

India's Silent Health Crisis

A 2023-2025 National Risk Assessment



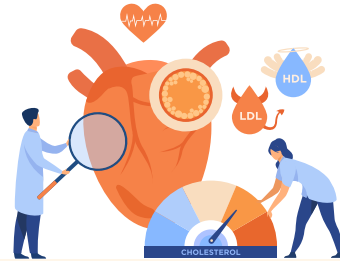
National Baseline: Health Risks



36.9%
Vitamin Deficient
(Markers: Vit D, B12)



36.2%
Obesity
(Markers: BMI only)



31.7%
Abnormal Heart Health
(Markers: LDL, HDL, Triglyceride's)



24.3%
Abnormal Diabetes
(Markers: HbA1c, FBS)



16.4%
Iron deficiency
(Markers: Serum Iron only)

Systemic & Vital Organ Health



14.5%

Blood Pressure

(Markers: Systolic, Diastolic)



9.6%

Thyroid

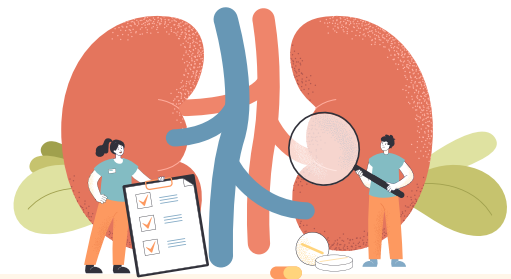
(Markers: TSH, T4, T3)



13.3%

Abnormal Liver

(Markers: ALT/SGPT, AST/SGOT)



6.4%

Kidney deficient

(Markers: Creatinine only)

