

GHP 298: Field Trip to India

January 5-23, 2015

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The purpose of this course is to expose public health students and practitioners to the issue of Non-communicable Diseases (NCDs) in low- and middle-income countries (LMICs) and to examine the potential policy and programmatic responses that can stem the rising trend of NCDs in LMICs, where most of the global NCD related morbidity, mortality and disability currently occurs. The course includes field visits to various institutions that are dealing with NCDs in India, comprising both governmental and non-governmental organizations as well as community and institution-based health organizations. In addition, participants also have a field visit to community-based NCD project sites to learn about innovative implementation research strategies to address NCDs. Faculty is comprised of PHFI, GOI, WHO, NGO's, World Bank and others.

“Non-Communicable Disease Prevention and Control”

Course at the Public Health Foundation of India (PHFI), Delhi

Friday January 2: Students arrive in Delhi

Sat-Sun January 3 and 4: Orientation and tour of Delhi (optional)

Monday January 5:

- Global Profile of NCDs: Recognizing and Responding to Health Transition
- Positioning NCDs in the Framework of Sustainable Development
- WHO-UN Goal and Targets

Tuesday January 6:

- Response to the Growing Challenge of NCDs in India
- Surveillance Systems for NCDs
- Visit to WHO SEARO Office

Wednesday January 7:

- Tobacco Control: Global Challenges
- Global Challenges in Cancer Prevention and Control
- Visit to the World Bank

Thursday January 8:

- Early Life Influences and the Need a Life Course Approach
- Diet, Nutrition and Food Policy in NCD Prevention and Control
- Experiences on Policy/Regulatory Issues Around Fruits and Vegetables, Trans-fats, Salts
- Promoting Physical Activity for NCDs
- Visit to Ministry of Health/Nutrition Foundation of India

Friday January 9:

- Diabetes in Asia
- Multi-drug Therapy for Primary and Secondary Prevention
- Addressing Mental Health in Primary and Secondary Care
- Visit to Institute of Mental Health and Life Skills Promotion at Moolchand Medicity

Saturday and Sunday January 10-11:

- Visit Agra and The Taj Majal

Monday January 12

- Community-based Health Promotion Work
- Workforce, Financing Coverage and Risk Protection
- National Plans for NCD Prevention and Control
- Affordable Technologies for NCD Prevention and Control

Tuesday, January 13 – Friday January 23: Students Visit Field Tour Sites

Field Tour Sites

Solan, Himachal Pradesh

Solan is located in the picturesque Northern Indian State of Himachal Pradesh, where PHFI has two ongoing community based projects. The overall aim of The Solan Surveillance Study (SSS) is to develop a model surveillance system for cardio-metabolic diseases (CMDs) and its risk factors in rural India.

m-Power Heart Project

PHFI, All India Institute of Medical Sciences (AIIMS), the Center for Chronic Disease Control (CCDC), and the Government of Himachal Pradesh collaborated to develop and pilot a model project, “m-Power Heart” for the prevention and control of hypertension and diabetes in Solan District which could be replicated throughout India.

Delhi

In the capital of India, PHFI is currently implementing a large cohort study, Cardio-metabolic Risk Reduction in South Asia (CARRS) to estimate the population-based incidence of cardio-metabolic diseases (including diabetes) and their risk factors among adults in Chennai (India), Delhi (India) and Karachi (Pakistan).

Haryana and Andhra Pradesh

Haryana in North India, a state close to Delhi and Andhra Pradesh in South India are sites where PHFI is implementing a large community based comprehensive diabetes prevention and management program (UDAY).

The course director, Dr. Richard A. Cash, Senior Lecturer in GHP, is a Visiting Professor at PHFI and based in Delhi. The director of PHFI, Dr. Srinath Reddy, was recently Adjunct Professor of Epidemiology at HSPH. Dr. John Rohde, the present Lown Professor, will attend sessions and lead a visit to a field site.

January is an excellent time to visit Delhi, the world’s fourth largest city (over 18 million) and the capital of India. The city is filled with historical monuments, many from the from the Mughal period dating to the 16th century. Agra, with the Taj Mahal, and other historical cities and monuments are within easy reach. The weather is like early fall in New England, dry and averaging 70 in the day and 45 in the evening.

Anticipated Expenses

- 1) Airfare: About \$1700 (depending on airline and routing)
- 2) Room/Board: Lodging approx. \$750 for three weeks (double occupancy) and food is about \$10/day
- 3) Personal expenses (travel on weekends, gifts etc.)

Reimbursement

HSPH students will be reimbursed 25% of economy airfare from Boston to Delhi (determined by Office for Student Services) and will receive approximately \$75-\$100 per week as a stipend upon return. All receipts should be kept, especially for major expenses (e.g. hotel, transportation, etc.).

