

**Training Course on Public Health Nutrition
(10th – 14th January 2011)**

REPORT



Department of Community Health Administration

**National Institute of Health & Family Welfare
New Mehrauli Road, Munirka,
New Delhi-110067**

Training Course on Public Health Nutrition **(10th – 14th January 2011)**

Course Coordinating Team

Course Director	: Prof. Deoki Nandan
Course Coordinator	: Dr. M. Bhattacharya
Course Co-coordinator	: Dr. Renu Shahrawat
Course Associates	: Mr. Subhash Chand Mrs. Vinod Joon



आरोग्यम् सुखस्यदा

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Introduction

Nutrition is an input to, and foundation for health and development. Interaction of infection and malnutrition is well-documented. Better nutrition means stronger immune systems, less illness and better health. Healthy children learn better. Healthy people are stronger, more productive and able to create opportunities to gradually break the cycles of both poverty and hunger in a sustainable way. Improved nutrition is a prime entry point to ending poverty and a milestone to achieving better quality of life.

All forms of malnutrition in the broad spectrum are associated with significant morbidity, mortality and economic costs.

Poor nutrition contributes to 1 out of 2 deaths (53%) which are associated with infectious diseases among children aged under five in developing countries. One third of babies born in India are of low birth weight (LBW) (< 2.5 kg) and this continues to be a major public health problem as a result of inappropriate nutrition of mother during antenatal period.

Stunting due to malnutrition continues to be a persistent phenomenon beyond the 3rd year of life among rural children and has a significant impact at 10 + yrs of age. Thus, the majority of rural children enter adolescence with poor nutritional status and this remains a matter of concern, since many marry at an early age resulting in pregnancy with anemia and low birth weight babies.

Pregnant and lactating mothers apart from their own nutritional requirements have to fulfil the requirements for their child as well, further worsening the nutritional status if not taking the required diet.

Other than under nutrition, India is seeing a dramatic increase in other forms of malnutrition characterized by obesity, and the long-term implications of unbalanced dietary and lifestyle practices that result in chronic diseases such as cardiovascular diseases, hypertension and diabetes not only in the geriatric age group, but also amongst the youth. Intensive communication programmes for putting across the correct messages are needed urgently.

Thus the current training course is an effort for updating the knowledge of the nursing personnel and faculty of Home Science Colleges, Medical & Nursing students, regarding the magnitude of the problem and trains them to tackle it effectively. This course will help them to re-examine the existing nutrition programs, the balanced diet, identifying the need of vulnerable groups and imparting appropriate nutrition education to the community.

General Objective

To enhance the competency of faculty from Nursing/ Medical / Home Science Colleges and Post Graduates from Medical Colleges/ Nursing Institutes to train students and do IEC & Advocacy in Community for appropriate Nutrition.

Specific Objectives

- Explain the existing status of policies, public health programmes in nutrition.
- Discuss the status and causes of malnutrition in India.

- Describe the need and contents of micronutrients for various vulnerable groups.
- Outline steps for preventing malnutrition in the vulnerable groups.

Course Contents

- Nutrition and Balanced Diet
- Nutrition of Vulnerable Groups with emphasis on micronutrients.
- National Nutrition Programmes & Policy.
- Preparation of plan for improving nutrition education in community.
- Management of Nutritional Problems in Mother and Child.

Methodology

Lecture/ Discussion, Group Work, Demonstration and Field Visit.

Duration

Five days (10th – 14th January, 2011)

Number & Nature of Participants

There were 41 participants in this course.

Day Wise Proceedings

Day I

On day first, workshop began with the Inaugural Session of workshop and introduction by course participants. The first session on “VIPP Technique” was covered by Prof. Deoki Nandan. In his lecturer, he discussed the status of Public Health Nutrition in the country and the various challenges. In second session, Dr. Renu Shahrawat talked on “Overview of Malnutrition”. In her lecture, she emphasized on the major nutritional challenges, their magnitude, distribution and the causes of malnutrition in India. The Third session was taken by Dr. Supreet Kaur & Dr. Renu Shahrawat on “Nutrition and Balanced Diet”. Dr. Supreet Kaur explained different food groups and food pyramid and discussed balanced diet for different age groups with the participants. The method of estimating dietary consumption of various nutrients in the diet was explained and demonstrated. Dr. Renu Shahrawat & Dr. Supreet Kaur facilitated the activity in which the participants calculated their own dietary consumption following 24 hour recall method in terms of calories and proteins.

