

NUTRITION

3.3 National Nutrition Monitoring Bureau Unit

Principal Investigator (Jodhpur Site): Dr. G. S. Toteja, Scientist 'G' & Director

Commencement: November, 2012 **Duration:** Upto July 2015 **Status:** Ongoing

Funding Agency: Indian Council of Medicine Research (ICMR) (Extramural)

OBJECTIVES

1. To assess the current status of food and nutrient intake among different age/gender/physiological activity groups of urban population in all the NNMB States.
2. To assess the current nutritional status of all the available individuals in the selected HHs in terms of anthropometry and clinical examination.
3. To assess the history of morbidity during previous fortnight among all the individuals covered for anthropometry.
4. To assess the prevalence and determinants of overweight and obesity, hypertension, diabetes mellitus and dyslipidemia among the urban adult men and women (≥ 18 years).
5. To assess body composition using bio-electrical impedance assessment (BIA)/ skin-fold thickness at 4 sites among adults covered for anthropometry.
6. To assess knowledge and practices about obesity, hypertension, diabetes and dyslipidemia, among adults and Assessment of lifestyle patterns and risk behaviours of adults.
7. To assess the infant and young child feeding practices among the mother of < 3 year children

PROGRESS

In 2012, NNMB has been expanded to six more states which included Rajasthan. The unit in Rajasthan is located at Desert Medicine Research Centre, Jodhpur. The unit is currently working on the project “*Assessment of Diet and Nutritional Status of Urban Population and Prevalence & Determinants of Hypertension and Diabetes among adults in India*”.

In this study, 5 cities of Rajasthan namely Jaipur, Jodhpur, Kota, Hanumangarh and Dholpur are to be covered, over a period of 30 months. The team comprises of a Medical officer, Nutritionist and a Social Worker. The survey has been completed in Jodhpur city. The preliminary analysis indicated that around 12.7 % of adults are diabetic, 14.53 % are hypertensive and 17.4 % are hypercholesterolemic.

Survey is now being carried out in Jaipur city, since September, 2013. Eight wards have been surveyed till March, 2014. The anthropometric data, basic demographic details were collected and biochemical investigations have been done.