



State Level Multi-Stakeholder Roundtable Discussion

**ACT EARLY
PRIORITIZING OBESITY CARE
IN SIKKIM**

January 27, 2026 | Mayfair, Gangtok

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A MULTI-STAKEHOLDER DISCUSSION

Summary Report

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Background

Obesity has emerged as one of the most pressing public health challenges, contributing significantly to the global burden of non-communicable diseases such as diabetes, cardiovascular disease, stroke, and certain cancers. Once considered a condition of affluence, obesity now affects populations across all socioeconomic strata and age groups, with a rapid epidemiological transition observed in low- and middle-income countries, including India.

In India, the prevalence of overweight and obesity has increased steadily over the last two decades. National Family Health Survey (NFHS-5) data indicate that more than one in four adults are overweight or obese, with a particularly sharp rise among urban women and men aged 30–49 years. Urbanization, dietary transitions toward high-calorie processed foods, declining physical activity, and social determinants have accelerated this trend. The growing prevalence of obesity among adolescents and young adults further signals a shift in the age of onset, posing long-term risks for metabolic disorders and premature mortality. Sikkim exemplifies this dual burden, where undernutrition persists alongside increasing rates of overweight and obesity. The state's advanced health infrastructure and robust NCD screening systems provide a unique opportunity to integrate obesity management within existing health programs. While the state has demonstrated leadership in tackling diabetes, stroke and cardiovascular diseases, obesity remains insufficiently institutionalized within its public health agenda, lacking dedicated programmatic structures, guidelines, and funding pathways.



About the Consultation

As part of its broader mission to advance collective action on the growing burden of obesity in India, People to People Health Foundation (PPHF) under guidance of Department of Health and Family Welfare, Government of Sikkim and strategic partners like Eli Lilly and Indian Medical Parliamentarians Forum (IMPF) convened a state-level multi-stakeholder consultation in Chandigarh on 27th January 2026 aimed at fostering dialogue, collaboration, and evidence informed solutions to tackle the growing burden of obesity in Sikkim. The discussion brought together key representatives from the political leadership, National Health Mission, Women and Child Department, STNM Hospital, Sikkim Manipal University, Sashastra Seema Bal (SSB), amongst other esteemed medical and public health experts, nutritionists, and healthcare institutions, engaged in NCD prevention and health system strengthening. A summary of recommendations of have been assimilated below.



Key Recommendations

Short-Term Actions: (0-6 months)

1. **Formally recognise obesity as a priority public health condition** under the State NCD Programme, to be addressed as a chronic, relapsing disease with defined prevention, screening, and care pathways.
2. **Announce a State Declaration (aka Gangtok Declaration) on Obesity Prevention and Management**, signalling high-level political commitment and establishing a unified vision for multi-sectoral action.
3. **Launch a Statewide Obesity Prevention and Awareness Campaign**, anchored in prevention, early screening, and behaviour change, as a flagship public health agenda and rolled out across urban and rural settings.
4. **Establish dedicated Obesity and Lifestyle Disease Clinics** within the public health system, beginning with pilots at tertiary and large secondary hospitals.
5. **Establish Centres of Excellence in Metabolic Health** to serve as referral hubs for comprehensive obesity and NCD prevention, diagnosis, management, and capacity building.

Medium-Term Actions: (6–12 months)

1. **Create provision for dedicated budget for the Prevention and Management of Obesity**, ensuring sustained financing for prevention, screening, treatment, capacity building, and behaviour change interventions across levels of care in Sikkim.
2. **Include obesity screening under the existing NCD screening programme and expand the routine screening from 18 years of age**, instead of the current 30-year threshold, in response to early onset of obesity and metabolic risk identified in state and national data.
3. **Undertake capacity building of Medical Officers (MBBS)** across Primary Health Centres through **Public–Private Partnership (PPP)** models.
4. **Develop and notify state-specific clinical guidelines** outlining the indications, referral pathways and eligibility criteria for anti-obesity pharmacotherapy.



Long-Term Actions: (12–36 months)

1. **Simplify CBAC and related tools** to focus on high-yield obesity and metabolic risk indicators.
2. **Rationalize roles of ASHAs and CHOs**, supported by digital tools and task-sharing, to ensure quality screening, referral, and follow-up without overburdening frontline workers
3. **Implement context-specific lifestyle and nutrition interventions rooted in local culture**, including:
 - Promotion of traditional Sikkimese diets and home-based foods through state nutrition messaging
 - Fiscal measures, including **higher taxation on ultra-processed and junk foods**, to discourage consumption and shift dietary behaviour.



