

## **Abdominal or central obesity is a greater risk factor compared to overall obesity, particularly in the Indian context where even lean and thin-looking individuals often carry significant visceral fat: Dr Jitendra Singh**

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### **Minister Dr Jitendra Singh releases Comprehensive Textbook on 'Obesity and Lipid Management in Cardiovascular Disease'**

**The book Reflects PM Narendra Modi's Call for Awareness and Lifestyle Change to Tackle Obesity: Dr Jitendra Singh**

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Union Minister of State (Independent Charge) for Science & Technology, Earth Sciences, and MoS PMO, Personnel, Public Grievances & Pensions, Department of Atomic Energy and Department of Space, Dr. Jitendra Singh said here today that abdominal or central obesity is a greater risk factor compared to overall obesity, particularly in the Indian context where even lean and thin-looking individuals often carry significant visceral fat. Central obesity is a risk factor, independent of the obesity as such, he explained.

Releasing a comprehensive Textbook of Cardiology titled “Advances in Obesity and Lipid Management in CVD” at a ceremony here, Dr. Jitendra Singh said that central obesity, even in apparently non-obese individuals, predisposes them to a wide spectrum of metabolic disorders including diabetes, hypertension, cardiovascular diseases, fatty liver, lipid disorders etc.

Referring to the distinct Indian phenotype, the Minister said that while overall obesity is rising among both men and women, the prevalence of abdominal obesity remains disproportionately high and acts as an independent determinant of cardiometabolic risk. The presence of visceral fat around the abdomen, even without generalized obesity, has significant clinical implications and requires early detection and targeted intervention.

Describing the publication as timely and relevant, Dr. Jitendra Singh said the book aligns with the national priority of addressing the growing burden of obesity, as highlighted by Prime Minister Shri Narendra Modi, who has called for increased public awareness and lifestyle modifications including reduction in oil and unhealthy dietary consumption. The initiative resonates with the broader vision of “Vikshit Bharat, Swasthya Bharat and Obesity-Free Bharat.”

Highlighting evolving clinical understanding, the Minister referred to the growing evidence linking abdominal fat with conditions such as fatty liver disease, insulin resistance, and early onset cardiovascular complications. He noted that increasing incidence of metabolic disorders, including type-2 diabetes and cardiac events among younger populations, reflects changing lifestyle patterns, dietary habits and reduced physical balance.

Dr. Jitendra Singh also highlighted the importance of balanced health practices, indicating that excessive or unscientific approaches to fitness, including overexertion without adequate preparation or rest, may also pose health risks. Emphasis was laid on sustained lifestyle discipline, adequate sleep, and scientifically guided preventive care.

The textbook, edited by noted cardiologist Dr. H.K. Chopra, brings together cutting-edge insights from more than 300 contributors across India and abroad. It represents a shift from conventional risk-factor-based management to precision prevention, integrating advances in metabolic therapies, lipid management, digital health, and AI-enabled clinical decision systems.

The publication comprehensively covers emerging therapies including GLP-1 receptor agonists such as Semaglutide and Tirzepatide, alongside lipid-lowering strategies involving statins, ezetimibe, bempedoic acid, PCSK9 inhibitors, inclisiran, apheresis and gene-based interventions. These advances are expected to significantly improve cardiovascular outcomes and reduce disease burden.

In his foreword to the book, Dr. Jitendra Singh describes obesity and dyslipidemia as major public health challenges contributing to the rising burden of cardiovascular morbidity and mortality in India and globally. He emphasizes the need for enhanced awareness, preventive strategies, and evidence-based clinical practices to address these challenges effectively.

Referring to projections indicating a sharp rise in obesity prevalence in India by 2050, Dr. Jitendra Singh called for strengthened awareness, early screening, and preventive healthcare measures to mitigate long-term health and economic risks.

The book comprises 23 sections and 172 chapters, offering a comprehensive, evidence-based clinical resource that bridges the gap between research and bedside care. It is expected to significantly contribute to capacity building, clinical excellence, and improved patient outcomes.

Dr. Jitendra Singh conveyed appreciation to Dr. H.K. Chopra and the editorial team for their academic leadership and contribution in bringing together global expertise into a single authoritative volume. Leading cardiologists and contributors including Dr. Viveka Kumar, Dr. Praveen Chandra, Dr. J.P.S. Sawhney, Dr. Mona Bhatia, Dr. Anu Grover, Shrikant Bhatia and Anand Kumar were present on the occasion.









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