



MONTHLY NEWSLETTER - SEPTEMBER 2022

WELCOME MESSAGE

Dear All,

I welcome you to the September, 2022 issue of “Population Health Research, Innovation, Skills and Entrepreneurship (PHRISE)” newsletter. The pandemic has brought forth in our FHTS family coping, adaptability, resilience, and empathy to enhance the health of the populations.

We highlight some of the innovative initiatives aimed to address 21st century population health challenges. We highlight our research initiatives & range of opportunities to provide a platform facilitating knowledge exchange across diverse stakeholders. Our aim is to aggregate and summarize the critical highlights and demonstrate impact that FHTS is making to address equity through the lens of population health.

I hope you find this issue informative and engaging and look forward to sharing more about our research activities and contributions in our upcoming newsletter. I want to congratulate the entire team of FHTS for their perseverance, flexibility, innovation and resilience.

ASHISH JOSHI PHD, MBBS, MPH

Ashish Joshi





THEME OF THE MONTH



Nutrition Informatics

Nutrition Informatics is an effective retrieval, organization, storage, and optimum use of information, data, and knowledge for food- and nutrition-related problem solving and decision-making. Nutrition informatics is the management of the information dietetics professionals need to practice successfully while tailoring recommendations to meet each patient's specific needs.

Why the need?

- Nutrition informatics describes intersection of nutrition, information, and technology, and it underlies all areas of dietetics practice.
- Growing opportunity to facilitate technology-enabled behavioral change interventions to support NI research and practice.
- Management and interpretation of data could help clarify the relationships and interrelationships of diet and disease at international, national and regional levels.
- Need to prepare a NI workforce that could provide valuable tools to address the double burden of nutrition.

SHINE - SMAART Hub for Informatics enabled Nutrition Education is an engaging platform that keeps you updated about the field of Nutrition Informatics, To know more, visit <https://nutritioninformatics.info/>

To learn about Nutrition Informatics, join **Certificate in Health and Nutrition Informatics(CHNI)** offered by FHTS.

To join CHNI visit <https://fhts.ac.in/training/>



Nutrition Informatics Publications

Effect of personalized human-centered dietary decision support system (PHCDDSS) on dietary knowledge, attitude, practice (KAP), and mean fasting blood sugar (FBS) among participants with type 2 diabetes mellitus (T2DM) in community-based settings of northern state of India



Need and Importance of Nutrition Informatics in India: A Perspective



Designing and Evaluating a Personalized, Human-Centered Dietary Decision Support System for Use Among People With Diabetes in an Indian Setting: Protocol for a Quasi-Experimental Study



Apps on Google Play Store to assist in self-management of hypertension in Indian context: features analysis study





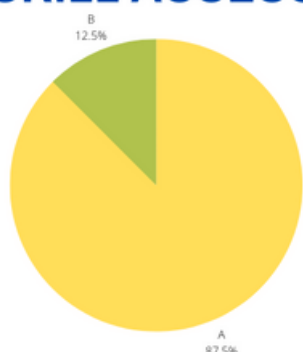
Foundation of Healthcare Technologies Society

New Blessing Through Technology Empowered Reforms



Academic Program: Certificate in Health and Nutrition Informatics (CHNI)

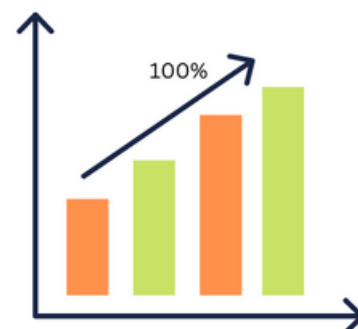
SKILL ASSESSMENT EVALUATION OF BATCH-1 STUDENTS



12.5% have prior experience of Research project



75% enrollments in Research project after enrolling the course



100% can apply the concept of Informatics in the field of Nutrition

Who can apply?