Annexures: List of Participants

Sl. No.	Name	Organization
1	Ms. Anjali	Sikkim State AIDS Control Society
2	Ms. Bandana Sharma	Health and Family Welfare Department
3	Ms. Binita Lama	Sikkim State AIDS Control Society
4	Dr. Bishwash Basnet	Medical Officer In-Charge, Yuksom
5	Dr. Chintamani Sharma	Sir Thutob Namgyal Memorial Hospital
6	Dr. D C Sharma	Principal Director Health Services
7	Dr. Deki Wangmu Phempu	Project Director, Sikkim State AIDS Control Society
8	Dr. Divyesh Mundra	Eli Lilly
9	Mr. Diki Sonam Bhutia	Sikkim State AIDS Control Society
10	Dr. Falguni Mandal	69 Battalion of the Sashastra Seema Bal
11	Shri G.T. Dhungel	Hon'ble Minister, Health & Family Welfare & Culture Department
12	Ms. Ganga Parsai	OSD, Health & Family Welfare Department
13	Dr. Laydon Lepcha	Assistant Scientific Officer, Department of Science & Technology
14	Ms. Leezum Sharon Sangay	Sikkim State AIDS Control Society
15	Dr. Maya Silal	Health and Family Welfare Department
16	Ms. Meyhendo Theeng	Sikkim State AIDS Control Society
17	Dr. Nalini Kaushik	People to People Health Foundation
18	Mr. Nannu G	Sikkim State AIDS Control Society

Sl. No.	Name	Organization
19	Dr. Parvaty Nandy	Department of Medicine, Sikkim Manipal Institute of Medical Sciences
20	Mr. Posham N	Sikkim State AIDS Control Society
21	Dr. Prabhat Moktan	Deputy Director cum District Nodal Officer, NP-NCD, Gangtok & Pakyong
22	Dr. Prana Kapil	Sikkim Manipal Institute of Medical Sciences
23	Shri Phurba Renzing Sherpa	Hon'ble Chairman, Health & Family Welfare Department
24	Dr. Ruth Yonzon	Sir Thutob Namgyal Memorial Hospital
25	Dr. S. Lepcha	Health and Family Welfare Department
26	Dr. S.N. Adhikari	Health and Family Welfare Department
27	Dr. Salona Mukhia	ADHS, SPM, National Health Mission
28	Dr. Sangita Pradhan	Principal Director Health Services cum CEO PMJAY, ABDM Sikkim
29	Ms. Sarmila Rai	UPHC Ranipool
30	Dr. Shampa Gupta	Sikkim Manipal Institute of Medical Sciences
31	Mr. Shelke Rajkumar	69 Battalion, Sashastra Seema Bal
32	Dr. Shraddha Deokota	Sikkim Manipal Institute of Medical Sciences
33	Mr. Sonam Gyaltsen Bhutia	HCGN Department, Health and Family Welfare Department
34	Ms. Sonam Lhamu Bhutia	Joint Director, Nutrition, Women & Child Development
35	Dr. Sumiran Tamang	AYUSH Department
36	Dr. Suresh Madan	Principal Chief Consultant cum Additional Medical Superintendent, Sir Thutob Namgyal Memorial Hospital
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38	Dr. T Pema	Health and Family Welfare Department
39	Dr. Tara Gautam	Health and Family Welfare Department
40	Mr. Tenzing Lepcha	Health and Family Welfare Department
41	Mr. Tseten Taschi Bhutia	Rural Management & Development Department
42	Dr. Udit Pradhan	DNO, NP NCD, Gyalshing & Soreng District
43	Mr. Usman Siddiqui	People to People Health Foundation
44	Dr. Vaishnavi Priya	Sikkim Manipal Institute of Medical Sciences
45	Mr. Vinod Bhanu	Indian Medical Parliamentarians' Forum
46	Mr. Wasif Ali	Sun Pharma
47	Dr. Yogesh Ghimire	Principal Chief Consultant & HoD, Medicine, Sir Thutob Namgyal Memorial Hospital
48	Mr. Yozra Rana	Women, Child, Senior Citizen & Divyangjan Welfare Department



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