

List of Tables

TABLE No.	TABLE TITLE	PAGE No.
-Review of Literature		
2.1	Nutrition transition in India	13
2.2	Prevalence of Overweight/Obesity among 14 to 18 year old urban Indian adolescents in 8 cities of India	18
2.3	Relevance of 8 components covered under the CDC's Coordinated School Health Approach	25 - 26
2.4	Role of each system of the socio - ecology model and its application in current study	30 - 31
Phase 1a: Methods and Results		
3.1	Foods categorized in different components	43
3.2	The score table used to rank the dietary components	43
3.3	Categorization of physical activity	43
3.4	Classification of activities based on the intensity as given by CDC	44
3.5	Tools used for situational analysis of selected parameters	44
3.6	Tools and techniques used to measure WC and HC	48
3.7	Tools and techniques used to measure BAZ	48
3.8	Tools and techniques used to measure WHR and WHtR	49
3.9	Details of the selected schools and the number of children enrolled	53
3.10	Distribution of students based on gender, age and type of school (n=6472)	54
3.11	Baseline information on parental history of NCD among the enrolled students (n=6472)	57

3.12	Frequency of eating out and the assigned score (n=6472)	62
3.13	Consumption frequency of foods made of refined wheat flour and deep fried (component 1) (n=6472)	62
3.14	Consumption frequency of foods made of refined wheat flour (component 2) (n=6472)	62
3.15	Consumption frequency of deep fried food (component 3) (n=6472)	63
3.16	Consumption frequency of food high in sugars (component 4) (n=6472)	63
3.17	Consumption frequency of aerated drinks (component 5) (n=6472)	64
3.18	Consumption frequency of healthy food (component 6) (n=6472)	64
3.19	Comparing the time spent on physical activity between selected variables (n=6472)	69
3.20	School wise nutritional status of children as measured by BAZ based on WHO cutoffs (n=6472)	72
3.21	Anthropometric measurements compared across gender, age and type of school (n=6472)	72
3.22	Nutritional status of children compared as per gender, age group and type of school (n=6472)	75
3.23	Association between parental history of morbidities and nutritional status o children based on BAZ	77
3.24	Association between parental history of morbidities and nutritional status o children based on WC	78
3.25	Parental history of children and nutritional status based on Waist Hip Ratio	79
3.26	Dietary pattern and nutritional status of children based on BAZ	80
3.27	Dietary pattern and nutritional status of children based on WC	80
3.28	Dietary pattern and nutritional status of children based on WHR	81
3.29	Physical activity pattern of the children and nutritional status as per BAZ	82
3.30	Physical activity pattern of the children and nutritional status as per WC	83
3.31	Physical activity pattern of the children and nutritional status as per WHR	83

Phase 1b: Methods and Results

4.1	Sub-groups, criteria and score under component of health education	95
4.2	Sub-groups, criteria and score under component of physical education	95
4.3	Sub-groups, criteria and score under component of health services	96
4.4	Sub-groups, criteria and score under component of nutrition services	96
4.5	Sub-groups, criteria and score under component of counseling, psychological, and social services	96
4.6	Sub-groups, criteria and score under component of healthy and safe school environment	97
4.7	Sub-groups, criteria and score under component of health promotion for staff	97
4.8	Sub-groups, criteria and score under component of family and community involvement	97
4.9	Consolidated description of school health component evaluation techniques and contact person	101
4.10	Distribution of scores based on the serving size and food group	103
4.11	Colour grading scale	104
4.12	Ingredient based categorization of the menu	104
4.13	School wise score given to health education (component 1)	108
4.14	School wise score given to physical education (component 2)	108
4.15	School wise score given to health services (component 3)	110
4.16	School wise score given to nutrition services (component 4)	110
4.17	School wise score given to counseling, psychological and social services (component 5)	111
4.18	School wise score given to healthy and safe school environment (component 6)	112
4.19	School wise score given to health promotion of staff (Component 7)	113
4.20	School wise score given to family and community involvement (component 8)	113