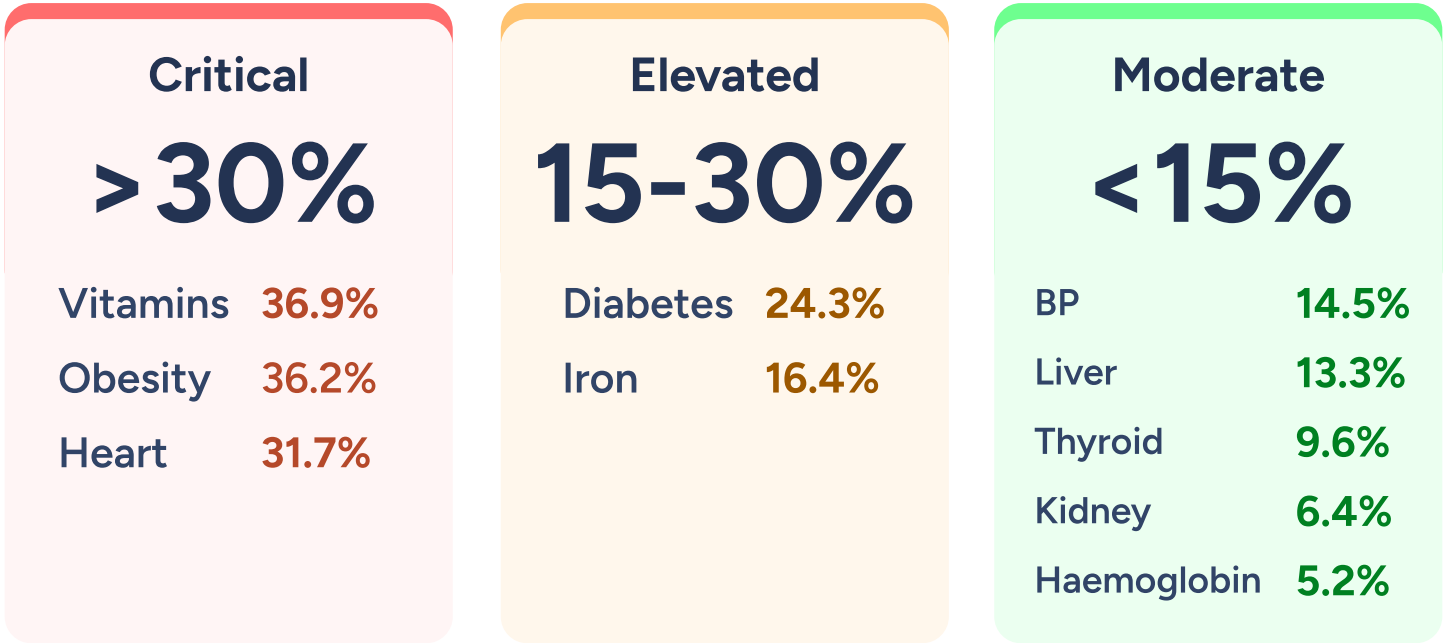


5.2%

Hemoglobin

(Markers: HB only)

Health Risk Severity Matrix



What Each Severity Level Means

Critical >30%

Immediate population-level concern. **More than 1 in 3 Indians tested show an abnormality.** These markers warrant proactive, routine screening for all adults and systemic public health intervention.

Elevated 15-30%

Significant & growing risk. **Roughly 1 in 5 Indians tested are abnormal.** These conditions require targeted screening in at-risk groups and early lifestyle or dietary intervention before they progress.

Moderate <15%

