministry of Health and Family Welfare and The Lancet, stated that in 2017 in India 12.4 lakh deaths were caused due to air pollution, of which 4.8 lakh were due to household air pollution.

"There is increasing political momentum in India to address air pollution. Household air pollution is reducing in India facilitated by the Pradhan Mantri Ujjwala Yojana. The findings systematically document the variations among states, which would serve as a useful guide for making further progress in reducing the adverse impact of air pollution in the country," Professor Balram Bhargava, Secretary, Health Research, Ministry of Health, and Director General, ICMR, said.

PM Narendra Modi's LPG scheme reduced household air pollution: Study

December 8, 2018/Timesnownews

New Delhi: The Pradhan Mantri Ujjwala Yojana (PMUY), a pet project of Prime Minister Narendra Modi that aims to provide every household Liquid Petroleum Gas (LPG) replacing wood or coal fuel, has been found useful in tackling household air pollution, a new report said. The study, "The India State-Level Disease Burden Initiative", released by the **Indian Council of Medical Research (ICMR)**, Public Health Foundation of India (PHFI), Ministry of Health and Family Welfare and The Lancet, stated that in 2017 in India 12.4 lakh deaths were caused due to air pollution, of which 4.8 lakh were due to household air pollution.

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According to the report, reasons for the household air pollution are mainly residential burning of solid fuels for cooking and to some extent heating. The major types of such fuel are wood, dung, agricultural residues, coal and charcoal.

A cure for air

December 8, 2018/the Indian Express

In May, a WHO report revealed that 14 of the 15 most polluted cities in the world are in India. While the global health body's finding was worrying in itself, it has acquired graver proportions in light of a new study published in The Lancet Journal of Planetary Health. Polluted air is a cause of one in eight deaths in the country, the study says. Conducted as part of the India State-Level Disease Burden Initiative, it points out that "the average life expectancy in the country would have been 1.7 years higher if the air pollution were less than the level at

which health is harmed”. It notes that contrary to the popular association of pollution with respiratory diseases, poor air is responsible for heart diseases as well. These disturbing revelations underline that India’s battle against air pollution needs much more than ad-hoc reactions such as bans, fines and shutting down of power stations. There are, however, a few silver linings. The India State-Level Disease Burden Initiative is a collaboration between the Ministry of Health and Family Welfare, **Indian Council of Medical Research**, Public Health Foundation of India, Institute of Health Metrics and Evaluation and experts from more than 100 institutions. This coming together of government officials and public health experts is a far cry from the times when the country’s poor performance on health and environmental indicators was treated with indifference by the government. It’s also heartening that the public health challenge of pollution has got policy focus with the Ayushman Bharat Programme emphasising the need to combat non-communicable diseases. By providing estimates of the health impact of pollution in every state, the collaborative initiative should sharpen such a focus.

Toxic Air in India Kills 1 out of Every 8 Indians: Lancet Study

December 8, 2018/News Click

Toxic air is taking away more lives in India than ever before. The latest study published in the Lancet Planetary Health Journal reveals that one out of every eight deaths in India last year can be attributed to toxins in the air. In 2017, air pollution claimed 1.24 million or 12.5% of the total deaths recorded that year.

The national capital, New Delhi, was most exposed to tiny particulate matter called PM 2.5, followed by Haryana and Punjab. These tiny particulate matters can travel deep down to the lung where they can cause severe damages to the tissue, leading to serious health problems. Funded by the Bill & Melinda Gates Foundation, **Indian Council of Medical Research**, Department of Health Research, Ministry of Health and Family Welfare, Government of India, the study was done to estimate the exposure to air pollution and its impact on deaths, disease burden and life expectancy at the sub-national level. Out of total deaths as a result of air pollution, about 6,70,000 died due to exposure in the wider environment, while 4,80,000 died from household pollution precisely related to the use of solid cooking fuels.

The average life expectancy in India in 2017 would have been higher by at least 1.7 years, had the air quality been within the healthy level, the report says. This, at least, gives some hope in comparison to some recent studies. The Chicago University report that was released last month projected that the average life expectancy of an Indian citizen is reduced by four years as a result of prolonged exposure to pollution.

