

Centre For Nutrition Studies

Yenepoya (Deemed to be University),
University Road, Deralakatte,
Mangaluru, 575018

Dear well-wisher,

It has been almost a year since we received support from you. We would like to update you with regards to the activities that we could undertake with your support.

PUBLICATIONS

Starting with some publications, we had the following important ones with CNS affiliation:

- Bhargava A, Ralph R, Chatterjee B, Bottieau E. Assessment and initial management of acute undifferentiated fever in tropical and subtropical regions. *BMJ*. 2018 Nov 29;363:k4766.
- Bhargava M, Bhargava A, Akshaya KM, Shastri S, Bairi R, Parmar M, Sharath BN. Nutritional assessment and counseling of tuberculosis patients at primary care in India: Do we measure up? *Int J Tuberc Lung Dis*. 2019 Jan8. Doi: 10.5588/ijtld.18.033.
- Bhargava M, Bhargava A. Development of simplified body mass index-based field charts to assess nutritional status and weight gain in adult patients with tuberculosis. *J Family Med Prim Care* 2019;8:115-9. Doi 10.4103/jfmpc_226_18. <http://dx.doi.org/10.5588/pha.18.0017>
- Bhargava M, Bhargava A. Pyridoxine for patients suffering from drug-susceptible tuberculosis in India. *Public Health Action*. 2017; 8 (2):97.
- Bhargava A, Bhargava M, Pande T, Rao R, Parmar M. N-TB: A mobile-based application to simplify nutritional assessment, counseling and care of patients with tuberculosis in India. *Indian J Tuberc*. 2018 Nov 7. <https://doi.org/10.1016/j.ijtb.2018.10.005>
- Fathima KA, Bhargava M. Salt reduction and low sodium salt substitutes: Awareness among health care providers in Mangalore, Karnataka. *Indian J Community Med* 2018;43:266-9.



Some of the research ideas that were approved or completed are:

The RATIONS (Reducing Activation of Tuberculosis by Improvement Of Nutritional Status) study:

A cluster randomized trial of nutritional support (food rations) to reduce TB incidence in household contacts of patients with smear positive pulmonary tuberculosis in communities with a high prevalence of Undernutrition. This was approved in April 2019 and is first of its kind trial globally to create evidence for nutrition support for patients and their families with tuberculosis. It will be based in 4 districts of Jharkhand and is of three years duration. The study is funded by Indian Council of Medical Research (ICMR). We are in the process of recruitment of project staff and will keep you updated with its progress.

Maternal nutrition package under Pradhan Mantri Surakshit Matrutva Abiyan (PMSMA):

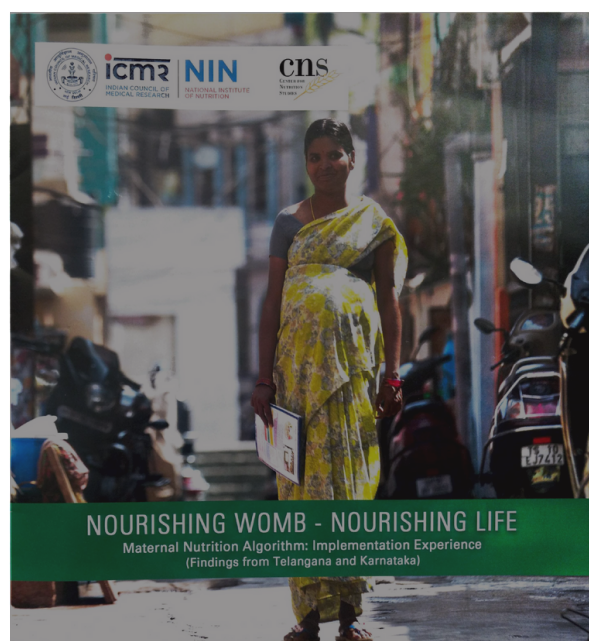
We implemented the Maternal Nutrition Algorithm prepared by the National Center for Excellence and Advanced Research in Diets (NCEARD), Lady Irwin College, New Delhi in the out-patient department of Yenepoya Medical College Hospital and Rural Health Training Center. More than 500 antenatal mothers were enrolled who underwent the nutritional risk screening and counseling. The activity was supported by UNICEF.

A cross-sectional study to assess the dietary protein-energy intake in the elderly population of Mangalore and its association with sarcopenia:

A student research project that was completed by the end of 2018. The preliminary analysis indicates interesting findings in terms of caloric and protein intakes of the elderly of this region. We will keep you posted once it is peer reviewed and published.

Neck circumference in adults: Its utility and acceptability compared to standard nutritional assessment techniques in screening for overweight-obesity.

An ICMR-funded student research project that got approval in May 2019.





Salt reduction and low sodium salt substitutes: Awareness among health providers in Mangalore.

ICMR-funded student research project which has been completed and published in Indian Journal of Community Medicine.

Technical document preparation on analysis of malnutrition figures of adolescents (15-19 years) in NFHS-3 and NFHS-4.

The activity is supported by UNICEF wherein the anthropometric findings of more than 4 lakh adolescents in this age group will be re-analyzed using the WHO cut-offs rather than the adult cut-offs that have been used till now in the national surveys.

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TEACHING & TRAINING

We have been involved in some teaching-training activities:

A Refresher Course for Medical Interns at Yenepoya was conducted on 29th March 2019

where more than 80 interns were trained for nutritional assessment and counseling of pregnant mothers and various updates in maternal health and nutrition in India

Faculty from Department of Oncology and Urology were trained in 'Literature Search Using Pubmed' over a period of 6 weeks.

A Short Course on 'Nutritional Assessment Techniques' was conducted over 4 days with support from UNICEF in May 2019.

Thirty two participants from Karnataka, Tamil Nadu, Telangana, Maharashtra, New Delhi, Orissa and Madhya Pradesh were trained. The resource persons were from University of Tampere and National Institute of Health and Welfare, Finland, St John's Research Institute, Bangalore, NCEARD, New Delhi, National Institute of Nutrition, Hyderabad, Yenepoya Physiotherapy College and Center for Nutrition Studies.



NATIONAL LEVEL INVOLVEMENT

- Consultation work for National Center for Excellence and Advanced Research in Diets, Lady Irwin College, New Delhi in refining nutritional advise in several diseases.
- Maternal Nutrition Guidelines at National level.
- National Technical Working group in TB and Co-morbidity.
- Essential Diagnostic list for India.
- Expert consultation on proposed Longitudinal Maternal Cohort Growth Study by International Institute of Population Sciences (IIPS).



Short Course on 'Nutritional Assessment Techniques' resource- persons and participants.

