



Some Facts and Figures

- 1.19 million people die each year due to Road traffic crashes leaving 20 to 50 million people with non-fatal injuries globally
- 93% of deaths occur in low and middle income countries
- 1.5 lakh people deaths occur on India roads
- 47 accidents and 18 deaths every hour due to road traffic crashes
- One out of 10 people dying across the world on road is from India

SOURCE: WHO

Towards prevention of Road Traffic Injuries, an urgent Global issue despite significant road safety progress

FHTS Contribution: Development and Implementation of Integrated Road Traffic Injuries Surveillance – India (IRIS-India)

Road traffic injuries lead to enormous economic loss to individuals, families and to the nation as whole. It costs countries 3% loss to the GDP. Around 1.19 people die each year due to Road Traffic Accidents globally and is a leading cause of death among children and young adults (5-29

years of Age). Low and Middle income countries have only 60% of the world's vehicles but 92% of world's fatalities occur in these countries. Human error, speeding, distracted driving, no use of helmets, seat belts and child restraints, driving under the influence of alcohol and psychoactive substances, unsafe road infrastructure, unsafe vehicles, inadequate law enforcement all together are the risk factors of the Road traffic accidents.

Delay in post crash care has been one of the main reasons for fatalities and increases the risk of severity. Care post crash is extremely time sensitive and even a slightest delay may take the life of the individual.

India has been experiencing a high burden of RTIs with high fatality rates. But the main problem in developing strategies for preventing RTAs and injuries is the lack of actual and quality related data. FHTS was funded by ICMR to develop a an electronic-based comprehensive and

Road traffic injuries are the eighth leading cause of death globally

During 2021 in India,

Over speeding leads to :

- 71.% of road accidents
- 69.6 % of total deaths
- 72.95 of total injuries

Driving on wrong side is the second most important cause accounting for 5.2% of road accidents

[Click for source](#)

FHTS has contributed to a National Task Force Project

integrated RTI surveillance system. The study provided a model of surveillance including both passive and active surveillance to cover the maximum number of RTIs. The study provides the first comprehensive epidemiology of RTIs.



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The evolution and future of Nutrition Informatics (NI)

FHTS Contribution: SHINE, SMAART Hub for Informatics Enabled Nutrition Education

The advent of world Wide Web called upon professionals to apply informatics into Nutrition Information. The Academy of Nutrition and Dietetics began their work and the first discussion was out in 2006. Nutrition Informatics involves an effective retrieval, organization, storage, and optimum use of information, data, and knowledge for food and nutrition-related problem-solving and decision-making. A Delphi study was conducted to determine the competencies necessary for the practice of Nutrition Informatics. The Commission on Dietetic Registration (CDR) in 2016 included informatics as an essential practice competency in continuing education for Registered Dietitian Nutritionists.

FHTS is contributing to growing field of Nutrition Informatics in following ways

1. [Design and Evaluation of a Personalized Human Centred Dietary Decision Support System among Diabetic patients](#) , a study funded by ICMR

2. [Swasthya Pahal](#), a digital intervention for screening and management of Non-Communicable diseases 14000+ beneficiaries have been screened since 2012 across 8 states of India. The intervention was awarded with Digital Commonwealth Award in 2018



3. SHINE Initiative is an SMS based Nutrition and Lifestyle counselling program for self management of chronic Non-Communicable diseases catering 3000+ beneficiaries.

4. FHTS has trained 90+ interns under Nutrition Informatics with experiential learning opportunities

5. [Certificate in Health and Nutrition Informatics](#) to prepare a cadre of trained workforce in the field of NI. The program started in January 2022 with a cohort of 7 students

and till date 14 students have successfully completed the course with not only introducing them to the field but with key research skills enhancement.

6. Nutrition Informatics platform developed by Dr. Ashish Joshi www.nutritioninformatics.info

provides updates on the recent happenings in the field of Nutrition Informatics with regular trending topics highlighting NI, key resources on Nutrition Programs and Policies. The platform offers membership with access to key resources related to the field

7. Publication by FHTS under NI:

Joshi, A., Gaba, A., Thakur, S., & Grover, A. (2021). Need and Importance of Nutrition Informatics in India: A Perspective. *Nutrients*, 13(6), 1836.



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Towards building a cadre of Physician Researchers

FHTS Contribution – Certificate in Operational Research in Population Health for Medical Students

Why the need?

