

# NON-COMMUNICABLE DISEASES

## 2.1 Effectiveness of diet and lifestyle intervention through Information Education Communication (IEC) tools with Angan Wadi Centres (AWCs) of Tribal population of Udaipur District of Rajasthan as the centre of knowledge dissemination for hypertension (including hypercholesterolemia and diabetes) risk reduction – a cluster randomised controlled trial

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### OBJECTIVES

1. To assess the effectiveness of diet and lifestyle intervention through Information Education Communication (IEC) tools with Angan Wadi Centres (AWCs) as the centre of knowledge dissemination for Non-communicable Disease risk reduction.
2. To assess the effectiveness of intense versus usual IEC interventions on diet and lifestyle modifications delivered by existing community-level health-workers (ASHA or equivalent) on population level blood pressure.
3. To assess the operational feasibility of integrating NCD risk reduction in community health programs through existing community level healthcare volunteers such as ASHA or equivalent.
4. To assess the usefulness of trained healthcare workers to affect changes in dietary fat, fibers and salt, tobacco and alcohol consumption and increasing physical activity.
5. To assess the efficacy of these interventions to evaluate changes in lipid levels and glycemia.

### PROGRESS

In the task force study of hypertension the team surveyed Udaipur district to check the feasibility and accessibility of the Study area on the basis of highest tribal population and approach from the DMRC, Jodhpur. Kotra Tehsil with highest tibal population i.e. more than 90% of tribal population was selected as the study area to conduct the study on hypertension among tribal population of Kotra tehsil of Udaipur district.

A team from Desert Medicine Research Centre attended the training programme under the project at the Coordinating site Centre DISHA Phase II organized by CCDC, New Delhi from 27<sup>th</sup>-29<sup>th</sup> January 2014. The training was given with regards to methods of collection of blood samples; the necessary precautions therein; the transportation and packaging of the samples and taking the anthropometric measurements of height and waist circumference along with measuring Blood Pressure. The training was also imparted on bio impedance which included nine parameters i.e. weight, body-fat%, body-water%, BMI, metabolic age, bone mass, muscle mass, daily calorie intake, visceral fat rating.