

**Outcome Report of the  
Sensitisation Workshop  
On  
Combating Non-Communicable Diseases (NCDs) at an  
Early Age  
December 7, 2016  
2:00-5:00 PM  
Auditorium, Sir Ganga Ram Hospital, New Delhi**

**Organised by:**

**Public Health Foundation of India (PHFI)  
Sir Ganga Ram Hospital  
Indian Academy of Pediatrics (IAP)**

**In collaboration with:**

**Health Related Information Dissemination  
Amongst Youth (HRIDAY)  
Association for Adolescent and Child Care in  
India  
Healthy India Alliance (HIA)**

**Supported By  
NCD Child**

## Background

In 2016, the Public Health Foundation of India (PHFI) was granted the NCD Child *Advocacy in Action* program supported by the NCD Child to advance NCD prevention in adolescents in the country by engaging paediatricians and adolescents in the efforts collaboratively with AACCI and IAP.

## Project Aim and Objectives

The aim of this project is to strengthen the efforts towards obesity reduction and NCD prevention in line with India's adopted NCD targets, by engaging pediatricians in India and enabling schools to adopt health promoting policies and activities.

The objectives include:

- To mobilize 25-30 Delhi based pediatricians and empower them with leadership advocacy training to promote NCD prevention policies and support healthy lifestyles in line with country's NCD action plan.
- To train teachers on obesity prevention and enhance awareness among school children on NCD related issues to build an enabling environment in 30 Delhi and NCR schools.
- To engage students from 30 Schools in Delhi in NCD health promotion activities.

As the first activity of this project a sensitisation workshop for pediatricians on the topic **"Combating NCDs at an early age"** was organised on 7th December from 2:00 to 5:00 PM at Sir Gangaram Hospital. The workshop was collaboratively organised by PHFI, HRIDAY, AACCI, Sir Gangaram Hospital, IAP, NCD Task Force and IAP Delhi.

The key objectives of the workshop included:

- To engage Delhi based pediatricians as NCD advocates to equip them with the skills required to sensitize their patients and parents of children on preventing NCD through healthy lifestyles from an early age.
- To highlight the role of pediatricians in strengthening policy advocacy efforts towards NCD prevention of coalitions eg. Healthy India Alliance (HIA), which is India chapter of NCD Alliance.
- To engage the trained pediatricians, as advocates and trainers, in the subsequent workshop for school teachers and for school engagement sessions.

During the meeting, discussions were held around role of pediatricians in addressing NCDs at an early age and strengthening policy advocacy efforts in India. This session aimed to equip pediatricians with the skills required to sensitize their patients and parents of children on preventing NCD through healthy lifestyles from an early age and empower them as NCD advocates. The workshop also aimed to engage pediatricians, as advocates and trainers, in the subsequent workshop for school teachers and for school engagement sessions.

The key outcomes can be listed as under:

- The trained pediatricians advance NCD prevention and control through their clinical work
- Trained pediatricians lead advocacy efforts towards promoting healthy lifestyle and become resource person for Teacher's Training Workshop

## Participants

The workshop was attended by pediatricians from Sir Gangaram Hospital and IAP who were enthusiastic to play a leading role in advancing NCD prevention among adolescents.

## Resources

The resources can be downloaded from this link:

<https://fil.email/1rdjaW>



List of resources shared during the workshop:

- National Action Plan for the prevention and control of NCDs in India
- Healthy India Alliance Brochure
- Non Communicable Diseases Risk factors and prevention among children and adolescents: A factsheet
- NCDs and young people by NCD Child: A factsheet
- Country collaborations for the prevention and management of NCDs in young people: 2016 Interim Report developed by NCD Child
- Engaging pediatricians as NCD advocates for children, adolescents and young people: A presentation from Dr. Kiran A Patel, NCD Child

## Workshop

The agenda is appended as Annexure I.

Dr Monika Arora, Executive Director, HRIDAY & Director, Health Promotion Division, Public Health Foundation of India, provided an overview to the project and the workshop.

Dr. Latika Bhalla, Consultant-Sir Ganga Ram hospital talked about the expected outcomes of the collaboration.



Dr. K Srinath Reddy, President, Public Health Foundation of India and Hony. President, HRIDAY addressed the house on NCD prevention among children and identification of high risk groups. He also highlighted the important role of pediatricians in the NCD space.

Dr. Harish Pemde, Professor of Pediatrics, Lady Hardinge Medical College and President IAP (2017) discussed the Role of pediatricians in NCD prevention and what can they do through their clinical work.



