

Medical education for children/Adolescents for Realistic prevention of obesity and diabetes and for healthy ageing Project “MARG”- A Healthy school initiative programme

Vanisha S. Nambiar

The Maharaja Sayajirao University of Baroda, India

India is at a threshold of an 'outbreak' of obesity, specifically in urban cities in India. Obese children and adolescents are at an increased risk for the development of early-onset type 2 diabetes mellitus (T2DM) and coronary heart disease (CHD), more so in urban Indian cities. This phenomenon is accelerated by nutritional westernization and sedentary lifestyle. Unless preventive measures are taken, obese and insulin resistant children will get affected with T2DM and CHD in young adulthood. The study aimed at creating awareness among children, teachers and parents about nutrition and lifestyle behaviors. It focused on the primary prevention of obesity and inculcation of healthy diet and lifestyle practices in urban Asian Indian children who have been shown to be at high risk for future development of T2DM and CHD. Schoolchildren from 10 Private schools of Vadodara city were targeted over a period of two years. Health education and awareness program was directed for the students, teachers and parents. The paper focuses on the packages used over the 2 year programme to enhance awareness of the non-communicable diseases and behavior changes in their lifestyle.

This study was supported by Diabetes Foundation of India and UGC DSA SAPII of FND, MSU Baroda.

Biography

Vanisha Nambiar, Principal Investigator, Project “MARG”-Vadodara, Assistant Professor, Department of Foods and Nutrition, A WHO Collaborating Center for health Promotion, General Secretary, Indian Dietetic Association, Gujarat Chapter, Faculty of Family and Community Sciences, The Maharaja Sayajirao University of Baroda, Vadodara 390 002 – India.

vanishanambiar@gmail.com