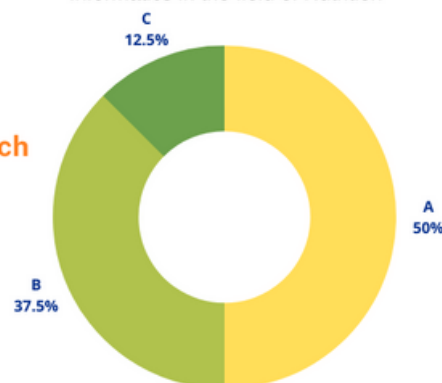
- Any undergraduate/graduate/postgraduate/PhD
- Development or Health professionals working in health research
- Newly joined faculties in a public health discipline

Credits: 8 Credits

Duration: 16 weeks

Fees for National Students: INR 12,000

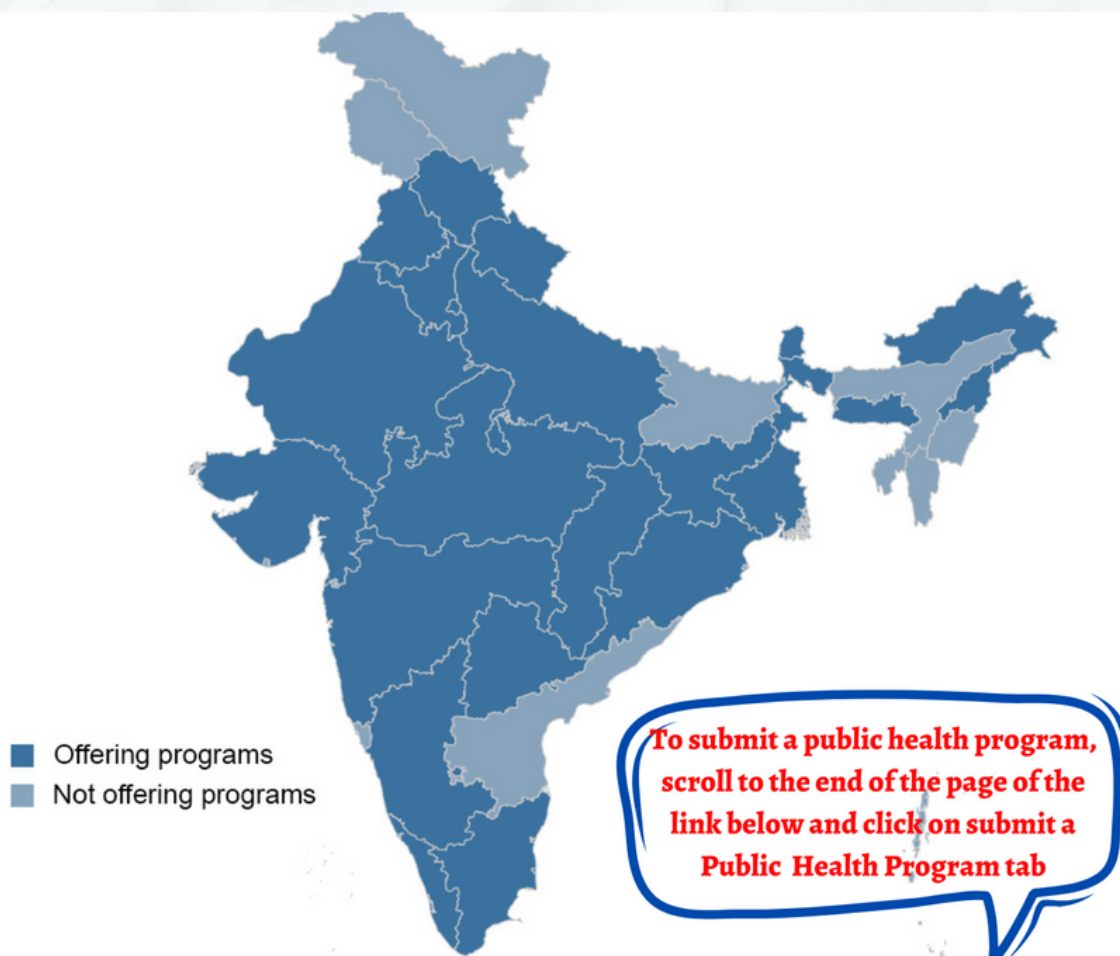
**Certificate in Health and Nutrition Informatics
Batch-II starting from November 2022**



Computer Literacy rate after enrolling in Nutrition Informatics Program



HIGHLIGHT OF MONTH



FHTS launches the country's first Dashboard on Public Health programs in India.