Polluted Air Killed 1.24 Million in India in 2017: Study

December 8, 2018/Little India

Toxic air killed 1.24 million people in India last year or 12.5 percent of total deaths recorded in the year, according to a study by Lancet. The study, which was published in the Lancet Planetary Health journal, said over 51 percent of the people who died of toxic air under 70 years of age. Of the total, about 670,000 died from air pollution in the wider environment and 480,000 from household pollution related to the use of solid cooking fuels, Qatari broadcaster AlJazeera wrote on its site. According to the study, New Delhi, the national capital was most exposed to the tiny particulate matter, known as PM2.5, that can reach deep into the lungs

and cause major health problems. Some north Indian states closer to New Delhi were also as bad as the capital itself, the study said adding the average life expectancy in India in 2017 would have been higher by 1.7 years if air quality was at healthy levels. This wasn't as gloomy as a recent report by the University of Chicago which said prolonged exposure to pollution reduces the life expectancy of an Indian by over four years, AlJazeera wrote. According to the study, at 26.2 percent of the world's total when measured in deaths and disability India has a higher proportion of global health loss due to air pollution than its 18.1 percent share of the world's population. "The findings suggest that the impact of air pollution on deaths and life expectancy in India might be lower than previously estimated but this impact is still quite substantial," the study said. The study, conducted by academics and scientists from various institutions in and outside India, was funded by the Bill & Melinda Gates Foundation, the Indian government and the **Indian Council of Medical Research**. Earlier this year, the World Health Organization (WHO) said India was home to the world's 14 most polluted cities.

[State-wise steps must for safe air](#)

December 9, 2018/Deccan Chronicle

A study taken up by the **Indian Council of Medical Research** along with other stakeholders has revealed that state-specific initiatives have to be taken up to tackle air pollution. Reporting that 12.4 lakh deaths had been attributed to air pollution in 2017, the study has found that life expectancy in India would have been 1.7 years higher if air pollution was lower than the levels recorded.

The study revealed that almost 77 per cent of the Indian population was exposed to outdoor air pollution levels which were higher than the safe limits prescribed by the National Ambient Air Quality Standards. Exposure to toxic particulate matter is responsible for shortening people's life span. The particulate matter when inhaled, deposits in the lungs and the respiratory system is severely affected.

Senior physician, Dr Ramananda Srikanthiah N. said, "The ICMR report is clear that pollution is a slow but steady killer. The particulate matter is being absorbed into the circulatory system and is pumped all around the body. It is becoming very important to understand the effects of air pollution on overall health and well-being. There is a need for specialised research and a targeted approach which will help to reduce pollution levels."

[The Atmosphere In Karnataka Is Not Good; Study Says It Has The Worst Air Quality Among All South Indian States](#)