4.21	CFRS Scores given to 87 different canteen menus	116 - 117
4.22	Mean CFRS score given to canteen foods served in all ten schools	118
4.23	Details of the Colour Grading Scale	118
4.24	Combination of the ingredients used and categories of the foods	119
4.25	Summary, limitation and recommendations of phase 1b	122 - 124
Phase 2: Methods and Results		
5.1	Topics covered under the electronic media (power point presentation) for target groups at MICRO system	144
5.2	Frequency of sensitization sessions conducted with students in each selected schools	145
5.3	Details of topics covered in the booklet	146
5.4	Topics covered under the electronic media (power point presentation) for teachers at MESO system	149
5.5	Tentative planner of activities for each school planned by the "peers"	152
5.6	Participatory activities conducted at the MICRO system by the MESO system	153
5.7	Topics covered under the electronic media (power point presentation) for parents at EXO system	155
5.8	Feedback of parents obtained understanding various healthy behaviour (n=4000)	155
5.9	Feedback of parents obtained on feasibility of practicing various healthy behaviour (n=4000)	156
5.10	Few verbatim shared by the parents	157
5.11	Summary of the strategies, goals and outcomes	163 - 166
5.12	Learning's from the sensitization sessions	170
5.13	Glimpse of the menus modified by schools based on the suggestions of the research team	171
5.14	Sports Club activity details	173

Phase 3: Methods and Results

6.1	Schedule under the Active Sports Club	186
6.2	Tools and techniques used to measure the biophysical parameters	189
6.3	Details of equipments used for assessing hematological indices	190
6.4	Cutoff used for hematological indices	191
6.5	Reference range used for the lipid profile	194
6.6	Reference range used for the blood glucose parameters	196
6.7	Infrastructural description for the selected schools	201
6.8	General characteristics of the participants (n=169)	207
6.9	Pre intervention anthropometric parameters compared across gender and age of the participants (n=169)	209
6.10	Pre intervention nutritional status of the participants as per various anthropometric indices (n=169)	211
6.11	Pre intervention biophysical parameters compared across gender and age of the participants (n=169)	212
6.12	Pre intervention complete blood count of the participants compared between gender and age (n=169)	215
6.13	Pre intervention lipid profile of the participants compared across gender and age (n=169)	219
6.14	Pre intervention blood glucose parameters of the participants compared across gender and age (n=169)	220
6.15	Pre intervention association between the nutritional status and other parameters (n=169)	223
6.16	Pre intervention association of waist circumference with other parameters (n=169)	225
6.17	Pre intervention association of waist to height ratio with other parameters (n=169)	225
6.18	Association of total body fat with other parameters (n=169)	226
6.19	Post intervention impact on anthropometric parameters among the participants (n=169)	229

6.20	Post intervention impact on biophysical parameters of the participants (n=169)	234
6.21	Post intervention impact on blood parameters among the participants (n=169)	238
6.22	Post intervention impact on lipid profile of the participants (n=169)	244
6.23	Post intervention impact on blood glucose parameters of the participants (n=169)	245
6.24	Post intervention significant association of WC with other parameters among the participants	250
6.25	Post intervention significant association of WHtR with other parameters among the participants	252
6.26	Post intervention significant association of TBF with other parameters among the participants	254
6.27	Post intervention significant association of TC HDL ratio with other parameters among the participants	256
6.28	Verbatim on the feedback of the parents, participants and school authorities	262