- Declining physician researchers globally
- Breaking the silos of research, and standards of care
- Preparedness for future global health emergencies
- Paradigm shift in preventive, personalized and patient participatory personalized medicine
- Exponential growth in scientific knowledge
- Rapid technological advancements
- Increasing complexities of datasets produced due to newer technologies

**450+ Medical Students
of Panimalar Medical
College Hospital and
Research Institute, Tamil
Nadu currently
under the program**

NEED OF RESILIENT WORKFORCE OF PHYSICIAN SCIENTISTS



Orientation session for Medical students of Panimalar Medical College Hospital and Research Institute, Tamil Nadu by Dr. Ashish Joshi on the Importance of Research in Medical Education

Certificate in Operational Research in Population Health for Medical Student by FHTS

Prepares them to conduct research, prepare better standards of care and address critical challenges of healthcare implementation at the level of individual or population at large



Medical students after successful completion of year one of Certificate in Operational Research in Population Health offered by FHTS



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Contribution to Public Health Workforce Preparedness



Achal Kudtarkar
v-INSPIRE Intern at FHTS

I am grateful for this internship opportunity with FHTS as it fulfilled most of my expectations and internship goals. I was able to gain hands-on experience in conducting health camps and health awareness programs which also aligned with my interest area which is chronic NCDs and lifestyle diseases that are global challenges in today's modern world. I received support and guidance from my supervisors, mentors throughout my internship and it turned out to be an exceptional learning experience. Community-centered initiatives like Swasthya Pahal, SHINE, and RISE provided me with

valuable experience in community engagement. I did get exposure to research through initiatives and programs that were aimed toward interventional research. I enhanced my written and verbal skills through interaction with mentors and community people during camps. I gained skills in teamwork and confronting challenges faced with the growth oriented mindset to achieve objectives of programs /events through shared responsibilities and tasks which will help me in the future to take on leadership roles in public health while maintaining team synergy. In conclusion, this internship has been a transformative chapter in my professional and personal journey. The exposure to real-world public health challenges, coupled with mentorship and diverse experiences, has equipped me with a robust foundation for future endeavors. As I evolve into a more adaptive and tenacious individual, I carry forward the lessons



learned and skills gained, eager to contribute meaningfully to the field of public health.



S K Revathi
Research Assistant at FHTS

My journey with FHTS goes way back to 2020, when we all were struck with the COVID-19 pandemic. I came to know about the virtual internship with FHTS through my classmates. The internship with FHTS was an opportunity to understand Public Health beyond textbooks. My interest in health informatics led me to pursue the Certificate of Health and Nutrition Informatics in 2022, the course had increased my interest





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in understanding more about Informatics and its relevance in public health and nutrition sciences.

All my interactions with FHTS had been online until then, Joshi Sir's visit to Chennai provided an opportunity to meet him. Along with the insightful meeting, I was also provided the opportunity to work with FHTS. I joined FHTS SMAART LAB, Chennai in March, 2022. The journey with FHTS ever since has been one of learning. I have been involved with various projects in FHTS, conducting the SANGYAN study in Chennai has been an unforgettable experience. With FHTS we focus not only on research but training the future public health workforce. I have loved working with students, be it teaching them through our academic program or mentoring them through our internship program. Managing the COPHI discussion forum, a platform for knowledge sharing to discuss how technology can be used at the intersection of clinical

care and health sciences to strengthen efforts for preventive care at the population level has been insightful. I feel the discussion forum provides a space for healthy public health discussion for anyone interested in Public Health. The organization has been instrumental in enhancing my writing skills. It has made me confident with my manuscript writing skills. Communication skills have been pivotal in FHTS, with the team working across the country, my teammates have always facilitated for smooth communication and work across all my team members. The organization has been a base for me to interact with public health professionals from varied backgrounds.

The journey from an intern to a Research Assistant has been a journey of self-improvement. My experience working with FHTS wouldn't have been the same without my supporting team and the guidance of Dr Joshi.

Highlights of the Quarter

- **Observance of Public Health Days / Weeks**
- **Five Webinars conducted under the initiative CAMP**

Public Health Days/ weeks

1. International Day of Older Person

Swasthya Pahal Camp was conducted at Bhagwat Dham Senior Citizen Home on 4th October 2023

2. World Mental Health Day

An e-poster contest was held for students under the academic programs of FHTS and those pursuing internships. A workshop on Scientific e-poster making was conducted for the participants followed by revised submissions

3. International Day of Care and Support

UN passed the resolution of observing October 29 every year as International Day of Care and Support. In order to celebrate the same, FHTS presented a token of regard to the support staff at FHTS premises in Delhi and Chennai.

