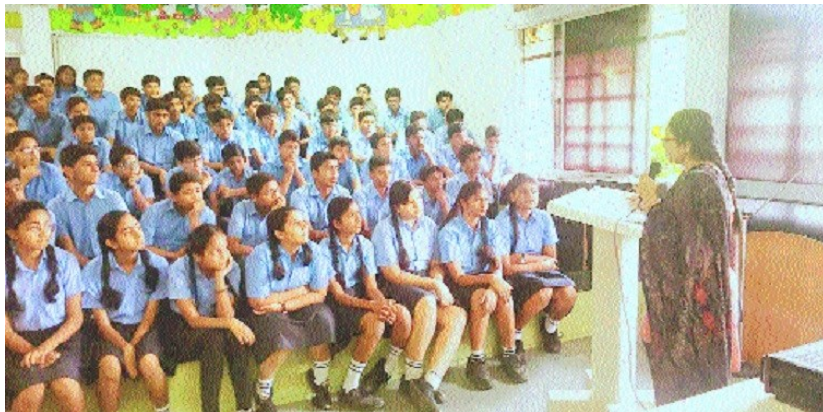


FDA's gift: 'Eat Right Campus' for kids

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By Rajendra Diwe :

As per report of World Health Organisation, (WHO), "More than two-thirds of the adolescents aged 11-17 years are physically inactive in India. The inactivity in children is because, in India, levels of obesity and overweight have doubled in last decade. One out of four Indians are at a risk of dying from one of the Non-Communicable Diseases like diabetes, blood pressure, heart disease or cancer." The WHO report further stated, "80 per cent of the heart diseases and diabetes can be averted through simple lifestyle modifications and by consuming nutritionally balanced diet.

Nearly one out of every ten persons aged 18 years and above in India has raised blood glucose, which poses extra financial and service burden on health systems." Taking the note of this alarming situation in India, Food Safety Standards Authority of India (FSSAI) has issued the guidelines for Safe and Nutritious Food (SNF) and directed Food and Drugs Administration (FDA) to implement these guidelines in their respective divisions. According to Chandrakant Pawar, Joint Commissioner (Food) FDA Nagpur Division, "FDA had organised public awareness fortnight for safe food and nutrition in different schools and colleges in division.

During the fortnight, FDA had conducted workshops in 14 different schools and colleges in Nagpur division with the help of head masters, principals, dietitians, nutritionists and health role models. In all 2052 students of these colleges were trained through these workshops." Pawar stated, "Food Safety Commissioner of FDA Maharashtra had issued guidelines to

make changes in food being supplied to students through canteens and nutritious diet in private schools, colleges, Government institutions and semi Government institutions.

The guidelines are based on High Fat Sodium and Sugar (HFSS). The copies of these guidelines were sent to 181 schools and colleges in Nagpur divisions and asked them to follow the same.” “FSSAI has developed scientific and credible resources on food safety and nutrition in its quest to bring about social and behavioral change among all 130-crore Indians. To make this material available to each and every citizen across India, FSSAI has developed a systematic framework to integrate these resources into existing programmes of the Central and State Government Departments. Additionally, it is also partnering with multiple stakeholders such as Civil Society Organizations, Industry and Professional Associations, NGOs, national and international agencies, academia and corporates through CSR initiatives,” he added.