List of Figures

FIGURE No.	FIGURE TITLE	PAGE No.
Introduction		
1.1	Components of an effective school system	5
Review of Literature		
2.1	Drivers of nutrition transition and obesogenic environment	12
2.2	The concept of Socio Ecology Model	29
Phase 1a: Methods and Results		
3.1	Experimental design for Phase 1a	50
3.2	Age-wise distribution of students in 4th to 9th standard	54
3.3	Prevalence of different non-communicable diseases among parents of selected children	56
3.4	Percent prevalence of specific morbidities among individual parents compared between boys and girls	58
3.5	Percent prevalence of specific morbidities among individual parents compared between the two age groups	59
3.6	Percent prevalence of specific morbidities among individual parents compared between the two types of schools	60
3.7	Average percent consumption of foods enlisted in each component	65
3.8	Consolidated frequency of consuming foods enlisted in each component	66
3.9	Comparing the frequency of consuming healthy and unhealthy food	66
3.10	Intensity of outdoor physical activities categorized based on CDC's guidelines	68

3.11	Choice of indoor activity	68
3.12	Comparing the intensity of activities and screen time between selected variables	69
3.13	Nutritional status of children using BAZ cut off defined by WHO (n=6472)	73
3.14	Comparing the nutritional status of calculated using BMI with different standards (n=6472)	73
3.15	Nutritional status defined on basis of WC compared between two standards (n=6472)	74
3.16	Figure 3.16: Comparison of nutritional status on basis of WHR and WHtR (n=6472)	74
Phase 1b: Methods and Results		
4.1	Experimental Design for Phase 1b	105
4.2	Ranking of all schools based on the total scores	114
4.3	Type of services available in the school canteens	115
4.4	Foods categorized based on the colour grading scale	119
4.5	Menus categorized as healthy and unhealthy based on the ingredients	120
Phase 2: Methods and Results		
5.1	Five ecological systems defined under the Socio Ecology Model	131
5.2	Three systems in the modified model of SEM	132
5.3	Stages of developing SEM	132
5.4	Topics covered for NHE under different media of SEM	134
5.5	Experimental Design for phase 2	138
5.6	Realm of SEM for programme MARG	140
5.7	Total sessions of presentations made in each school	147
5.8	Number of booklets distributed to students in each school	147

5.9	Number of teacher's covered during the presentation sessions	149
5.10	Number of peer teacher and student volunteers under MARG	151
5.11	Examples of verbatim by parents	158
5.12	School wise distribution of parents who attended the 3 sensitization sessions	158
5.13	Verbatim of students feedback and discussion	170
5.14	Topics covered in the nutrition education material and liked by the students covered	171
Phase 3: Methods and Results		
6.1	Experimental design for phase 3	198
6.2	Participants distribution within a group and schedule of the Active Sports Club	205
6.3	Pre intervention biophysical parameters of the participants (n=169)	213
6.4	Pre intervention biophysical parameters compared between boys and girls (n=169)	213
6.5	Pre intervention blood count of the participants (n=169)	216
6.6	Pre intervention lipid profile of the participants (n=169)	221
6.7	Percent distribution of students as per HOMA IR (n=169)	221
6.8	Pre-post shift in the anthropometric parameters of the male participants (n=108)	230
6.9	Pre-post shift in the anthropometric parameters of the female participants (n=61)	230
6.10	Pre-post shift in the anthropometric parameters among the participants of younger age group (n=68)	231
6.11	Pre-post shift in the anthropometric parameters among the participants of older age group (n=101)	231
6.12	Pre-post shift in the biophysical parameters among the male participants (n=108)	235
6.13	Pre-post shift in the biophysical parameters among the female participants (n=61)	235

