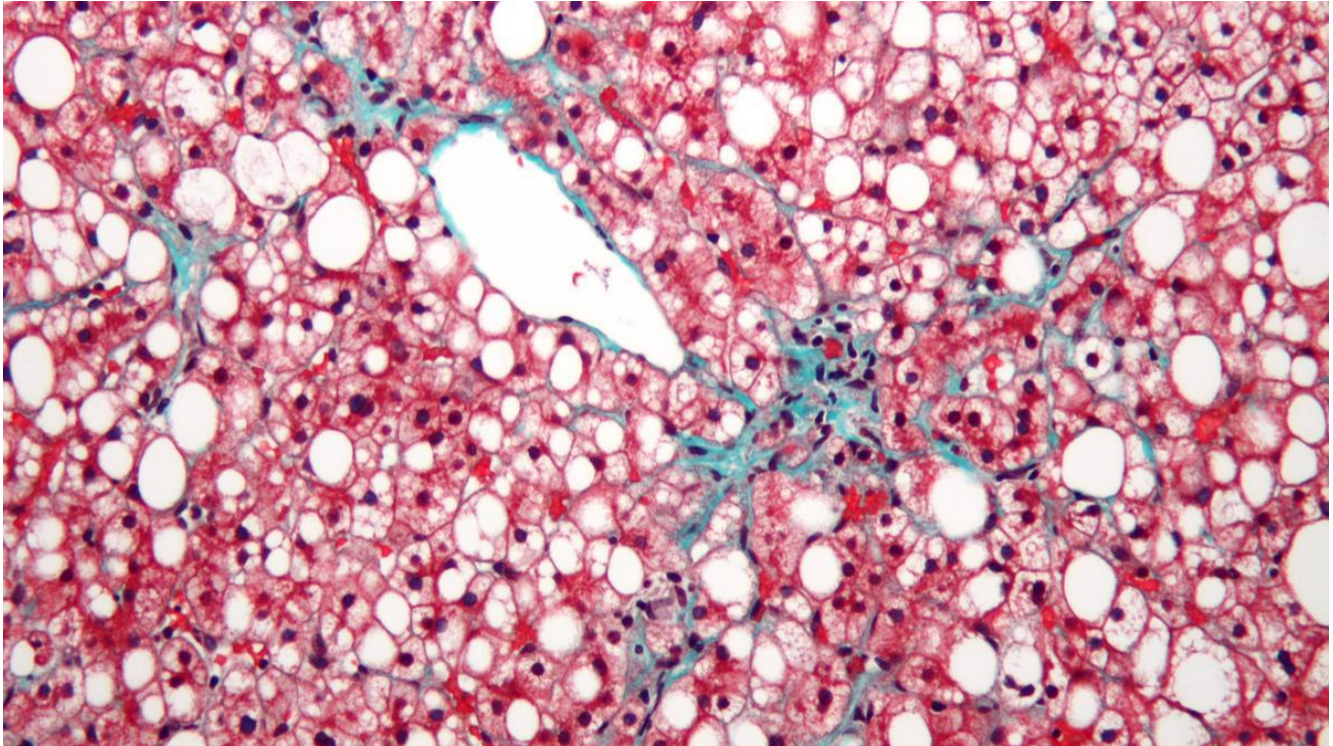


# The urgent need to combat the epidemic of fatty liver in India

Over the past five years, various studies have shown that 35–40% of the Indian adult population is affected — and this a conservative estimate. What's even more worrying is that children are not exempt. If left unaddressed, fatty liver could snowball into a major national health crisis



Micrograph of non-alcoholic fatty liver disease (NAFLD)

Fatty liver disease is rising in India at an alarming rate. The new terminology coined in 2023 for fatty liver disease is Steatotic Liver Disease. Over the past five years, various studies have shown that 35–40% of the Indian adult population is affected — and this is a conservative estimate. What's even more worrying is that children are not exempt. Research indicates that around 35% of Indian children have fatty liver disease. When we combine the numbers for both children and adults, it is estimated that 40–50 crore people in India are currently affected. This is a staggering figure, given our total population, and highlights the urgency of the situation.

Fatty liver is not just a standalone condition—it often serves as a warning sign or co-presenter of other major diseases such as obesity, diabetes, heart disease, kidney disease, stroke, and even cancers. Individuals with fatty liver have a significantly higher predisposition to these conditions as well. If left unaddressed, fatty liver could snowball into a major national health crisis, leading to complications such as liver cirrhosis, liver cancer, and serious metabolic diseases. We must act now with public awareness, lifestyle interventions, and early screening to curb this growing epidemic.

## News Source:

<https://www.thehindu.com/sci-tech/health/the-urgent-need-to-combat-the-epidemic-of-fatty-liver-in-india/article69988215.ece>