

3.2 National Nutrition Monitoring Bureau Jodhpur Unit - Assessment of Diet and Nutritional Status of Urban Population and Prevalence & Determinants of Hypertension and Diabetes among adults in India

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Commencement: November, 2012 **Duration:** 3years **Status:** Completed

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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

The National Nutrition Monitoring Bureau (NNMB) was established under the aegis of Indian Council of Medical Research in the year 1972, with the Central Reference Laboratory at the National Institute of Nutrition (NIN), Hyderabad and its ten units in the states of Kerala, Tamil Nadu, Karnataka, Andhra Pradesh, Maharashtra, Gujarat, Madhya Pradesh, Orissa, West Bengal and Uttar Pradesh. In 2012, NNMB has been expanded to six more states namely Assam, Andaman & Nicobar Islands, Bihar, Rajasthan, Puducherry and New Delhi. The centre hosts Rajasthan unit of NNMB. The Bureau since its inception has been carrying out '*diet and nutrition surveys*' on a regular basis in the rural and tribal areas. NNMB has also been evaluating the various on-going Nutrition Intervention Programs in the country.

The project was initiated in November, 2012. Under the project, 5 districts were to be covered namely, Jodhpur, Jaipur, Kota, Dholpur and Hanumangarh. Work done in Jodhpur, Jaipur and a part of data collected in Kota have been reported earlier.

The work initiated in Kota got completed. 720 households from 121 geographical clusters of Kota which included 1485 adults (≥ 18 years), 380 adolescents (12-18 years) and 190 infants (≤ 3 years) have been covered for basic demographic data, anthropometric measurements and biochemical investigation during January – July, 2015. Later this survey was taken in Dholpur in August, 2015 and 432 households were covered from this district which included 878 adults (≥ 18 years), 208 adolescents (12-18 years) and 42 infants (≤ 3 years) for basic demographic details, anthropometric measurements, biochemical investigations.