December 9, 2018/Swarajyamagazine

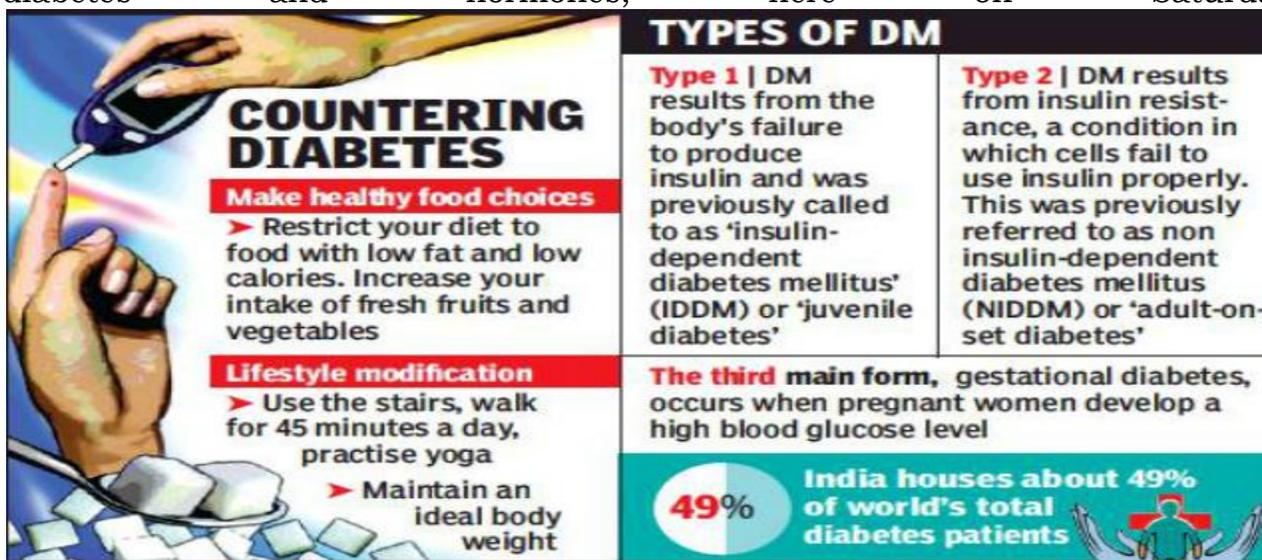
Karnataka, among other things, has also topped the list of having the worst air quality in South India. In the state, 95 people are killed out of 100,000 due to air pollution, which is higher than the national average of 90. In 2017, more than 12.4 lakh people lost their lives owing to air pollution. The study has been published in *Lancet*, a journal. The causes have been attributed to vehicle pollution, debris from construction, dust, industrial emission etc. Using solid fuel is also added as a factor. Karnataka and Kerala are well off economically and in case of the former, 42.8 per cent of the population uses solid fuel. If the air quality were to improve, the life-span will be 1.4 years longer in Karnataka. Rajasthan and Uttar Pradesh have made significant improvements in their air quality.

Deccan Herald quoted **Balram Bhargava**, secretary to Department of Health Research as saying, “It is important to have robust estimates of the health impact of air pollution in every state in order to have a reference for improving the situation. The study systematically documents the variations among states, which would serve as a useful guide for making further progress in reducing the adverse impact of air pollution in the country.”

‘Diabetics can fully recover with weight loss, healthy diet’

December 9, 2018/the Times of India

Lakhs of people take daily shot of insulin to live. It could change for some as experts are now pulling out patients with diabetes with a simple formula --- lose weight. The experts from across the country were attending a conference on diabetes and hormones, here on Saturday.



COUNTERING DIABETES

Make healthy food choices

- Restrict your diet to food with low fat and low calories. Increase your intake of fresh fruits and vegetables

Lifestyle modification

- Use the stairs, walk for 45 minutes a day, practise yoga
- Maintain an ideal body weight

TYPES OF DM

Type 1 | DM results from the body's failure to produce insulin and was previously called to as 'insulin-dependent diabetes mellitus' (IDDM) or 'juvenile diabetes'

Type 2 | DM results from insulin resistance, a condition in which cells fail to use insulin properly. This was previously referred to as non insulin-dependent diabetes mellitus (NIDDM) or 'adult-onset diabetes'

The third main form, gestational diabetes, occurs when pregnant women develop a high blood glucose level

49% India houses about 49% of world's total diabetes patients

“Patients detected with early onset of type II diabetes and have a reasonable decent insulin level, can completely recover from the ailment by weight management,” said Gandhi Medical College (GMC) endocrinologist Dr Sachin Chittawar. He is also the organising secretary of the conference. Losing about 10-15 kg of weight along with management of dietary habits can overcome the need for insulin and diabetes in certain cases, he added.

Cardiologist Dr PC Manoria stressed on the link of diabetes and cardiovascular ailments. An **Indian council of medical research (ICMR)** report in 2012 said in Madhya Pradesh 46% people suffer from pre-hypertension, 16% have stage-I hypertension and 5% in showed signs of stage-II hypertension. 33% were normal.