Present but lower prevalence. **Fewer than 1 in 7 Indians tested are abnormal.** These conditions still need clinical attention - especially as low-prevalence markers like Kidney and Haemoglobin are often underdiagnosed rather than truly rare.

Regional Hotspots

Vitamin Deficiency (Markers Mapped: Vitamin D & B12)

Top 5 States

Rajasthan (43.9%), Karnataka (39.9%), Gujarat (39.9%), Haryana (37.3%),
Uttar Pradesh (36.9%)

Diabetes Risk (Markers Mapped: HBA1C & Fasting Blood Sugar)

Top 5 States

Andhra Pradesh (56.9%), Odisha (42.5%), Chandigarh (29.6%), Rajasthan (29.6%),
West Bengal (29.5%),

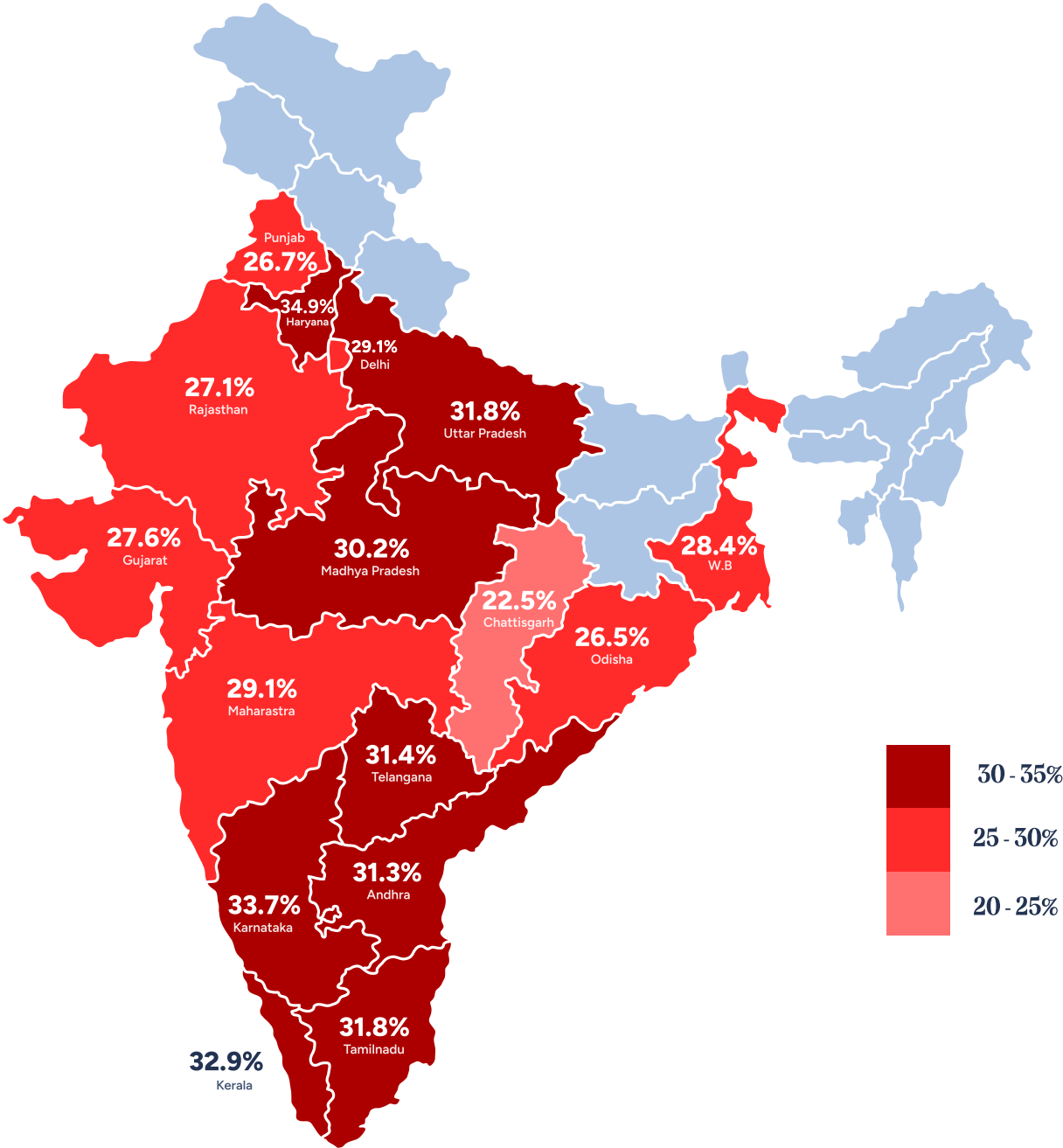
Cholesterol (Markers Mapped: LDL, HDL & Triglycerides)