Find Masters, Bachelors, Diploma and Post graduate diploma in Public health offered by various institutes across India

To know more, click on the link : <https://ashishjoshi.me/public-health-programs/>



ACADEMIC HIGHLIGHT



FHTS commenced second batch of undergraduate medical students of Panimalar Medical College Hospital and Research Institute under Certificate in Operational Research from 22 September 2022

Why the Need Of Operational Research for Medical Students ?

- Research is indeed a key area of deficiency in our society and needs top professionals.
- Urgent need to develop workforce trained and proficient in operations research planning, implementation and evaluation.
- Show evidence to prioritize economic resources to address public health challenge.

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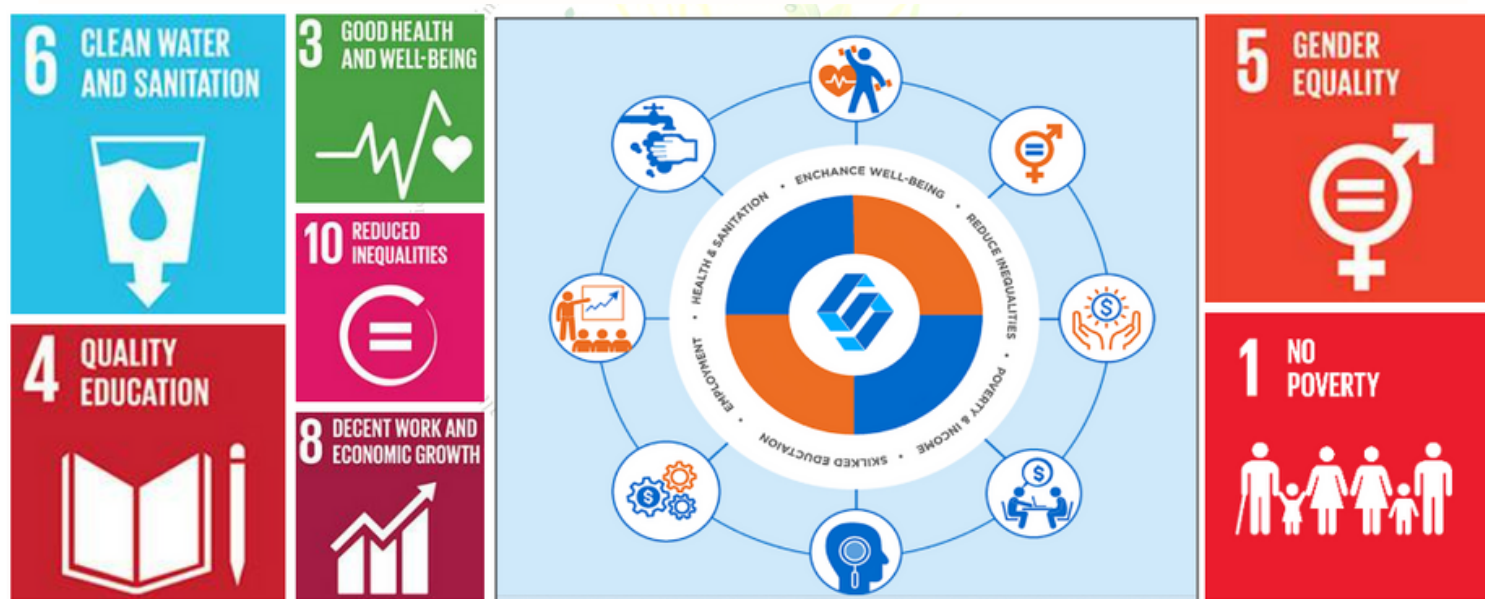
Skills Student Acquire

- Translate ideas into research questions
- Identify gaps in existing research/solutions
- Gather community needs before planning a solution
- Acquire skills in quantitative and qualitative research
- Data interpretation and results writing
- Making data meaningful
- Role of technology as an enabler to enhance population health outcomes