The last session on “Assessment of Malnutrition” was taken by Dr. Renu Shahrawat. She explained various methods for carrying out nutrition assessment in the community. She also familiarized participants about WHO growth standards. She further talked about interpretation of assessment data for diagnosing malnutrition and discussed the need for assessment.

Day II

On day second, after the recap, Dr. Neelam Bhatia from NIPCCD talked on “Nutrition Programme for Mother & Child in ICDS”, in which she elaborated about the services provided under ICDS for mother & children and what are the revised guidelines for nutrition for them. She also talked about the new schemes launched by GOI in 2010 for adolescents and BPL pregnant women in unorganized sector. The second session was "Nutrition in Pregnancy, Lactation & Adolescents" which was taken by Dr. K. Kalaivani. She described the diagnosis of severe malnutrition and management of malnutrition in Pregnancy, Lactation & Adolescents. She described the magnitude and distribution of anemia in Indian scenario and enlists the recommendations, particularly for women & children, of National Nutritional Anemia Prophylaxis Programme and the dietary recommendations to control the anemia on long term basis.

In the afternoon, participants were taken to Kalawati Saran Hospital in Lady Hardinge Medical College. In an interactive session Dr. Praveen Kumar talked about the breast feeding in newborn children and infants. He demonstrated the steps of successful initiation of breast feeding and discussed various problems encountered during breastfeeding. Participants were also taken to the Lactation Management Centre in the hospital and were familiarized about the functioning of the centre.

Day III

First half of the day was devoted to field-based activities to enable the participants to certain handhold skills that they learnt in the classroom situation. The field activities were conducted in Moti Lal Nehru Slum in Delhi. The participants were divided into six groups and each group worked with a separate set of audience. The each group worked on the assessment of the nutritional status of the pregnant and lactating women, geriatric women and Children- 0-6 months, 6 months to 2 yrs and 3-5yrs, and their socio- economic status and to find the utilization pattern of government health facilities by the selected families. In the field activity, each group identified the problems with reference to knowledge, attitude, and practice of the audiences in relation to Mal-nutrition.

In the post lunch session, debate was conducted on following topics 1. “Chocolates are good for health than Traditional sweets, 2. Restricting diet is best for weight management, 3. Fast foods are nutritious and 4. Poverty predisposes malnutrition”. One participant each had debated for and against on each topic. The session was jointly conducted by Dr. Renu Shahrawat and Dr. Rajesh Khanna. The winners of the debate were given prizes.

Day IV

On day four, after recap of all the sessions of the previous day, the first session was taken by Dr. Umesh Kapil on Role of Vit-A, Zinc, Iron & other micronutrients in nutrition, in which he talked about provisions under national

programme for various micronutrients like iron, vitamin A etc. He also discussed the achievement under these programmes by the country so far. The second session was taken by Prof. Deoki Nandan on “Community based Maternal Child Health Project”, in which he pointed out that community level problems in respect to maternal child health and nutrition could be addressed at community level through cluster community approach.

Post lunch session started with “Role of Nutrition in Preventing Cardiovascular Diseases & Diabetes” by Dr. Rakesh Yadav. He emphasized on role of diet in preventing Cardiovascular Diseases & Diabetes. He also discussed about different types of oils & fats and their effect on risk of cardiac vascular disease. In the second half, participants carried on with their group work based on information collected from their visit in the Moti Lal Nehru Slum.

Day V

On the last day, after recap session of the previous day, the first session was taken by Dr. Umesh Kapil on “Iodine Deficiency Disorders, status & programme”. He discussed the current situation of iodine deficiency disorders in India and its causes. He described programme strategy and challenges for implementation of National Iodine Deficiency Disorder Control Programme (NIDDCP). He also discussed the legislations in context of NIDDCP.

