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## Impact of IEC Modules Developed for Promotion of Three Local Pearl Millet Preparations on Anemia among Rural Population of Nagaur District of Rajasthan

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Pearl millet is a staple diet in desert areas. IEC modules developed for promotion of three local pearl millet preparations based on the findings of earlier Pearl millet project which revealed that Rab1 (Pearl millet Grains) and Kadhi are good, where processes of Soaking, Pounding and Dehusking were involved due to which retention of Iron was more and retention of Phytates and Phenols were reduced. Retention of Iron was more when Sogra was prepared on Iron Tawa in comparison to Mud Tawa. These findings were translated among rural population in translation project funded by ICMR, Delhi. Study Design: Intervention study, carried out among 812 households eligible women (15-45 years) in Nagaur, a desert district of Rajasthan (adopting Cluster Randomized trial) from two clusters (Intervention and Control group) and impact of IEC module on anemia (Hb estimation) was observed after intervention of one year in IG.

Comparison of results of Baseline with Post Intervention survey revealed Moderate anemia declined from 38.7 to 26.2 percent. Anemia declined up to 27.4% in Intervention Gr. ( $P < 0.05$ ) whereas in Control Gr. remained same. IEC module showed significant impact on promotion of Rab1 (Pearl millet grain), where process of Soaking, Pounding & De-husking process involved in cooking. Food Based approach to reduce anemia along with malnutrition may be aggressively perused. A state level program for inclusion of Pearl millet products in Mid Day Meal Program for school Children & ICDS Program, may be launched in Rajasthan.

### Biography

Dr. Madhu Bala Singh, Scientist G, expertise in Micronutrient Deficiency Disorders and Nutrition & Growth. Mainly involved for last 34 years in research work pertaining to different aspects mainly MDDs, Malnutrition, Nutrition Intervention and Dietary in desert and non desert parts of Rajasthan. Persuaded 30 research projects funded from various agencies of International and National repute viz., HarvestPlus, Wasington, DRDO, UNICEF; and ICMR etc. Awarded WHO Fellowship for undergoing training in 'Food Safety and MDDs' at Institute of Nutrition, Mahidol University, Bangkok, Thailand; Recognized as Ph.D. supervisor; Published 57 research papers in International/National journals. Delivered 50 research papers in 69 scientific conferences/workshops (International & National).

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