### Panel Discussion

Title: National and International efforts towards NCD prevention

The Panel discussion was moderated by Dr Latika Bhalla, Consultant, Sir Ganga Ram Hospital and the Panelists included:

- Dr. Arvind Kumar, Head Robotic Surgery, Sir Ganga Ram Hospital
- Dr. Sadhana Bhagwat, NPO (NCDs), WHO Country Office for India
- Dr. Dinesh Kaul, Consultant- Pediatrician, Sir Ganga Ram Hospital

The panel discussion focused on issues such as health promotion approaches to reduce NCD burden in India, International and national experiences in engaging paediatricians in NCD prevention and control.

### **Recommendations/Suggestions:**

The workshop provided a concrete platform to engage pediatricians in NCD prevention and control efforts. A set of recommendations/suggestions evolved from this workshop:

1. NCD prevention interventions should be such that it should provide care and reach the last child of the nation.
2. It is important to develop both disease and age specific task force to address all NCDs in order to plan a holistic response.
3. Identification of high risk groups/vulnerable groups is critical and selective programmes targeting such individuals are needed, such as rural and migrant populations.
4. A set of guidelines can be developed to be used by Pediatricians for various interventions like clinics, schools and communities referring based on existing international guidelines and other experiences in India. These guidelines can be discussed with expert group at PEDICON, 2017.
5. All the existing school-based efforts should be clubbed and integrated based on the identified current needs of adolescents.
6. The school-based interventions should be based on the play-way approach to ensure optimal engagement of adolescents. Activities such as role plays, group discussions, brainstorming sessions, debates, health art, puppet shows should be done not only to talk about NCDs but also other adolescent health issues which are often tabooed and least discussed such as sexuality education, as teachers are not able to talk about these issues with adolescents.
7. The programme should be named as Healthy Living programme instead of obesity reduction or prevention to depict the overall health of the children and not just disease specific. The programme messages on: less TV watching, less time on gadgets, healthy nutrition, life-skills etc. Suggestions can also be taken from teachers and students for the programme name.
8. During the initial phase of the programme, schools which have similar demographic characteristics should be targeted like Private and Government-aided schools.
9. An evaluation tool for students to be developed to assess the outcomes and impact of intervention (pre and post assessment)

## Next steps:

- Training Package including, Facilitator Guide and Presentation should be developed by HRIDAY and PHFI in consultation with AAACI, IAP for Paediatricians, which can be used by the resource persons during teachers' workshops. The already existing resources under RKSK, RBSK, HRIDAY, PHFI and AAACI can be used to develop this training package.
- Customized training package for teachers, which can be used by them to sensitize students.
- 30 schools for this programme can be selected in partnership with IAP, Sir Ganga Ram Hospital, PHFI and HRIDAY as they all have school network. These schools can be selected from all zones.
- Teachers' workshop to be conducted in January 2017
- The school based activities should be done in two groups: Group I (Class V-VII) and Group II (Class VIII and IX), as the level of understanding is different.
- A set of guidelines to engage paediatricians in NCD Prevention and Control to be developed. The guidelines shall be used by Pediatricians for various interventions in clinics, schools and communities to advance the efforts towards NCD prevention at an early age



**Advocacy Workshop for Pediatricians**  
**On**  
**“Combating NCDs at an early age”**  
**December 7<sup>th</sup>, 2016 2:00 to 5:00 PM**  
**Auditorium, Sir Ganga Ram Hospital**

S.No.	Session	Duration	Speaker
1.	Welcome note, introduction to the project and its objectives	2:00-2:15 PM	Dr. Monika Arora Director-Health Promotion Division, Public Health Foundation of India and Executive Director, HRIDAY
2.	The expected outcomes of the collaboration	2:15-2:30 PM	Dr. Latika Bhalla Consultant Sir Ganga Ram Hospital
3.	NCD prevention among children and identification of high risk groups	2:15-2:45 PM	Dr. K Srinath Reddy President, Public Health Foundation of India and Hony. President, HRIDAY
4.	Role of pediatricians in addressing NCDs Presentation: 15 mins Discussion: 15 mins	2:45-3:15 PM	Dr. Harish Pemde Professor Pediatrics-Lady Hardinge Medical College
5.	<b>Panel Discussion</b>  Moderator  International Experiences in engaging paediatricians in NCD prevention and control  Health Promotion approaches to reduce NCD burden  Role of Tobacco Cessation in NCD Prevention and Control	3:15-5:00 PM	Dr. Latika Bhalla Consultant Sir Ganga Ram Hospital  Dr. Sadhana Bhagwat NPO (NCD) WHO Country Office For India  Dr. Dinesh Kaul Consultant- Pediatrician Sir Ganga Ram Hospital  Dr. Arvind Kumar Head of Robotic Surgery Sir Ganga Ram Hospital
6.	Discussions: action plan and agenda setting for paediatricians to lead teacher's workshop and school level activities on NCD prevention		Dr. Latika Bhalla Consultant Sir Ganga Ram Hospital And Ms. Shalini Bassi Consultant PHFI