The second session was taken by Dr. B.K.Tiwari on “Nutrition Policy and Programme for Public Health Nutrition” in which he talked about how nutrition has been addressed under various policies & programmes. The session on “Presentation and Future Directions” was chaired by Dr. Umesh Kapil, and Prof. M. Bhattacharya. The participant’s group work was presented in the class and discussed further with valuable suggestions from the chair. The last session was valedictory chaired by Dr. Umesh Kapil and Prof. M. Bhattacharya. They concluded this workshop with their valuable, motivated and encouraging words of wisdom.

Conclusion:

In general, the course addressed the four major issues in relation to public health programmes in nutrition for effective implementation of programme in the India by enhancing the competency of faculty from Nursing/ Medical/ Home Science Colleges and Post Graduates from Medical Colleges.

- Explain the existing status of policies, public health programmes in nutrition.
- Discuss the status and causes of malnutrition in India.
- Describe the need and contents of micronutrients for various vulnerable groups.
- Develop the outline steps for preventing malnutrition in the vulnerable groups.

Training Outcome

Enhanced capacity for teaching and training in Public Health Nutrition.

Road Map for Future

To cover all Nursing/ Home Science Colleges/ SIHFWs/ District/ ANM Training Centres with at least two faculties trained.

Remarks

E-learning mode is proposed for future trainings.

Venue

Teaching Block
National Institute of Health & Family Welfare, Munirka,
New Delhi- 110067

Participants' Feedback:

Overall, the participants appreciated the contents and coverage of the course. The sessions most appreciated by the participants are:

- Visit to lactation management center and lecture demonstration on IYCF practices.
- Role of Nutrition in Preventing Life Style Diseases- Cardiovascular Disease
- Iodine Deficiency Disorders-Status and Programme,
- Nutrition and Balanced Diet specially food exchange list
- Nutrition Programme for Mother & Child in ICDS

Nobody suggested deletion of any session for the future courses but the suggestion is as follows:-

- More skills e.g more time for exercise on energy calculation
- Cover complementary feeding
- Lectures should be 50% and hands on/practical should be 50%.

Training Course on Public Health Nutrition

(10th - 14th January, 2011)

Day & Date	9:30 am to 10:00 am	10:00 am to 11:15 am	11:30 am to 1:00 pm	2:00 pm to 3:15 pm	3:30 pm to 5:00 pm	
Monday 10-01-11	Registration	1. Introduction & VIPP Technique Prof. Deoki Nandan	2. Overview of Malnutrition Dr. Renu Shahrawat	3. Food group & Balanced Diet (Lecture, demonstration & exercises) Dr. Supreet Kaur & Dr. Renu Shahrawat	4. Nutritional Assessment Dr. Renu Shahrawat	
Tuesday 11-01-11	Recap, experience sharing	5. Nutrition Programme for Mother & Child in ICDS Dr. Neelam Bhatia	6. Nutrition in Pregnancy, Lactation & Adolescents Dr. K. Kalaivani	7 & 8. Managing Problems in Infant feeding (Visit to Lactation Management Centre, Kalawati Saran Hospital) Dr. Praveen Kumar Dr. Renu Shahrawat		
Wednesday 12-01-11		9 & 10. Field Visits for Nutritional assessment in the community Course Team Mr. Subhash Chand & Research staff		11. Debate on Current food status & facts Dr. Renu Shahrawat & Dr. Rajesh Khanna	12. Managing Nutritional Problems in Pregnancy & lactation Dr. Sudha Salhan	
Thursday 13-01-11		13. Role of Vit-A, Zinc, Iron & other micronutrient in Nutrition Prof. Umesh Kapil	14. Community based Maternal Child Health Project Prof. Deoki Nandan	15. Role of Nutrition in Preventing Cardiovascular Diseases & Diabetes Dr. Rakesh Yadav	16. Group Work (following field visit)	
Friday 14-01-11		17. Iodine Deficiency Disorders - Status & Programme Prof. Umesh Kapil	18. Nutrition Policy & Programme for Public Health Nutrition Dr. B.K.Tiwari	19-20. Presentation by the participants of field visit Prof. Umesh Kapil, Dr. M. Bhattacharya & Course Team		

