

Report on the Global Knowledge Dialogues: Double Burden of Over and Under Nutrition

The Global Knowledge Dialogues (GKD) session on "Double Burden of Over and Under Nutrition" was organized by the Office of International Affairs, School of Allied and Health at S-VYASA SAS City Campus for first-year BOT & BPT students on February 21, 2025. The event aimed to address the growing concerns of malnutrition, encompassing both undernutrition and overnutrition, and their implications on public health globally.

A pre-meeting was conducted by Mr. Shine Antony (Director - International Affairs & New Initiatives), along with Dr. Chaitrali and three student representatives (from BPT), on February 19 at 1:15 PM to discuss and finalize the details of the program.

Speaker Introduction

The keynote address was delivered by **Professor Amudha Poobalan**, an esteemed public health educator and researcher from the University of Aberdeen, United Kingdom. With extensive experience in public health research, including diabetes, cancer, and health transitions in resource-limited settings, Professor Poobalan has contributed significantly to systematic reviews and qualitative methodologies, with over 100 publications in high-impact journals. Her expertise focuses on inclusive education, student engagement, and sustainable healthcare solutions.

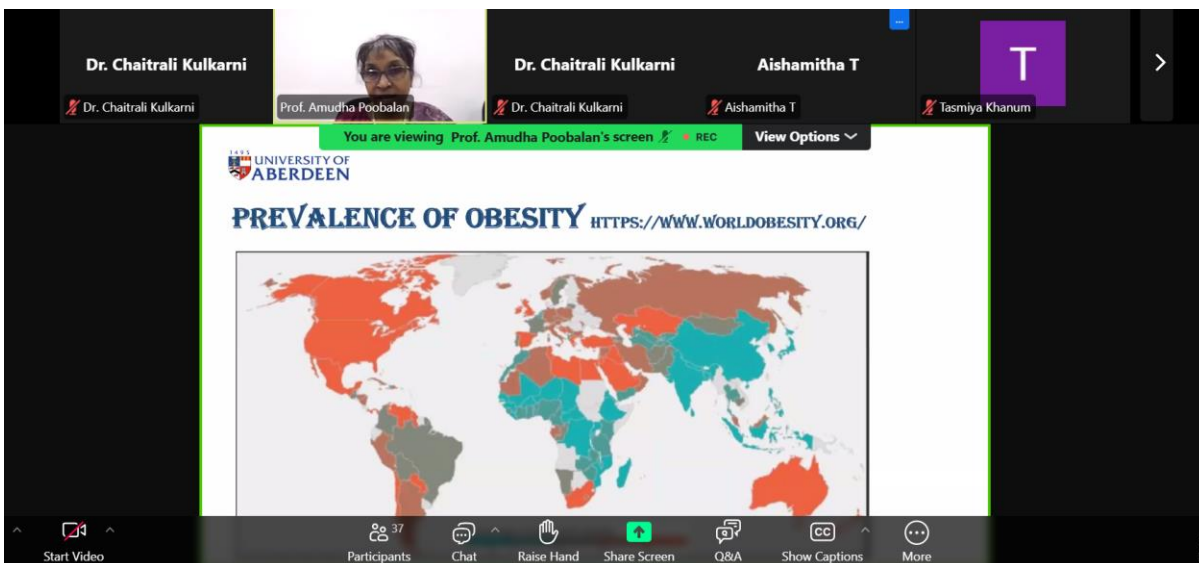
The event was compered by **Dr. Nidhi B Iyer**, Assistant Professor, School of Allied & Healthcare. It commenced with an Indian prayer performed by **Ms. Anjana** (BPT student), followed by a welcome address by **Shri Shine Antony**, Director - International Affairs & New Initiatives. The session was chaired by **Dr. Sriraghunath S**, Dean, School of Allied & Healthcare, and the speaker's profile was introduced by **Ms. Tasmiah** (BPT student).

Session Overview

Professor Poobalan led an insightful session on the double burden of nutrition, emphasizing the socio-economic and demographic transitions contributing to this global health challenge. The discussion covered strategies to address this issue at community, national, and international levels. The session concluded with an engaging Q&A segment, followed by concluding remarks by **Dr. Prashanth V Mangalvedhe**, Principal, School of Physiotherapy, S-VYASA Deemed to be University, and a vote of thanks delivered by **Dr. Chaitrali Kulkarni**, Associate Professor, School of Allied & Healthcare.

A total of **40 students participated** in the event. Most found the session relevant, engaging, and well-structured. In their feedback, students expressed interest in future sessions covering **Occupational Therapy (OT), Physiotherapy (PT), and rehabilitation-related topics**. Some also suggested scheduling such sessions after exams for better engagement.

The event was a success, fostering awareness and encouraging meaningful discussions on a critical global health issue.



zoom Workplace

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DOUBLE BURDEN OF MALNUTRITION

Coexistence of undernutrition along with overweight and obesity, or diet-related noncommunicable diseases, within individuals, households and populations, and across the life course

<https://www.who.int/nutrition/double-burden-malnutrition/en/>

Individual level: Obesity with deficiency of one or various vitamins and minerals, or Overweight in an adult who was stunted during childhood

At the individual level, 6.42% of stunted adolescents had coexisting truncal obesity a, while 8.02% were stunted and had coexisting general overweight/obesity (Wariri O 2020 <https://pubmed.ncbi.nlm.nih.gov/33362989/>)

Household level – Mother may be overweight and a child is underweight. Indonesia stunted child (36.4%) and OW/Obese mother (70.2%). Trias et al. 2018 <https://search.proquest.com/docview/2056385231?accountid=8155>

Population level –Prevalence of both undernutrition and overweight in the same community, nation or region. Coexistence of UN and ON related NCDs. Min et al 2018 <https://onlinelibrary.wiley.com/doi/full/10.1111/obr.12605>

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Dr. Chaitrali Kulkarni Dr. Chaitrali Kulkarni Aishamitha T Tasmia Khanum

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OBESOGENIC ENVIRONMENT

• Portion sizes

Two slices of Pizza

Twenty years ago: 200 calories
Today: 400 calories

These extra 200 calories, if eaten a few times a month, would put an extra 2000 calories a year, or 2000 pounds in the next few decades.

Cup of Coffee

Twenty years ago: Coffee with milk and sugar: 20 calories
Today: Grande coffee with milk and sugar: 250 calories

Donut

Twenty Years Ago: 200 calories
Today: Dunkin' Donuts: 240 calories

**Twenty years ago: 115 calories
Today's Burger: 590 calories**

Movie Popcorn

ice

Dr. Chaitrali Kulkarni Prof. Amudha Poobalan Dr. Nidhi B Iyer Prashanth V Mangalved... Sriraghunath Srinath
 Dr. Chaitrali Kulkarni Prof. Amudha Poobalan Dr. Nidhi B Iyer Prashanth V Mangalvedhe Sriraghunath Srinath

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DOUBLE BURDEN – MAJOR ISSUE! UNIVERSITY OF ABERDEEN

- Complicated – Changes good or bad????
- Politically driven??? – Priority
- Tailored interventions in the same community
- Smart interventions – solve one problem but create another monster!!

THANKYOU...Questions??

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