6.14	Pre-post shift in the biophysical parameters among participants of the younger age group (n=68)	236
6.15	Pre-post shift in the biophysical parameters among participants of the older age group (n=101)	236
6.16	Pre-post prevalence of Anemia among the participants (n=169)	239
6.17	Pre-post shift in the PCV values across the age and gender (n=169)	239
6.18	Pre-post shift in the MCV values across the age and gender (n=169)	240
6.19	Pre-post shift in the MCHC values across the age and gender (n=169)	240
6.20	Pre-post shift in selected parameters of lipid profile among the male participants (n=108)	246
6.21	Pre-post shift in selected parameters of lipid profile among the female participants (n=61)	246
6.22	Pre-post shift in selected parameters of lipid profile among the participants of younger age group (n=68)	247
6.23	Pre-post shift in selected parameters of lipid profile among the participants of older age group (n=101)	247
6.24a, b and c:	Association of TBF with WC, WHR and WHtR after the intervention	258
6.25	Association of TBF with SBP before and after the intervention	259
6.26	Association of TBF with DBP before and after the intervention	259
6.27	Association of TBF with HDL-C before and after the intervention	260
6.28	Association of TBF with LDL-C before and after the intervention	260
6.29	Association of TBF with TC: HDL ratio before and after the intervention	261
6.30	Association of FBF with CRP before and after the intervention	261

List of Images

IMAGE No.	PICTURE TITLE	PAGE No.
Phase 1a: Methods and Results		
3.1 - 3.6	Glimpses of baseline data collection in different schools	42
3.7 - 3.10	Glimpses of anthropometric data collection in different schools	47
Phase 2: Methods and Results		
5.1 - 5.13	Glimpses of the booklet and set of posters developed as print media	135 - 136
5.14 - 5.17	Glimpses of use of electronic and print media at MICRO system	143
5.18 - 5.22	Glimpses of the training sessions given to school teachers at MESO system	150
5.23 - 5.28	Glimpses of various activities conducted at the EXO system	161
5.29 - 5.40	Glimpses of activities under MARG	167 - 168
5.41 - 5.44	Glimpses of felicitation of the "peers" and winners of "MARG"	175
Phase 3: Methods and Results		
6.1 - 6.2	Glimpses of orientation lecture given to parents and students in the FND, FFCSc	186
6.3 - 6.5	Glimpses of the school infrastructure	202
6.6 - 6.9	Glimpses of different sports activities under the ASC	206

List of Annexure

ANNEX. No.	ANNEXURE TITLE	PAGE No.
1.	Permission from the school authorities for initiating the study	304
2.	Informed consent from students for participating in the study	305
3.	Structured questionnaire for situational analysis	306 - 308
4.	Sport observation checklist for school evaluation as per CDC's CSHA guidelines	309
5.	Un-structured questionnaire for key informants interview	310
6.	Outline of focused group discussion with parents	310
7.	Semi-structured questionnaire for canteen evaluation	311 - 312
8.	A glance of different power point presentations delivered to students, parents and teachers	313 - 316
9.	Feedback from parents on MARG activities	317
10.	A glance of few feedback letters from the schools	318- 319
11.	Invitation letter from Navrachana school to deliver a lecture under project LEAAD, as part community extension activity of project MARG	320
12.	A copy of felicitation certificate distributed to the peers and winners under MARG in all 10 schools	321
13.	Informed consent from students and parents for participating in the "Active Sports Club" intervention	322 - 323
14.	Compliance calendar prepared for the parents for recording the child's activities at home during holidays and weekends	324

List of Abbreviations

Sr. No.	ABBREVIATION	FULL FORM
1	CDC	Centers for Disease Control and Prevention
2	NHE	Nutrition Health Education
3	NCD	Non-Communicable Diseases
4	PAP	Physical Activity Pattern
5	CQR	Critical Qualitative Research
6	SEM	Socio Ecology Model
7	ASC	Active Sports Club
8	MVPA	Moderate to Vigorous Physical Activity
9	PE	Physical Education
10	PA	Physical Activity
11	MEND	Mind Exercise Nutrition Do
12	KYB	Know Your Body
13	MHHP	Minnesota Heart Health Program
14	CATCH	Children and Adolescent Trial for Cardiovascular Health
15.	TAAG	Trial of Activity for Adolescent Girls
16.	SPARK	Sports, Play and Active Recreation for Kids
17.	LEAP	Lifestyle Education for Active Learning
18.	M-SPAN	Middle School Physical Activity and Nutrition
19.	WHO	World Health Organization
20.	Ht.	Height
21.	Wt.	Weight
22.	BMI	Body Mass index
23.	BAZ	BMI for Age
24.	WC	Waist Circumference