Tea Break: 11:15 – 11:30 am & 3:15 – 3:30 pm, Lunch: 1:00 -2:00 pm

**RESOURCE PERSONS
(NIHFW)**

1. Prof. Deoki Nandan
Director
National Institute of Health & Family Welfare (NIHFW)
Email: dnandan51@yahoo.com, director@nihfw.org
Phone :- 011-26107773/ 26165959- 302
Fax :- 26101623
2. Dr. M. Bhattacharya
Prof.& Head
Department of Community Health Administration (CHA)
Email: bhattacharya_madhulekha@yahoo.com, cha_nihfw@yahoo.co.in
Phone: - 011- 26107773- 349, 342, 213
011-26714378
3. Dr. K. Kalaivani
Prof.& Head
Department of Reproductive Bio Medicine (RBM)
Email: kalaivanikrishnamurthy@gmail.com
Phone: - 011- 26107773- 333
4. Dr. Renu Shahrawat
Sr. Lecturer
Department of Reproductive Bio Medicine (RBM)
Email: renushahrawat@nihfw.org
Phone: - 011- 26107773- 230
5. Dr. Rajesh Khanna
Coordinator
National Child Health Resource Centre
Mobile : 9560711011
6. Dr. Supreet Kaur
Project Associate-cum-Document Officer
National Child Health Resource Centre
Mobile : 9717387654

**RESOURCE PERSONS
(EXTERNAL)**

1. Dr. B. K. Tiwari, Advisor Nutrition,
Nutrition & IDD Cell, Room No - 355,
“A” Wing, Dte. GHS, Nirman Bhawan,
New Delhi -110011.
2. Dr. Neelam Bhatia, Joint Director,
NIPCCD, 5, Sirifort Institutional Area,
Hauz Khas, New Delhi-110016
3. Dr. Praveen Kumar
Professor,
Department of Pediatrics,
Kalawati Saran Children’s Hospital,
Lady Hardinge Medical College,
New Delhi - 110 001
4. Dr. Umesh Kapil
Professor (Public Health Nutrition)
Old OT Block
All India Institute of Medical Sciences (AIIMS)
New Delhi, 110029
Mobile: - - 9810609340
6. Dr. Rakesh Yadav, Cardiologist,
All India Institute of Medical Sciences (AIIMS),
Ansari Nagar, New Delhi-110029,
(O):-26593218, Mobile:-9868398174
Email: - rakeshyadav123@yahoo.com
7. Dr. Sudha Salhan, HOD, (Obs and Gynae)
Safdarjung Hospital, New Delhi – 110029,
Mobile: 9871151098

ANNEXURE-II**Training Course on Public Health Nutrition at NIHF
10th - 14th January, 2011**

S. No.	State	Name and Designation	Address	Email & Contact Number
1.	Delhi	Dr. Tanu Anand 2 nd Year Student	Deptt. of Community Medicine, MAMC, ND-2	drtanu.anand@gmail.com 9811028964
2.		Dr. Gajanan Soyam 2 nd Year Student	Deptt. of Community Medicine, MAMC, ND-2	gajansdr@gmail.com 9582835012
3.		Sh. Raman Mahajan	1128, Sector, 51-B, Chandigarh- 160047	raman_mahajan24@yahoo.com 8800359603
4.		Lt Col V. Pushpalatha	AH (R&R), Delhi Cantt.	babli196917@gmail.com
5.	Punjab	Ms. Poornima Andal R, Lecturer in Community Health	Nursing Dept., M Sc in Nursing, Adesh College of Nursing, Kot Kapura Road, Muktsar, Punjab-152026	Mobile 078141 14372 purni_j_rengu@yahoo.co.in
6.		Ms. Meenakshi (Lecturer)	College of Nursing, DMC&H, Ludhiana	meenakshikalyan@yahoo.com
7.		Ms. Amandeep Kaur (Nursing Tutor)	College of Nursing, DMC&H, Ludhiana	
8.	Gujarat	Smt. Margrate Mecwan, Dist. Public Health Nurse,	Dist Panchayat- Rajpipla, Dist Narmada, Gujarat	9879628081
9.		Smt. Kamla K. Heleaya, Dist. Public Health Nurse	Dist Panchayat- Navsari, Dist Navsari, Gujarat	9925523001
10.	Andhra Pradesh	Dr. B. Manoj Aravind PG, Deptt. of Community Medicine	Osmania Medical College, Hyderabad, Andhra Pradesh	aravindbm@gmail.com 9291522359
11.		Dr. M.S. Durga Prasad PG, Deptt. of Community	Medicine, Osmania Medical College, Hyderabad, Andhra Pradesh	surya354@gmail.com 9948043106
12.		Dr. Swetha Eluru, Senior Research Fellow	Deptt. of Microbiology, NIN- ICMR, Hyderabad, AP	swetha6eluru@yahoo.co.in 9912259460

