

# CHILD

A new generation Newsletter from  
**Child Development Centre**  
(An Autonomous Centre under Government of Kerala)  
MEDICAL COLLEGE CAMPUS, THIRUVANANTHAPURAM

Cdc Health Initiative and Learning Division

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Dr Babu George, Director, CDC and Dr M Zulfikar Ahamed, Clinical Professor of Pediatric and Adolescent Cardiology, CDC, congratulating Dr Jeemon P, Associate Professor, Achutha Menon Centre for Health Science Studies, SCTIMST, for his achievement as a winner of the prestigious Santhi Swarup Bhatnagar Prize for the year 2021 in Medical Sciences. Dr Jeemon P, has won the award for his outstanding contributions to public health care and prevention and control of cardiovascular diseases and primary care of Diabetes in India.

## Class on Stress Management during Covid pandemic

An online session on Stress Management during Covid pandemic was conducted for parents and children of Govt LP school Kadampanad. The session was handled by Ms.Parvathy Prasenajith Clinical Psychologist,

CDC on 1st July 2021. She discussed in detail the emerging issues during the pandemic and approach towards managing stress during the pandemic.

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Dr Babu George, Director CDC and Mr. Baiju Madhava S, Manager SBI Medical College branch planted trees on World Environmental Day on June 5 2021 at CDC campus.



Scientific Discourse

Reader's Corner

# Use of Dietary Salt in India

Babu George, Liss Maria Scaria

World Health Organization states that, high sodium consumption (>2 grams/day, equivalent to 5 g salt/day) and insufficient potassium intake (less than 3.5 grams/day) contribute to high blood pressure and increase the risk of heart disease and stroke. The main source of sodium in our diet is salt.

Before going through the use and -overuse of salt in the current situation in the country, let's have an overview of the history of salt in India. Ever since earliest times taxation of salt has been prevalent in India. In 1835, special taxes were imposed on Indian salt to facilitate its import. This strict tax rules imposed by the British was a huge burden to the Indian public.



There were many protests in the 19th and 20th century against this. The Salt March, also known as the Salt Satyagraha, Dandi March and the Dandi Satyagraha, was a n act of nonviolent civil disobedience in colonial India led by Mohandas Karamchand Gandhi. The 24-day march began on 12 March 1930 culminated on 6 April 1930 as a direct-action campaign of tax resistance and nonviolent protest against the British salt monopoly.

The situation in the 21st century India has been transformed with a higher price of salt, increased consumption and different compositions of salt available in the market. The time run transformation in the occurrence of diseases have happened in our country too; from highly prevalent communicable diseases to widespread non-communicable diseases.

Cardiovascular diseases (CVDs) are the leading cause of death in India, with high blood pressure responsible for almost one quarter of the 2.3 million CVD-related deaths per year. India has committed to achieving

the global target of reducing population salt intake by 30% by 2025 to reduce the burden of non-communicable diseases (NCD). Determining levels of salt intake and major sources of dietary salt are key steps to reaching this goal. Salt intake in India is about 11 g per day, exceeding the WHO's recommended maximum intake of 5 g per day. Sources of dietary salt are known to vary between countries, with over 75% of dietary salt in high-income countries coming from processed foods, while the predominant source of dietary salt in low- and middle-income countries (LMICs) is from home-made foods where salt is added during food preparation. Apart from that India is presently undergoing a rapid epidemiologic, demographic, and nutrition transition, and salt intake from pre-prepared packaged foods may be increasing as well. The data on the salt content of packed foods in India is sparingly available due to not adhering to the nutrition labelling guidelines.

In this context of higher salt intake and increased risk for NCD, the low sodium salts rushed into the

Indian market which highlighted the 'X percentage low sodium' in their product with higher price. But these products seldom mentioned the higher potassium content and their risk to health for those on potassium restricted diet. The nutritional information of 'low sodium salt' available in the market shows a content of nearly 8 g of Potassium per 100 grams which can cause hyperkalemia for those for people with diabetes, cardiac diseases and renal diseases. So, it would be a good practice for those with NCD to cut down salt intake to reduce blood pressure rather than looking for substitutes.

Reducing salt intake has been identified as one of the most cost-effective measures countries can practice to improve population health outcomes. Key salt reduction measures will generate an extra year of healthy life for a cost that falls below the average annual income or gross domestic product per person. An estimated 2.5 million deaths could be prevented each year if global salt consumption were reduced to the recommended level.

## CDC- Publication

# Prevalence and determinants of overweight and obesity among higher secondary students in a district in Kerala

**Background:** Overweight and obesity among adolescents and children are associated with early onset of non-communicable diseases and greater risk of complications in adulthood. The study was conceived in the background of the high burden of adult non-communicable diseases in the state, to assess the prevalence and determinants of overweight and obesity among higher secondary students in one of its fourteen districts, with a view to explore the areas to be focused in preventive activities.

