

National Institute of Nutrition releases the Urban Nutrition Data of India 2017

Finds prevalence of hypertension highest in Kerala and stunting highest in Uttar Pradesh followed by Maharashtra

September 27, 2017, Hyderabad: National Institute of Nutrition (NIN), country's premier nutrition research institute, under the aegis of Indian Council of Medical Research (ICMR) launched the Report "Diet and Nutritional Status of Urban Population in India and Prevalence of Obesity, Hypertension, Diabetes and Hyperlipidaemia in Urban men and women" on 26th September 2017 on the occasion of the inaugural ceremony of the centenary celebrations of the institute.

The Urban Nutrition Data research study found (*Refer Annexure*)

- The prevalence of stunting among urban <5years children was highest in the States of Uttar Pradesh (40.8%), followed by Maharashtra (36.4%), New Delhi (35.7%) and West Bengal (34.4%) and lowest in Puducherry (11.6%).
- The prevalence of undernutrition (thinness) was significantly higher in 5-13 year old and 14-17 year old boys as compared to girls of the same age group.
- The prevalence of hypertension among urban men and women was found to be 31% and 26%, respectively. It was maximum in the state of Kerala (31 to 39%) and lowest in Bihar (16% to 22%)

Shri Pawan Agarwal, Chief Executive Officer, Food Safety & Standards Authority of India, New Delhi released the Urban Nutrition Data and delivered the key-note address on the occasion. He said, "NIN has been providing the much needed inputs to FSSAI regularly on the basis of their scientific studies. These inputs in the realms of food composition, recommend dietary allowances and dietary guidelines have helped immensely in the formulation of effective strategies to promote food safety and to streamline the regulatory mechanisms in the country."

Mr. Agarwal, elaborated on proactive measures being taken to promote food standards in the country. He said that about 235 food testing laboratories, including 141 in private sector have been established and standard protocols have been formulated for food testing with the help of NIN. He urged NIN and other stakeholders to help devise effective strategies to educate the communities on safe and hygienic practices relating to food safety.

National Institute of Nutrition, founded by Sir Robert McCarrison in the year 1918, is entering into centenary year celebrations today. National Institute of Nutrition was founded by Sir Robert McCarrison in the year 1918 as 'Beri-Beri' Enquiry Unit, housed in a single room laboratory at the Pasteur Institute, Coonoor, Tamil Nadu. Within a short span of seven years, this unit flourished into a "Deficiency Disease Enquiry" office, and later in 1928, emerged as full-fledged "Nutrition Research Laboratories" (NRL) with Dr. McCarrison as its first Director. It was later shifted to Hyderabad in the year 1958.

Earlier in his welcome address Shri. T. Longvah, Director, NIN spoke on the stellar contributions made by the institute over the decades. He said that the massive national nutrition programs to tackle micronutrient deficiencies, especially those of iron and Iodine deficiency, were made possible owing to NIN's contributions. He presented a brief outline of future research projects including an ambitious public health nutrition initiative, with the help of Tata Trusts, India. Mr. Longvah also said that NIN would be starting two new projects on its campus very soon - a regular post-graduate course on sports nutrition in collaboration with Sports Authority of India and a 'Centre of excellence for research on foods and nutrition'. He stressed the importance of comprehensive databases like the Indian Food Composition Tables which were released by NIN recently.

While presenting his remarks, Dr. G.S. Toteja from ICMR, New Delhi congratulated NIN for the significant research contributions made to check malnutrition in all its forms. He said that the major nutritional programs operational in the country today, including supplementary feeding programs of ICDS and the programs to control blindness occurring due to vitamin A deficiency and also the program to prevent and control Iron deficiency anemia were started on the basis of NIN's recommendations.

All the former Directors of NIN were honoured on the occasion. Dr. P. Uday Kumar, Senior Scientist, NIN proposed a vote of thanks before the conclusion of the session.

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