S. No.	State	Name and Designation	Address	Email & Contact Number
13.	West Bengal	Rivu Basu, PG	AIIH&PH, Kolkata	rivubasu83@gmail.com 9830844035
14.		Dr Bidisha Das, PG	AIIH&PH, Kolkata	bidishasumu@gmail.com 9331944337
15.		Dr. Sudeshna Roy, PG	AIIH&PH, Kolkata	drsudeshna@gmail.com 9051626885
16.		Dr. Sanjib Bandyopadhyay, PG	AIIH&PH, Kolkata	sanjibb6@gmail.com
17.		Dr. Vandana Kumari, PG	AIIH&PH, Kolkata	vandana.jha.vats.@gmail.com 9230868598
18.	Maharashtra	Dr. Abhiram M. Kasbe (Associate Professor)	Department of Preventive & Social Medicine, B Y Nair Ch. Hospital & T N Medical College, Mumbai-400008	abhi535@gmail.com 09323950062
19.		Dr. Dnyaneshwar Gajbhare (Assistant Professor)	Department of Preventive & Social Medicine, B Y Nair Ch. Hospital & T N Medical College, Mumbai-400008	drgajbhare@gmail.com 9221696867
20.		Ms. Rupali Deshpandey	MVP Samaj, Institute of Nursing Education Adgaon, Nasik	merupali_283@yahoo.com 9766314929
21.		Ms. Julie Abraham, Tutor	MVP Samaj, Institute of Nursing Education and Trg. College of Nursing, Nasik	julieabraham80@yahoo.com 9730574554
22.	Haryana	Dr. Neelam Kumar, Professor	Community Medicine, PGIMS, Rohtak. Haryana	09896068916 neelamkumar62@yahoo.com
23.		Dr. Ramesh Verma, MD	Community Medicine, PGIMS, Rohtak. Haryana	rameshvermamd@gmail.com 09466554883
24.		Dr. Sanjeev Sharma, PG	M.M. Institute of Medical Sciences & Research Maharishi Markandeshwar University Mullana, Ambala-133207 Haryana	09996092584 drsanjeev_03@yahoo.com
25.		Dr. Abhishek Singh, PG	M.M. Institute of Medical Sciences & Research Maharishi Markandeshwar	abhishekparleg@gmail.com 9254445035

S. No.	State	Name and Designation	Address	Email & Contact Number
			University Mullana, Ambala- 133207 Haryana	
26.		Dr. Sachin Singh Yadav, PG	M.M. Institute of Medical Sciences & Research Maharishi Markandeshwar University Mullana, Ambala- 133207 Haryana	dr.sachin2015@rediffmail.com 08059491821
27.		Dr. Chintu Chaudhary Ist year PG Student	(Community Medicine), MMIMSR, Mullana Ambala, Haryana	chaudharychintu@gmail.com Ph : 08950785778
28.		Lt Col Geetha. R.	School of Nursing, Command Hospital (WC), Chandimandir, Haryana	geethamns@gmail.com 09915333718
29.	Jammu & Kashmir	Dr. Irfa Naqshbandi, PG,	Deptt. of Social & Preventive Medicine, Government Medical College, Srinagar	irfanaqshbandi@yahoo.in 9419426969
30.		Dr. Nighat Bashir, PG	Deptt. of Social & Preventive Medicine, Government Medical College, Srinagar	drnighatsyed11@gmail.com 9906595337
31.	Madhya Pradesh	Dr. Shraddha Mishra, PG Student,	Deptt. of PSM, G.R. Medical College, Gwalior, MP	drshraddhamishra@yahoo.com 9424616454
32.	Karnataka	Mrs. N. Jayalakshmi, Lecturer	Faculty of Govt. Nursing College, Fort, Bangalore-02	njayalakshmiyaj@yahoo.com 9901843747
33.		Dr. G. Nagarathnamma Asst. Prof.,	Faculty of Govt. Nursing College, Fort, Bangalore-02	mprabhakar835@gmail.com 9448883603
34.		Ms. Elizabeth.S. Lecturer	BGS CON, Mysore	9035261533 e1zyjose_jesus@rediffmail.com
35.		Miss Vidhya.C.K. M.Sc. Nursing	BGS CON, Mysore	mails2vidhu86@gmail.com 9590914533
36.		Miss Lekshmi.M M.Sc. Nursing	BGS CON, Mysore	lekshmi4@gmail.com 9590296339