RESEARCH HIGHLIGHTS

FHTS FOCUS AREAS



- Joshi A, Arora A, Amadi-Mgbenka C, Mittal N, Sharma S, Malhotra B, Grover A, Misra A, Loomba M. Burden of household food insecurity in urban slum settings. PloS one. 2019 Apr 2;14(4):e0214461.
- Babu BV, John KR, Manickam P, Kishore J, Singh R, Mangal DK, Joshi A, Bairwa M, Sharma Y. Development and Implementation of Integrated Road Traffic Injuries Surveillance–India (IRIS-India): A Protocol. Advanced journal of emergency medicine. 2020;4(2).
- Kumar D, Bhardwaj A, Sharma S, Malhotra B, Amadi-Mgbenka C, Grover A, Joshi A. Designing and Evaluating a Personalized, Human-Centered Dietary Decision Support System for Use Among People With Diabetes in an Indian Setting: Protocol for a Quasi-Experimental Study. JMIR Research Protocols. 2022 Mar 8;11(3):e13635.





SWASTHYA PAHAL

Objective: To screen obesity, diabetes, and hypertension among participants for improved disease prevention, monitoring, and self-management of non-communicable diseases (NCDs).



आपका स्वास्थ्य अब आपके हाथों में

FHTS SWASTHYA PAHAL

TAKE YOUR HEALTH INTO YOUR OWN HANDS

Date: 13th September 2022

Venue: Kusumpur Pahadi, Vasant Vihar, Delhi

Number of beneficiaries: 28

Hypertension - 10

High Random Blood Sugar - 07

Obese / Overweight - 13

Engaged in Regular Exercise - 10



Date: 25th September 2022

Venue: P&T Quarters, Sarojini Nagar, New Delhi

Number of beneficiaries: 26

Hypertension - 13

High Random Blood Sugar - 6

Obese / Overweight - 18

Engaged in Regular Exercise - 17



Date: 27th September 2022

Venue: Kusumpur Pahari, Vasant Vihar, Delhi

Number of beneficiaries: 21

Hypertension - 4

High Random Blood Sugar - 4

Obese / Overweight - 10

Engaged in Regular Exercise - 8





SWASTHYA PAHAL

Date: 28th September 2022

Venue: Kusumpur Pahari, Vasant Vihar, Delhi

Number of beneficiaries: 26

Hypertension - 10

High Random Blood Sugar - 7

Obese / Overweight - 10

Engaged in Regular Exercise - 8



Date: 30th September 2022

Venue: Bhikaji Cama Place, New Delhi

Number of beneficiaries: 6

Hypertension - 3

High Random Blood Sugar - 4

Obese / Overweight - 3

Engaged in Regular Exercise - 3



A total of 107 beneficiaries attended the Swasthya Pahal Camp organised on five days in September at different parts of city. Out of 107, 40 beneficiaries had hypertension (i.e. blood pressure $>120\text{mm/Hg}$) and 28 beneficiaries had high random blood sugar ($> 140\text{mg/dL}$). 54 of the beneficiaries were overweight/obese (i.e. Body Mass Index $> 24.9 \text{ kg/m}^2$) while only 47 of the beneficiaries were engaged in regular physical activity i.e. at least 4 times a week.



DISCUSSION BOARD

v-INSPIRE PUBLIC HEALTH

Community of Population Health Informatics Learners
Research Ideate Share Empower

5th September : Microplastics and their Health Effects

Post Brief

The post starter defines microplastics, how its contamination is a source of worry for the environment and human well-being. It discusses the routes of human exposure such as inhalation, skin contact and ingestion. It focusses on the possible harmful effects of microplastics in human bodies.

Post Response

The participants also pointed out its effects on the aquatic life. They also provided insight on their effect in the aquatic environment. They also pointed out how very little is know about the level of impact microplastics have on health. They were also interested in further knowing the possible actions that could be to manage this.