Top 5 States

Haryana (34.9%), Karnataka (33.7%), Kerala (32.9%), Tamilnadu (31.8%),
Uttar Pradesh (31.8%)

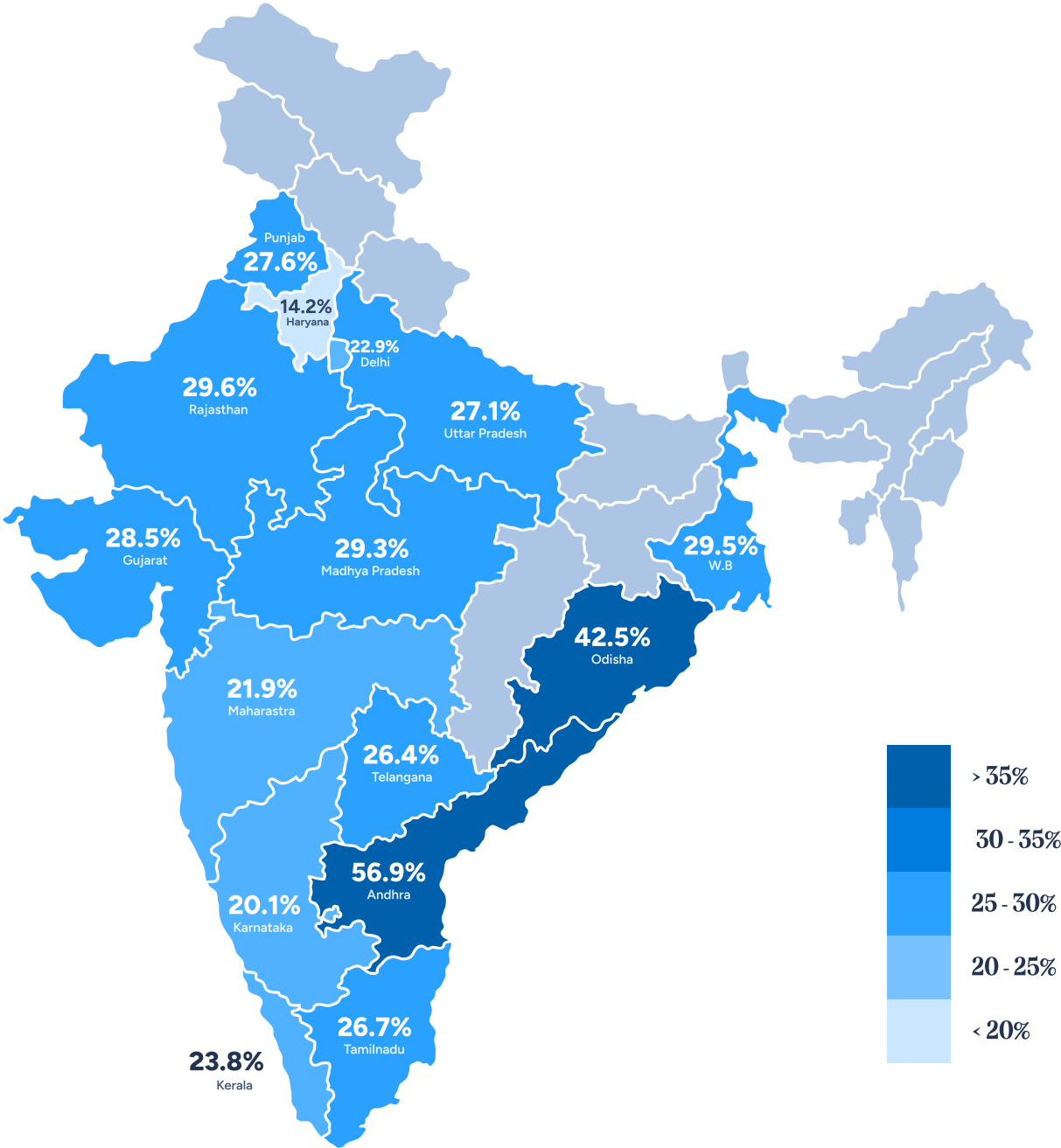
Mapping India's Heart Health

Markers Mapped: LDL, HDL, Triglycerides



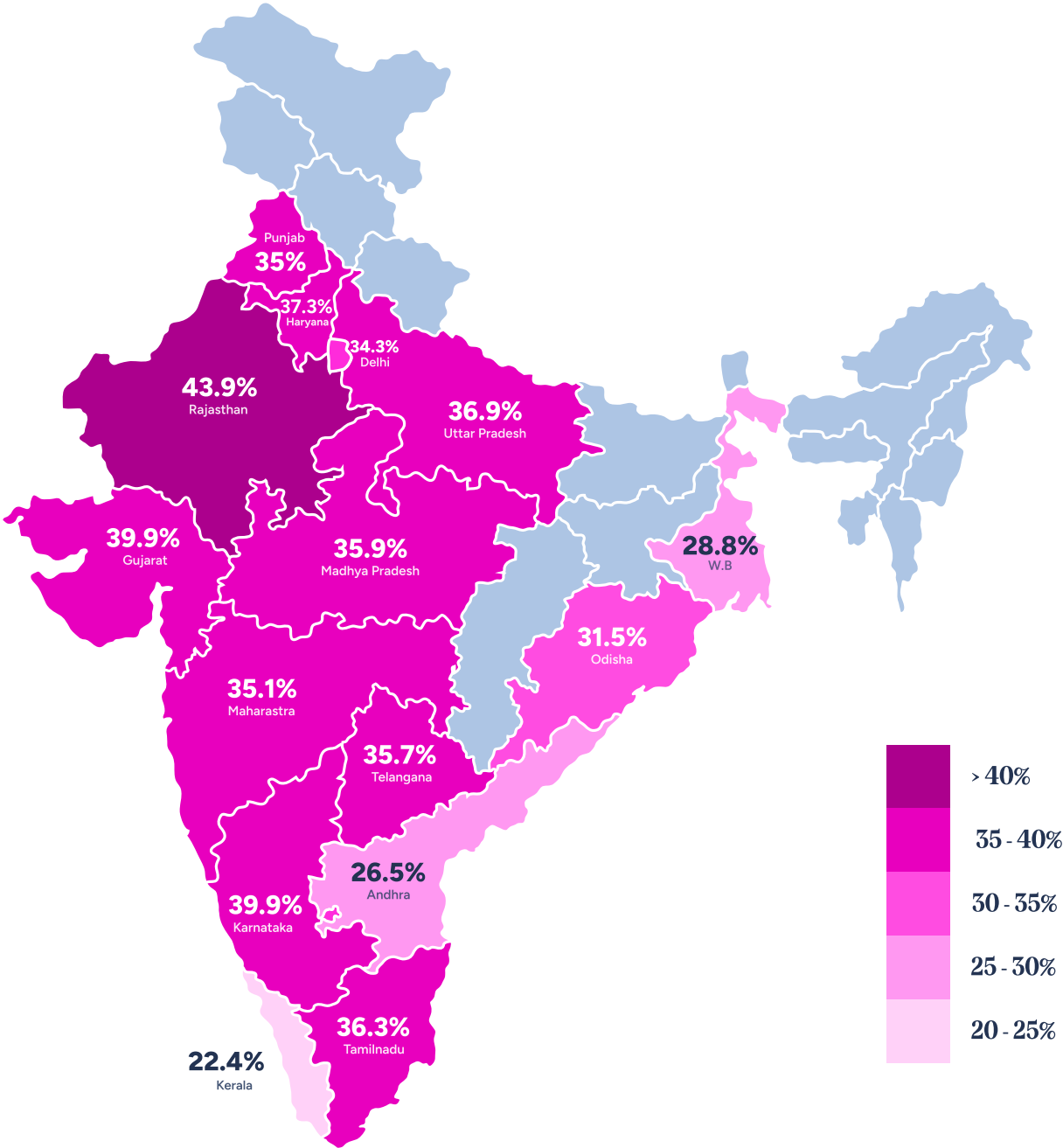
Mapping the Diabetes Epidemic

Markers Mapped: HBA1C and Fasting Blood Sugar



Mapping Nutritional Gaps

Markers Mapped: Vitamin D & B12



The Comprehensive State Health

States	Liver	Kidney	Haemoglobin	Iron	Thyroid	BP
Andhra Pradesh	9.5%	9.1%	6.6%	-	9.3%	-
Bihar	25.2%	12.4%	7.8%	-	11.4%	-
Delhi	22.6%	6.6%	6.0%	20.6%	10.3%	13.8%
Goa	15.7%	13.5%	3.4%	-	5.8%	11.5%
Gujarat	10.9%	7.0%	7.4%	21.0%	6.2%	11.1%
Haryana	23.1%	10.8%	5.1%	18.5%	9.2%	12.2%
Jharkhand	21.3%	16.0%	5.8%	-	10.9%	-
Karnataka	11.1%	6.8%	4.0%	12.3%	10.6%	14.4%
Kerala	16.6%	5.0%	3.0%	-	9.1%	15.5%
Madhya Pradesh	12.0%	6.5%	4.8%	-	7.9%	9.2%
Maharastra	10.4%	5.0%	5.8%	16.7%	7.6%	15.0%
Odisha	16.0%	7.1%	6.4%	-	8.4%	-
Punjab	22.0%	6.6%	5.6%	-	7.6%	-
Rajasthan	18.8%	4.1%	4.3%	-	7.1%	-
Tamil Nadu	9.6%	7.5%	5.1%	18.3%	8.8%	16.0%
Telangana	9.0%	4.7%	5.0%	19.4%	11.0%	15.5%
Uttar Pradesh	24.4%	4.6%	5.8%	15.3%	10.4%	11.5%
West Bengal	23.2%	6.2%	5.9%	-	10.7%	16.1%