S. No.	State	Name and Designation	Address	Email & Contact Number
37.	Rajasthan	Ms. Gaurav Kachhawaha, Lecturer	Deptt. Of Home Science, Jai Naraian Vyas University, Jodhpur, New Comp. Pali Road, Rajasthan	09460428087 kachhawahag@yahoo.in
38.		Ms. Namrata, Dietitian (Health Counselor)	Deptt. Of Home Science Jai Narayan Vyas University Jodhpur, New Comp. Pali Road Rajasthan	0291-255552 itsme.niks@rediffmail.com
39.	Uttarakhand	Dr. Sanjay Kumar Jha, Asstt. Prof.	Deptt. Of Community Medicine, GMC Haldwani, Nainital-263139	drsanjaykumarjha@gmail.com drsanjaykumarjha@yahoo.com
40.		Dr. Sadhana Awasthi, Asstt. Prof.	Deptt. Of Community Medicine, GMC Haldwani, Nainital-263139	drsadhna1810@yahoo.com 9319928622
41.	Pondicherry	Mr. R.S. Ramesh, Lecturer	College of Nursing, JIPMER	rameshjipmer@gmail.com

Annexure – III

S.No.	List of the Document given to the participants
1.	Policy on Control of Nutritional Anaemia
2.	IYCF resources new
3.	Eleventh Five Year Plan(2007–2012)Social Sector, Volume II
4.	An Educational Intervention to Promote Appropriate Complementary, Feeding Practices and Physical Growth in Infants and Young Children in Rural Haryana
5.	Towards eliminating hunger
6.	Review of the Policy regarding micronutrients – Iron Folic Acid
7.	Use of Zinc as an alternate Therapy in the treatment of diarrhea
8.	Growth monitoring and promotion: review of evidence of impact
9.	Revised Policy Guidelines On National Iodine Deficiency Disorders Control Programme
10.	Approval of Indira Gandhi Matritva Sahyog Yojana (IGMSY)-A Conditional Maternity Benefit (CMB) Scheme.
11.	The infant milk substitutes, feeding bottles and infant foods (regulation of production, supply and distribution) Amendment Act, 2003 – Gazette of India
12.	Revised Policy Guidelines on National Iodine Deficiency Disorders Control Programme
13.	National Guidelines on Infant and Young Child Feeding
14.	A united call to action on vitamin and mineral deficiencies
15.	Vitamin A & IFA Supplementation
16.	National Policy on Older Persons
17.	National Nutrition Policy - GOI
18.	Nutrient Requirements and Recommended Dietary Allowances for Indians
19.	Approval of Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (RGSEAG)- SABLA
20.	Community based Management of Severe Acute Malnutrition
21.	SCN Nutrition Policy Paper No. 21
22.	Tracking Progress on Child and Maternal Nutrition
23.	Essential Nutrition Interventions for Children Under Two in India How Can We Operationalize the Essential Intervention
24.	Addressing Under nutrition in Children in India –Actions Beyond Provision of Food Supplements
25.	Weekly Iron Folic Acid Supplement (WIFS) in Women of Reproductive Age: Its Role in promoting Optimal Maternal and Child Health
26.	ICDS and Nutrition in the Eleventh Five Year Plan (2007-2012)