Forum Information

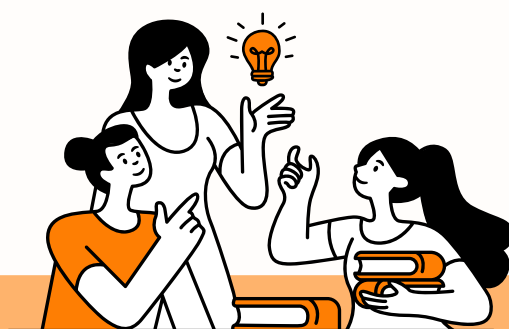
Mark all read Recent Posts Unread Posts Tags

27 Forums 73 Topics 897 Posts 1 Online 639 Members

Our newest member: Isolomon96 Latest Post: Microplastics and their Health Effects

Forum icons: Forum contains no unread posts Forum contains unread posts

Topic icons: Not Replied Replied Active Hot Sticky Unapproved Solved Private Closed





EMPLOYEE SPOTLIGHT

Name: Ms Ashruti Bhatt
Master's In Public Health (MPH)
Public Health Researcher
Joined: Dec 2019

Core area of interest: Big Data, Data Policy, Analytical Sciences, Population Health Informatics, Public Health, Gender Equity.

Ashruti Bhatt was born and raised in Dehradun and holds a Master in Public Health degree (MPH) degree from the Sam Higginbottom University of Agriculture, Technology, and Sciences (SHUATS) and a Bachelor's of Science (C.B.Z) degree from HNBGU. She has been associated with FHTS since 2019 as a Public Health Researcher and Faculty. Prior to this, she had worked with AMS as an Operational Executive, where she was involved in a project for NCPCR (National Commission for Protection of Child Rights).

Being a Public Health Professional she wants to help individuals in improving their perspective on health. Her vision is to employ a digital infrastructure for understanding the problems of public health and chart out prospective solutions using tools of big data, information aggregation and visual analytics.

At FHTS, she is involved in a variety of initiatives and projects where she has learned about how technology-based solutions can empower individuals for their overall well-being. She also helps to curate academic modules on operational research, population health informatics, nutrition informatics, and public health. FHTS has helped her improve her analytical, operational, management, mentoring, team building, leadership, research, and communication skills since last three years. She further aspires to advance the FHTS vision of improving population health outcomes through innovative, informatics, and evidence-based practices.





v-INSPIRE INTERN

Akshata Gupta

MSc in Global Public Health and Policy

Queen Mary University, London.



Akshata Gupta is an MBBS graduate currently pursuing MSc in Global Public Health and Policy from Queen Mary University, London. Akshata says - “When I joined FHTS in 2020 I learned a lot. I was changing my field from medicine to public health and this internship helped with that transition. I worked with the SMAART Rapid tracker and collected data related to COVID-19 advisories and policies. I joined this virtual internship with FHTS again as I am about to finish my MSc and this internship will boost my CV and get me a better job opportunity. Lastly, I would recommend public health aspirants to join this internship with FHTS as this will give them valuable experience in the field of public health”





STUDENT SPEAKS



Sreenidhi P

Second-year MBBS student - Panimalar Medical College Hospital & Research Institute.

FHTS student pursuing Operational Research in Population Health

The Foundation Course in Research Methodology offered by the FHTS was a remarkable curricular innovation which introduced us to medical research in the first professional year of medical education. I was fortunate enough to get research knowledge at the beginning of my medical career. It has been a splendid journey with the FHTS team which not only provided me with high standard education but has helped me attain proficiency in soft skills as well.

The expert panel of faculties have been virtuous in engraving in us the sense of curiosity to learn and the courage to go beyond our capacity. The course provided me with diverse educational platforms and opportunities like discussion forums, presentations etc...that were instrumental in acquiring new skills. Constructive criticisms and feedback at the end of each presentation played a vital role in enhancing our performance.

I found the online academic atmosphere conducive to learning and also the Learning Management System (LMS) was exceedingly useful in learning at my own pace. The vivid virtual learning was undoubtedly a better alternative to conventional classroom teaching. We were given deep insights about digital health intervention and electronic health records which equipped us with adequate knowledge to face the tech world. It was an excellent gate pass into the digital health sector. We were taught to have a multifaceted approach to solving any issue which enriched our problem-solving and critical thinking skills. I discerned a true sense of greater liberty of thoughts and curiosity to discover. I wholeheartedly thank the FHTS team for their painstaking and sincere efforts to deliver quality education and mould us into competent healthcare professionals.



