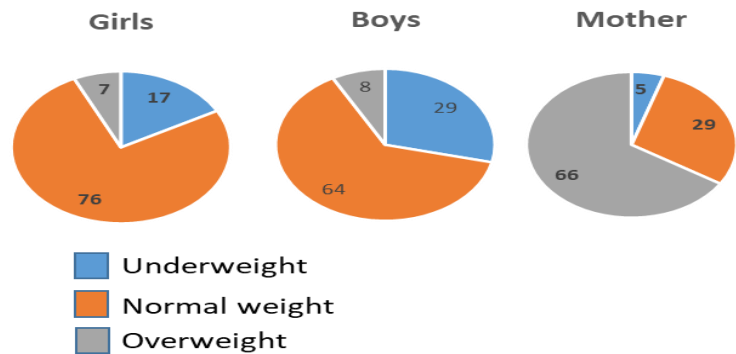




HEALTH CHANGES IN VIJAYAPURA

Underweight and obesity — double problem in Vijayapura

India is facing a double issue of increasing obesity and underweight. In our study of 400 families in Vijayapura, in 2012, we measured the weight and height of mothers and children ages 5-19 years. We found 11% of families had family members some that are underweight and overweight. Even though most of the children had a normal weight, unfortunately most of the mothers of these children were overweight.



How do children and adolescents view foods in Vijayapura?

Another study by our team found adolescents (children of the ages 13-19 years) in Vijayapura to describe foods and beverages as healthy, unhealthy, traditional, modern, and prestigious.

- Prestigious foods: pizza, noodles, cold drinks, ice cream, and cake
- Traditional foods: curd, pulses, rice, roti, and holige

There was little overlap in the foods adolescents said that they ate at home versus outside the home. Adolescents were also aware of specific foods and beverages that were available in supermarkets & kiraana stores.



Picture above is adolescents definition of the word 'healthy'.

Going global — adolescents eating patterns

According to a study carried out by our team, adolescents' eating patterns in Vijayapura showed a combination of global (non-local) and traditional foods. We interviewed 399 adolescents ages 13-16 years with a nutrition survey and compared their food intake with the Indian dietary guidelines.

The adolescents ate high-calorie food more frequently than recommended but ate fruit, vegetables and dairy less frequently than recommended. Girls had more frequent consumption of global packaged and ready-to-eat foods, vegetables, and added oil/ ghee to foods while boys more frequently ate eggs

and street foods than girls.

Healthy eating can be difficult for adolescents when there are new and trendy packaged and processed foods in the market. This study provided new insights on the eating patterns of adolescents. "As global foods continue to appear in low- and middle-income countries such as India, understanding eating patterns can inform efforts to improve eating a variety of healthy foods" commented team nutritionist and lead author Dr. Nida Shaikh, Assistant Professor, Georgia State University.

What do Grandmother's have to say about the health in India??

We spoke with 10 grandmothers from Vijayapura to understand what they have to say about health in India. Grandmothers told us about the changes in eating patterns and family roles that have occurred as a result of globalization that may be contributing to the rise in chronic (long-term) diseases. Grandmothers were asked to tell us about and to compare their current and past household activities such as details of eating, activity practices, and daily tasks.

Grandmothers said household tasks and food preparation these days take less labor and time than they did previously. They said this is because of mechanization and the availability of prepared foods these days. Grandmothers also said that families are more often eating food out, bringing prepared food home, and using ready-made food mixes. In addition, adolescents are continuing to eat meals at home, but now snack with friends outside the home more frequently than before.

Innovative 'snapshot' of private school children's physical activity and food habits

Visiting MPH students from Emory University, carried out a study where they looked at photo journals to understand children's perceptions of their food and activity habits in Vijayapura. Thirty boys and girls in 8th and 9th standard in a private school were given a Kodak disposable camera and a notebook for 4 days in July 2013.

Children showed interest in activities such as sports and playing outside, learning, and health. Some described how much they enjoyed their favorite sports. An eighth grade girl stated, "*I have basketball net in my house ... I have taken this photo because I like basketball and I go to level in basketball.*"



Picture to left: 8th standard boy discusses family dinner. "*These items were made by my mother . These items were made at home. This is used often*"

Picture to right: 8th standard girl describes playing outside: "*I play every Sunday in this garden. I like this garden very much.*"



Thank you from the Project Directors!!

Thank you research study participant, parent, and family for welcoming us to your house and letting us talk with you! We could not have carried our work without your support and cooperation. We also want to thank the school authorities and teachers for their cooperation and the staff and students at BLDE University and Emory University for their dedication to our projects.

Sincerely,

*Dr. Shailaja Patil, Project Director, BLDE University, Vijayapura, Karnataka &
Dr. Solveig Cunningham, Project Director, Emory University, Atlanta, USA*

Our new project!

Our research team has exciting news to share! We have recently launched a new project called '*Food Choice in Indian Households in the Context of the Nutrition Transition*'. The goal of this study is to understand what makes adults and children choose different types of foods. We are recruiting adults and children from households in the city of Vijayapura and the village of Ukkali. Participants will be asked to provide information on their food choices individually.



Our team at the project launch ceremony in December 2018