4. World Diabetes Day

In the acknowledgment of World Diabetes Day's significance, FHTS organized an interactive quiz contest for Nursing Students of Panimalar Nursing College, Chennai Tamil Nadu pursuing Certificate in Operational Research in Population Health to debunk myths surrounding diabetes while disseminating accurate



Revathi participated in the SANGYAN Study carried at the OPD of PMCHRI



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information. The intent was to inspire collective action towards a healthier future by empowering individuals with the right knowledge.

5. Commemoration of World Antimicrobial Awareness Week: November 18-24, 2023

An awareness program was conducted to promote responsible practices, and to encourage individuals to take responsibility for their health, follow prescribed treatment plans, and avoid self-medication. It was organized at two residential settings, Ambedkar Basti, RK Puram (urban slum) and Bhikaji Cama Place (an urban market area surrounded by offices) in Delhi.



Swasthya Pahal at Old Age home



Observing International Day of Care and Support at Delhi and Chennai Office



Awareness on Antimicrobial resistance at Ambedkar Basti, Delhi



Research Poster Workshop conducted for participants of Mental health Poster making contest



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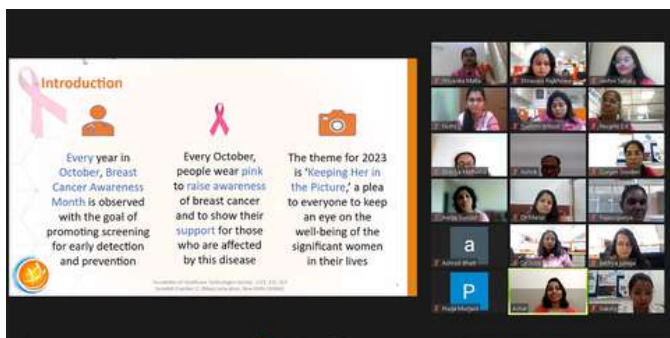
Gateway to Public Health (Career and Mentorship Program)

CAMP is a unique, first of its kind, public health Career And Mentorship Program aiming to provide students an opportunity to explore career pathways in the field of public health.

Following events were conducted under the initiative

- Webinar: Evidence on Online Education and Student Engagement
- Webinar: Opportunities and Challenges in m-Health
- Webinar: Significance of Research in the field of Nursing
- Webinar: Power of Operational Research, Revolutionizing Healthcare Globally
- Webinar: Virtual Nutrition Coaching: The Future of Nutrition Guidance

Student Engagement



Embracing Hope: Breast Cancer Awareness by v-INSPIRE Interns Achal Kudtarkar, Janhvi Sahai, Nidhi Pillai, Priyanka Malla.



Nidhi S Pillai , v-INSPIRE Intern at FHTS participating in SP camp



Sakshi Trikha, pursuing MSc. Foods and Nutrition completed her dissertation



Madhuri Joshi, MPH and v-INSPIRE Intern at FHTS won the e-Poster Contest



S Lavanaya, B.Sc. Nursing student from PMCHRI won the Diabetes Quiz contest



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Proud moments

Listen to our Founder, Dr. Ashish Joshi talking about environmental Justice

The word 'justice' itself means equity for all. To me, that means people should have all the same resources, same opportunities, same kinds of landscapes where they can advance their health and well-being," said Dr. Ashish Joshi, the dean of the School of Public Health at the University of Memphis. He was featured on FOX13 Memphis, USA.



Establishment of Public Health clubs

We are thrilled to announce that our Founder Dr. Ashish Joshi, who is also the Dean of School of Public Health, University of Memphis with his team has established Public Health club at District Medical High School Memphis, USA with an aim to instill importance of Public health education among high school students.

"I am not creating a curriculum; I'm creating and tailoring my curriculum for students to address the public health needs and the communities they serve." says Dr. Joshi.



SMAART Solution

A SMAART Solution for Experiential Learning for Students

Experiential learning means Learning by Doing and reflecting upon what is being done. It includes experience as the source material and reflection as a facilitator of learning. When carefully chosen...

