

## 2. NON-COMMUNICABLE DISEASES

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

**Principal Investigator of Jodhpur site:** *Dr. K. R. Haldiya (Till July 2014), Dr. Raman Sachdev, Scientist 'E'*

**Commencement:** January, 2014      **Duration:** Three Years      **Status:** Ongoing  
**Funding Agency:** ICMR Task Force Project, Extramural

#### OBJECTIVES

##### General Objective:

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.

##### Specific Objectives

###### Primary Objective:

To assess the effectiveness of intense versus of usual IEC interventions on diet and lifestyle modifications delivered by existing community level health workers (ASHA or equivalent) on population level blood pressure

###### Secondary Objectives:

1. To assess the operational feasibility of integrating NCD risk reduction in community health programmes through existing community level health care volunteers such as ASHA or equivalent.
2. To assess the usefulness of trained healthcare workers to affect changes in dietary fat, fibre and salt, tobacco and alcohol consumption and increasing physical activity
3. To assess the efficacy of these interventions to evaluate changes in lipid levels and glycemia.

#### PROGRESS

Project was initiated in January 2014. Earlier we have done listing and mapping of house holds of all selected 12 clusters of Kotra tehsil of Udaipur district and submitted to co-ordinating centre, CCDC for randomization. After receiving the randomized list from the coordinating centre CCDC, New Delhi

we started baseline survey in the selected clusters including recruitment of the participants, Physical anthropometry examination and collection of blood samples from the recruited participants. Two teams were formed for the baseline survey work. Each team comprised of two members along with one team supervisor who supervised the work of both teams.

### Baseline Data Collection

Baseline work including recruitment of participants, physical anthropometry examination and collection of blood samples were done in 12 clusters of Kotra tehsil of Udaipur district. Table 1 shows the coverage done by investigator in the field.

**Table 1. Coverage done by the team in the field**

Coverage	Main Questionnaire	BP/Anthropometry examination	Blood Sample collection	24 dietary recall
	3600	2500	824	120

In Phase I we recruited participants and collected demographic data as well as life style, physical activity and diet and nutritional data from all selected clusters of study area. The baseline work has been completed. A total 3600 participants have been recruited from 12 clusters along with 2500 BP measurements, Physical Anthropometry examination and 824 blood samples. All field collected blood samples were sent to CNRT (ICMR), New Delhi for bio chemical analysis including blood sugar, total cholesterol, haemoglobin estimation etc. All reports received from CNRT, New Delhi have been distributed to the concerned participants. Due to non cooperation we could not measure BP & Anthropometry examination and collection of blood samples of all participants.

In addition to baseline data collection, dietary information using 24 hrs recall was also collected from 120 participants 10 from each cluster clusters under intervention and under control group.

### Data Entry

As per the protocol of the study field collected data had to be entered online by investigator while they come back from field. Total 3417 entries of main questionnaire have been entered through online software of DISHA along with 2342 BP Anthropometry forms and 374 blood samples collection forms.

### Intervention

Two days intervention training programme were held on 9<sup>th</sup> and 10<sup>th</sup> February, 2016 at Kotra, Udaipur. Training was imparted by Ms. Kashvi Kahol, Research Associate, CCDC, New Delhi. Dr. Raman Sachdev, Scientist ‘F’, Mr. Anil Purohit, Technical Officer ‘A’ of the centre along with all Aanganwadi workers/ASHA of all clusters participated in the Training programme. Training included dissemination of knowledge on-

1. Project Background
2. DISHA Intervention
3. Background Knowledge on non communicable diseases
  - a. Heart Attack
  - b. Stroke
  - c. High Blood Pressure
  - d. Diabetes

In addition to dissemination of knowledge on non communicable diseases, 6 key messages on consumption of salt, reduction of use of tobacco and alcohol, increase physical exercise etc were given to all participants. Intervention is planned now.