**Methods:** Anthropometric measurements, blood pressure, and physical examination of 1846 class plus one students were conducted in Thiruvananthapuram. Lifestyle assessment of the children was also conducted using a self-adminis-

tered pre-validated questionnaire. Prevalence of overweight and obesity was calculated based on Indian academy of Paediatrics body mass index cut-offs. Logistic regression analysis was done to discover factors associated with overweight conditions.

**Results:** Among the students, 14.19% were overweight; 6.45% were obese. Boys, rural residents, and those from low socioeconomic background had lower odds of being overweight. Students who had main meal (s) from outside on three or more days a week (adjusted odds ratio 1.99; CI: 1.17-3.386), and with history of hypercholesterolemia (adjusted odds ratios (aOR) 1.8; CI: 1.19-2.63), obesity (aOR 1.6; CI: 1.11-2.23), or diabetes (aOR 1.5; CI: 1.17-1.95) in the immediate family

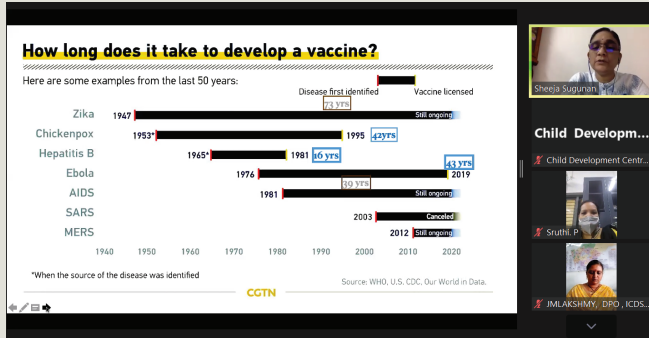
had higher odds of being overweight. Hypertension and acanthosis were significantly higher among overweight students (p=0.001).

**Conclusions and Implications:** The results warrant the adoption of screening and timely intervention for non-communicable disease risk factors from school level itself to reduce future morbidity and the risk of complications.

**Reference:** George B, Raju JRA, Leela LM, Bhaskaran D, Indiradevi L, Thulaseedharan N. Prevalence and determinants of overweight and obesity among higher secondary students in a district in Kerala. *Int J Community Med Public Health* 2021;8:3074-8.

# First Thousand Days TOT Programme

Session on Immunization by Dr. Sheeja Sugunan, Associate Prof (Pediatrics), Government Medical College, Thiruvananthapuram



First Thousand Days TOT Programme for CDPOs and ICDS Supervisors was conducted by CDC in association with Women and Child Development Department. Dr.M.K.C. Nair, Former Vice Chancellor, KUHS, Dr.Sobha Kumar, Former Head, Department of Neonatology, SAT, Dr.Manjula, Associate Professor, Dept of O&G, Govt Medical College, Idukki, Dr.Sheeja Sugunan, Associate Professor, SAT Hospital, Dr.Riaz I., Associate Professor, SAT Hospital, Dr.Shermin, Associate Professor, SAT Hospital, and Ms.Asmi S.S., Assistant Professor, Govt College of Nursing, TD Medical College, Alappuzha, Dr Meera R, and Dr.Jawahar EA, IAP Fellows, CDC handled various sessions on importance of 1st 1000 days- preconception preparations, planning a pregnancy, exclusive breastfeeding & addressing breast feeding issues, care of newborn, common childhood diseases, immunization, growth monitoring & early detection and early intervention for nutrition issues, Early detection & early intervention of developmental delay/disability, parenting newborn, infants and toddlers, and care of newborn with special needs (preterm & LBW). Four batches of CDPOs and ICDS supervisors from all over Kerala were trained from 19<sup>th</sup> July to 13<sup>th</sup> August 2021 and each batch consisted of nearly 50 participants.

Dr Anitha Vijayan, IAP Fellow, CDC was awarded the best paper presentation in the 50<sup>th</sup> Pedicon, 2021 of Indian Academy of Pediatrics conducted at Eenakulam on 5<sup>th</sup> december 2021

## Nirnayam Kit



Ms Lakshmi M. A, Preschool teacher, CDC, handing over the Nirnayam kit to Ms.Sophy Jacob, Assistant Director, Women and Child Development Department. Nirnayam kit developed by CDC is a comprehensive of package of 12 items including, rattle, measuring tape, pen torch and various other essential materials for assessing development of children aged 0-3 years. This kit is developed for supporting early detection of Developmental Delay among children less than 3 years.

## Congratulations

CDC congratulates Ms Prasanna G.L for successfully completing the course as Registered Behavior Technician, (RBT) from Behavior Analysis Certification Board (BACB). RBT is a paraprofessional certified in behavior analysis. RBTs assist in delivering behavior-analytic services and practice. RBT certification program is accredited by the National Commission for Certifying Agencies (NCCA), the accreditation body of the Institute for Credentialing Excellence (ICE) Washington, D.C.



Congratulations to Dr. Jawhar EA and Dr. Meera R for the successful completion of one-year full time IAP fellowship program, in Developmental and Behavioural Pediatrics during 2020-2021 (5<sup>th</sup> Batch).



Dr Meera R



Dr Jawhar EA