25.	HC	Hip Circumference
26.	WHR	Waist Hip Ratio
27.	WHtR	Waist to Height Ratio
28.	MARG	Medical education for Children/ Adolescents for Realistic Prevention of Obesity and Diabetes and for a Healthy AGing
29.	IOTF	International Obesity Task Force
30.	CSHP	Coordinated School Health Program
31.	CSHA	Coordinated School Health Approach
32.	TBF	Total Body Fat
33.	TC	Total Cholesterol
34.	TG	Triglycerides
35.	TBF	Total Body Fat
36.	BP	Blood Pressure
37.	RWF	Refined Wheat Flour
38.	NCD	Non Communicable Diseases
39.	ECOWAS	Economic Community of West African States
40.	T2DM	Type 2 Diabetes Mellitus
41.	CHD	Coronary Heart Disease
42.	IUGR	Intra-Uterine Growth Retardation
43.	CED	Chronic Energy Deficiency
44.	BCC	Behaviour Change Communication
45.	Hs- CRP	High Sensitivity- C- Reactive Protein
46.	HDL-C	High Density Lipoprotein Cholesterol
47.	LDL-C	Low Density Lipoprotein Cholesterol
48.	SBP	Systolic Blood Pressure
49.	DBP	Diastolic Blood Pressure
50.	NFHS	National Family Health Survey

51.	NHANES	National Health and Nutrition Examination
52.	GSEB	Gujarat Secondary Education Board
53.	CBSE	Central Board of Secondary Education
54.	MIG	Moderate Income Group
55.	HIG	High Income Group
56.	LIG	Low Income Group
57.	MHIG	Middle High Income Group
58.	UN	Under Nourished
59.	HBP	High blood Pressure
60.	DBM	Dual Burden of Malnutrition
61.	FFQ	Food Frequency Questionnaire
62.	PAPS	Physical Activity Pattern Score
63.	K.G.	Kindergarten
64.	CFRS	Canteen Food Rating System
65.	NIN	National Institute of Nutrition
66.	ICMR	Indian Council for Medical Research
67.	BIA	Bioelectrical Impedance Analysis
68.	Hb	Hemoglobin
69.	RBC	Red Blood Cells
70.	PCV	Packed Cell Volume
71.	MCV	Mean Corpuscular Volume
72.	MCH	Mean Corpuscular Hemoglobin
73.	MCHC	Mean Corpuscular Hemoglobin Concentration
74.	WBC	White Blood Cells
75.	TC:HDL-C	Total Cholesterol HDL Cholesterol Ratio
76.	TG:HDL-C	Triglyceride HDL Cholesterol Ratio
77.	VLDL	Very Low Density Lipoprotein

78.	FSI	Fasting Serum Insulin
79.	FPG	Fasting Plasma Glucose
80.	HOMA-IR	Homeostasis Model Assessment
81.	ECLIA	Electro Chemi Luminescence Immuno Assay
82.	NADP	Nicotinamide Adenine Dinucleotide Phosphate
83.	NADPH	Nicotinamide Adenine Dinucleotide Phosphate Hydroxide
84.	PT	Physical Training
85.	CBC	Complete Blood Count
86.	ATP III	Adult Treatment Panel III
87.	CIF	Compromised Immune Function
88.	CNS	Central Nervous System
89.	FAO	Food and Agricultural Organization
90.	VAD	Vitamin A Deficiency
91.	IDD	Iodine Deficiency Disorders
92.	4-AAP	4- <u>A</u> minoantipyrine
93.	ESPA	N- <u>E</u> thyl-N-(3- <u>S</u> ulfopropyl)-m- <u>a</u> nisidine
94.	AHA	American Heart Association
95.	ADA	American Diabetes Association