Ayurveda treatment a first choice: Need for more science

December 10, 2018/DNA

Many of us have benefitted from Ayurveda to the extent other treatments might not have offered or as effectively as this one. People usually go to Ayurvedic experts only after they cross the limits of the allopathic system. Showing results in old chronic diseases is not easy. However, since viable results are still showing, it means we need to ask ourselves as to how we can create synergy among Ayush systems and between Ayush & allopathic systems. We will have to modify the

education curriculum of all pathies to understand, appreciate and assimilate each other's strengths. China has done it very well. I had once suggested that a delegation of Ayush experts and **Indian Council of Medical Research (ICMR)** representatives be sent to China and find out how in the same hospital various lines of treatments are fused by patients and doctors. It did not happen when I had coordinated a three-tier programme for innovations in Ayush ministry 7-8 years ago.



[How foul air in India is putting people's lives in danger](#)

December 11, 2018/dw.com

At least one in eight people died of pollution-related causes in India in 2017, a group of Indian medical research bodies have said in a recent report. The research was undertaken as part of a joint project of the **Indian Council of Medical Research (ICMR)**, the Public Health Foundation of India (PHFI), the Institute for Health Metrics and Evaluation (IHME) and the Ministry of Health and Family Welfare, and was funded by the Bill and Melinda Gates Foundation. The research, entitled "The impact of air pollution on deaths, disease burden and life expectancy across the states of India: The Global Burden of Disease Study 2017," corroborates the fact that air pollution has reached disastrous levels in the country. The northern states, including Delhi, Punjab and Haryana, are affected worse than regions in the south. Experts calibrated nearly 369 ground-level monitoring stations and satellite-based aerosol optical depth data to measure outdoor air pollution. The findings of the research, which was also published in the journal *Lancet Planetary Health*, said 1.2 million people died due to contaminated air in 2017, accounting for 12.5 percent of total deaths in the country. Half of the victims were below 70 years of age.

[Zika has unborn victims in Madhya Pradesh](#)

December 12, 2018/Down to Earth

Madhvi Sharma, 37, is three-month pregnant and distraught. On November 5, officials from the nearby Rajiv Gandhi Memorial Hospital came to her house in Madhya Pradesh's Vidisha district. They were on a surveillance after Zika cases were reported from Sironj—the block where Madhvi lives. The team was particularly targeting pregnant women because Zika can deform fetuses. On finding she was pregnant, they collected her blood sample. Ten days later, Block Medical Officer RL Dinkar and a paediatrician from the hospital came and told her she had Zika and must undergo an abortion if she did not want to have a deformed baby. Madhvi's first two children—both girls—are differently abled and her third child—a boy—had died within hours after birth. Officials also advised Neeta Sahu, who lives in the same locality as Madhvi, to undergo abortion. "We were in two minds when we went to the block hospital. The gynaecologist checked my blood report and repeated the advise of abortion. Out of sheer scare, I got the foetus aborted then and there," she says. She did so on November 26. Did the officials overreact in advising abortion? India is in the middle of its first major Zika outbreak. Between September 22 and November 27, 289 people have been found Zika-positive in Madhya Pradesh (130) and Rajasthan (159)—the only states with confirmed cases. Since fatality in Zika is just 8.3 per cent, according to a 2017 paper in the *Pediatric Infectious Disease Journal*, governments have not taken steps to deal with the virus. It was always known to cause mild fever, and was less dangerous than even dengue and chikungunya viruses, which are also carried by

the same *Aedesaegypti* mosquito that carries Zika. But during the 2015 outbreak in Brazil, it became evident that Zika can deform fetuses. This made governments across the globe take note. The World Health Organization declared a “public health emergency of international concern” on February 1, 2016. “Ten-fifteen per cent Zika positive pregnant women have babies with microcephaly, or underdeveloped head and brain,” says Nivedita Gupta, senior scientist at the **Indian Council of Medical Research’s** epidemiology and communication division. As a result, Madhya Pradesh and Rajasthan too increased surveillance of pregnant women living in Zika-affected areas.

With regards,

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