

**Training Course on Public Health Nutrition
(6th – 10th December 2010)**

REPORT



आरोग्यम् सुखसम्पदा

**Deptt. Of Community Health Administration
National Institute of Health & Family Welfare
New Mehrauli Road, Munirka,
New Delhi-110067**

**Training Course on Public Health Nutrition
(6th – 10th December 2010)**

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**



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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 below 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 + years 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 fulfill 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 Colleges, Home Science Colleges and post graduates from Medical Colleges/Nursing Institutes to train students and do IEC & advocacy in community respectively 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, Demonstrations and Field Visit.

Duration

Five days (06th – 10th December, 2010)

Number & Nature of Participants

There were 42 participants in the course.

Day Wise Proceedings

Day I

On day first, the training course began with the Inaugural session and introduction by course participants. The first session on "VIPP Technique" was covered by Dr. M. Bhattacharya. She asked the participants to describe briefly on VVIP cards the following:

- a) Describe the status and causes of malnutrition in India.

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

In her lecturer, she discussed the status of Public Health Nutrition in the country and the various challenges faced in this area.

In second session, Dr. M. Bhattacharya talked on "Overview of Malnutrition". In her lecturer, she emphasized on the major nutritional challenges, their magnitude, distribution and the causes of malnutrition in India. She also talked about various strategies to rectify them as envisaged in National Nutrition Policy and 11th Five Year Plan. The Third session was taken by Dr. Renu Shahrawat and Dr. Supreet Kaur on "Nutrition and Balanced Diet". They explained different food groups, 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. Fourth session was taken by Dr. Dinesh Katoch on "Role of AYUSH in Nutrition", in which he talked about different natures of different foods according to Ayurveda and their requirements according to different seasons and nature of human bodies.

Day II

On day second, after the recap, Dr. Neelam Bhatia from NIPCCD talked on "Nutrition Programme for Mother and Child in ICDS", in which she elaborated about the services provided under ICDS for mother and children and about the revised guidelines in this regard. 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 and Lactation & Adolescents" which was taken by Dr. K. Kalaivani. She described the diagnosis of severe malnutrition and management of the diet for severe malnutrition in Pregnancy, Lactation & Adolescents. She described the magnitude and distribution of anemia in Indian scenario and enlisted the recommendations, particularly for women and children. She also discussed the 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 Harding Medical College. In an interactive session Dr. talked about the breast feeding technique for newborn children and infants. She

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 practice certain 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 audiences. Each group worked on the assessment of the nutritional status of the pregnant women, lactating women, geriatric women and Children- 0-6 months, 6 months- 2 years, and 3-5 years. The participants also assessed their socio- economic status and the utilization pattern of government health programs by the selected families. In the field activity, each group identified the problems with reference to knowledge, attitude, and practice of the community in relation to malnutrition.

In the post lunch session, debate was conducted on following topics:

“Chocolates are good for health than traditional sweets,
Restricting diet is best for weight management,
Fast food are nutritious and
Poverty predisposes malnutrition”.

One participant debated for and one against on each topic. The session was jointly chaired by Dr. M. Bhattacharya and Dr. Rajesh Khanna. The winners of the debate were given prizes.

Day IV

On day four, after recap of the sessions of previous day, the first session was taken by Dr. Umesh Kapil on “Role of Vit-A, Zinc, Iron and other micronutrient 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 also taken by Dr. Umesh Kapil on “Iodine Deficiency Disorders, status and 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.

Post lunch session was started with “Role of Nutrition in Preventing Cardiovascular Diseases & Diabetes” by Dr. Rakesh Yadav. He emphasized on role of diet in preventing cardiovascular diseases and

diabetes. He also discussed about different types of fats that we take as cooking media and their effect on our heart and the comparative risk of developing cardiac vascular disease. The last session on “Assessment of Malnutrition” was taken by Dr. M. Bhattacharya. She emphasized on the methods of assessment and interpretation of data for diagnosing malnutrition. She also emphasized and discussed the need for such assessments. Each participant participated in an activity in which they were asked to assess their dietary consumption of various nutrients and analyze their energy balance.

Day V

On the last day, after recap session of the previous day, the first 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 and programmes. The session on “Presentations 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 training 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 colleges/Home Science colleges and Post Graduates from Medical colleges.

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:

- Role of AYUSH in Nutrition
- Overview of Malnutrition
- Role of Nutrition in Preventing Life Style Diseases- Diabetes
- Role of Nutrition in Preventing Life Style Diseases- Cardiovascular Disease
- Iodine Deficiency Disorders-Status and Programme,
- Nutrition and Balanced Diet

No participant suggested deletion of any session for the future courses but few suggested addition of a panel discussion by expert on nutrition.

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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 06-12-10	Registration	1. Introduction & VIPP Technique Prof. Deoki Nandan	2.Nutrition Policy & Programme for Public Health Nutrition Dr. B.K.Tiwari	3.Balanced Diet and Nutritional Assessment (Lecture, demonstration & exercises) Dr. M. Bhattacharya, Dr. Renu Shahrawat & Ms. Supreet Kaur		
Tuesday 07-12-10	Recap, experience sharing	4.Nutrition Programme for Mother & Child in ICDS Dr. Neelam Bhatia	5. Nutrition in Pregnancy, Lactation & Adolescents Dr. K. Kalaivani	6 &7. Managing Problems in Infant feeding Visit to Kalawati Saran Hospital Lactation Management Centre Dr. Sushma Nangia Dr. M. Bhattacharya		
Wednesday 08-12-10		8 &9. Field Visits for Nutritional assessment in the community Course Team		10. Debate on Current food status & facts Dr. M. Bhattacharya & Dr. Rajesh Khanna		
Thursday 09-12-10		12.Role of Vit-A, Zinc, Iron & other micronutrient in Nutrition Dr. Umesh Kapil	13. Iodine Deficiency Disorders - Status & Programme Dr. Umesh Kapil	14.Role of Nutrition in Preventing Cardiovascular Diseases & Diabetes Dr. Rakesh Yadav	15.Role of AYUSH in Nutrition Dr. Dinesh Katoch	
Friday 10-12-10		16.Role of Medical & Nursing Colleges in Public Health Nutrition Prof. Deoki Nandan (Discussion)	17.Presentation by the participants of field visit Prof. Umesh Kapil, Prof. Deoki Nandan & Course Team			

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

**RESOURCE PERSONS
(NIHFW)**

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S.No.	List of the Document given to the participants
1.	ICDS & Convergence in NRHM
2.	Eliminating Hunger
3.	IMSAmendact 2003
4.	Investing in the future
5.	Tracking Progress on Child
6.	IGMSY Scheme
7.	Infant and Young Child Feed
8.	SABLA Scheme
9.	Wgicds
10.	11 th Five Year Plan
11.	Anaemia Policy
12.	CF Community based trail publication
13.	GOI IFA
14.	GOI –ZINC
15.	Growth Monitoring and Promotion Review and evidence impact
16.	Indicators of Assessing Infant and Young Child Feeding 2008
17.	MCN-Vitamin – A IFA Supplement
18.	NNP
19.	RDA-2010
20.	Severe Malnutrition
21.	Severe Nutrition
22.	Weekly iron folic acid
23.	IMG 1561
24.	IDD.GOI revised policy guidelines on NIDDCP
25.	Under 2 years Essential Interventions Matrix
26.	Under nutrition in Children in India – Action beyond food