PAST EVENTS

POSHAN MAAH CELEBRATION

13.09.2022

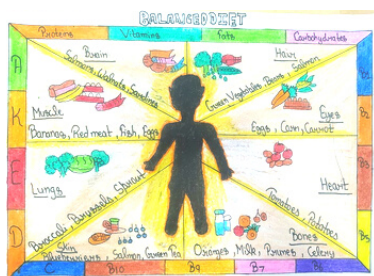
Venue: St. Michell School, Janakpuri, Delhi

Date: 13th September 2022

Components: Poster Making Competition, Educational Awareness about Importance of Nutrition, Quiz on Food & Nutrition

Event Highlights :

- Students were curious to learn about healthy eating and healthy snack options.
- Children were also sharing their thoughts and experiences during the session.
- All the students were very happy to know all the information and they were very eager to share them with their relatives/neighbours/friends.
- Students expressed concerns regarding healthy snack options and exam fear and peer pressure.
- Most of the queries stemmed from a lack of awareness, guidance and mentorship in the areas of the educational sector in India.
- The event had positive feedback from all the students. For the forthcoming event, there is a need to focus on awareness of mental health and look for the reasons that are causing it.





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New Blessing Through Technology Empowered Reforms



PAST EVENTS



SMAART IMPACT HACKATHON – TECHNOVATION CHALLENGE

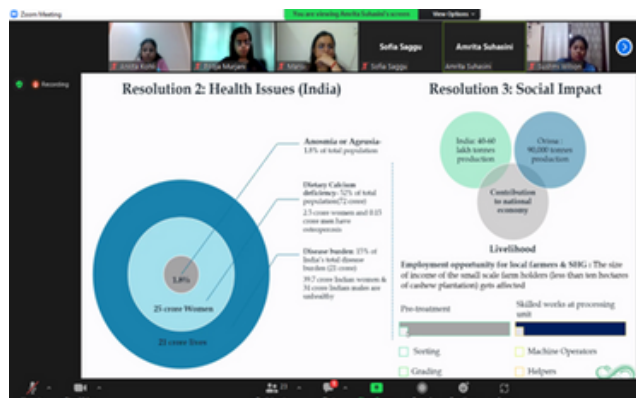
17.09.2022

FHTS organised a SMAART IMPACT Hackathon event on 17th September 2022 from 8:30-10:00 AM (IST). It served as a platform for participants to highlight the most prominent and recent trends, data and digital solutions on **“Nutrition Confusion, tackling the Infodemic”**.

WINNER – Viola D'souza pursuing her PhD in Health Policy from Prasanna School of Public Health, MAHE

About the Previous SMAART IMPACT HACKATHONS

1. The first IMPACT Award was organised on 29 January 2021 with the theme to "Develop innovative behaviour change strategies using population health informatics approach to increase the uptake of COVID-19 Vaccine".
2. The second Impact Award was organised on 10 July 2021 with the theme "The most prominent and recent trends and data on COVID-19 infection, management and vaccination related scientific information".



MEET OUR WINNER OF THE THIRD SMAART IMPACT HACKATHON

It was such a pleasure attending this year's SMAART IMPACT Hackathon. Thank you for giving me the opportunity or platform to present my idea and for providing several comments to enhance it. It was an experience that broadened my horizons.

Viola Dsouza

Viola Dsouza
Pursuing PhD in Health Policy,
Prasanna School of
Public Health, MAHE

★★★★★





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PAST EVENTS



Digital Health Intervention to Enhance self-management of Metabolic Syndrome (Met S)- Field Visit

Area- Slums

Location- South Delhi zone of Delhi

No of Visits- 04

Date of Visits-

1st Visit- 13th Sept 2022

2nd Visit- 27th Sept 2022

3rd Visit- 28th Sept 2022

4th visit- 29th Sept 2022

Collaborators- National Institute of Pathology, ICMR

Funder- ICMR





FUTURE EVENTS



CAMP SERIES – GATEWAY TO PUBLIC HEALTH

FHTS is organizing a CAMP – Career and Mentorship Program Series on “Gateway to Public Health”.



STAY TUNED





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MEMBER**



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