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# CDRF Newsletter

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November 2011

**CDRF Newsletter** is a SANCD initiative to share the experience and learning from the ongoing multi-site Chronic Disease Risk Factor Study (CDRF).

This is a community study focusing on chronic disease risk factors such as tobacco, alcohol, physical activity and diet and outcomes, including physical measurements on body mass index, blood pressure, lung function and visual acuity among children and adult members from over 750 households and community-based clinics. . The study is based in one urban and three rural areas, namely, Matlab (Bangladesh), Goa and Chennai (India) and is being carried out in collaboration with three partner institutions, ICDDR,B (Bangladesh), Sangath (Goa) and VHS (Chennai) with funding support from Welcome Trust Capacity Building Grant to SANCD.

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**Welcome to the first issue of the CDRF Newsletter.**

We plan to publish and distribute this electronic newsletter every month to share the experience and learning from the partner institutions and the project areas on the CDRF study. This first edition will give you a quick introduction to the research study, the team and the various activities carried out by the team. .

**CDRF Team, New Delhi**

**Prof Shah Ebrahim, Principal Investigator**



Shah Ebrahim is Professor of Public Health, Department of Epidemiology & Population Health at the London School of Hygiene & Tropical Medicine. He is an epidemiologist with a clinical background in Geriatric Medicine and with vast research interests and experience. He is coordinating editor of the Cochrane Heart Group and co-editor of the International Journal of Epidemiology.

**Dr Preet K Dhillon, Co-Principal Investigator**



Dr. Preet Dhillon is an Epidemiologist who is directing scientific management, planning and research for the CDRF study. She has her research interests in cancer, obesity and other chronic

diseases. Preet received her doctoral training at the University of Washington and Fred Hutchinson Cancer Research Center. She has worked on the molecular and genetic epidemiology of prostate cancer at the Harvard School of Public Health.

**Dilip Jha, Senior Research Project Manager**



Dilip is a post graduate in Social Anthropology from Delhi University. Besides, has done MPhil in Hospital & Health Systems Management from Birla Institute of Technology & Science, Pilani. He has worked on a wide spectrum of issues related to public health and health systems development. He has managed several large scale research and evaluation projects.

**Project areas**

**a. Matlab (Bangladesh)**

Dagorpur village, located in Matlab upazilla (sub-district) under Chandpur district in Dhaka division has been selected for CDRF study. Matlab is located about 55 km southeast of Dhaka, the capital city of Bangladesh. Dagorpur village is in the ICDDR, B service area in Block-B approximately 3-5 km from Matlab ICDDR, B Hospital.

Dagorpur has a population of 1386 (2009). It is a typical Bangladeshi rural area but the socio-economic conditions of the people are somewhat better than other parts of the country.



A cluster of houses at Dagorpur

Health facilities are provided by ICDDR, B and there is a health sub-center run by ICDDR, B.



ICDDR, B site clinic at Dagorpur

**CDRF Team, Matlab (Bangladesh)**

The Matlab team consists of a Co-Principal Investigator, a Project Manager, a Medical Officer, a Nurse, a Data Manager and four Field Research Assistants




**Dr Dewan S Alam, Co-Principal Investigator**



Dr. Dewan Alam is a Public Health Scientist and Epidemiologist with almost 30 years of experience in the health sector. He completed his MBBS from Dhaka University, Masters in Community Nutrition and Masters in Medical Science from University of Queensland, Australia. With a PhD from Wageningen University and Research, Wageningen, The Netherlands, Dr. Dewan completed his Postdoctoral Fellowship in the Division of Nutritional Science, Cornell University, USA. Dr. Dewan has expertise in chronic non-communicable diseases, epidemiology, health research, maternal and child health and nutrition. He is the Principal Investigator of numerous research projects and has published widely in different peer reviewed journals.

**Dr Shariful Islam, Project Manager**



Dr. Shariful Islam is a Medical Doctor and Public Health Specialist having 12 years of experience with United Nations, NGOs and academic and research institutes in health program interventions and research. He has special interest in chronic non-communicable diseases, global health, primary health care and health systems.

**Dr Serajul Islam, Medical Officer**

Serajul Islam completed MBBS and MPH (NIPSOM) with one year post graduate training in internal medicine. His Masters




thesis was on hypertension. He has earlier worked as a clinician in various hospitals in Dhaka for more than 4 years. He has keen interest in public health research.

**Khaled Hasan, Data Manager**




Khaled holds a Masters degree in Management and Diploma in MIS. He has 10 years of experience in database management. Prior to joining ICDDR, B he worked as Informatics Manager in the NIH-funded collaborative project of Columbia University, The University of Chicago and ICDDR, B.

**Hazrat Ali, Nurse**



Hazrat holds a Diploma in Nursing from Nursing Institute, Dhaka Medical College Hospital. He also holds Diploma in Orthopaedics from the same institution. He has worked for more than 4 years with large corporate hospitals in Dhaka.

**Ekram Ullah (Liton), Field Research Assistant**



Ekram has a Bachelor in Arts from National University and more than 7 years experience in data collection and supervision. He has worked for the IMCI and Arsenic project of ICDDR, B.

**Kamrun Naher, Field Research Assistant**



Kamrun holds a Masters Degree in Social Science and has more than 9 years experience in field research activities. She has worked with the Arsenic and IMCI projects of ICDDR, B.

**Sokhina Akter, Field Research Assistant**



Sokhina has done Bachelor's in Social Sciences. She has 4 years experience in data collection. Previously she worked in ICDDR, B as field worker in the Zinc

study and intra-household nutrition study.

**Md. Fakhar Uddin, Field Research Assistant**



Fakar Uddin completed his Masters in Anthropology from Shahjalal University of Science and Technology. He worked as an Academic Research Fellow with a

national NGO for one year before joining ICDDR,B.

**b. Goa (India)**

The chronic disease risk factor study in Goa is being carried out in the picturesque village of Carambolim which is situated near the beautiful Carambolim lake around 14 km from the capital city of Goa, Panjim.



Carambolim is a comparatively large village with approximate population of 5000. Only a ward of the village with approximately 250 households have been selected for the study.



**CDRF Team, Goa (India)**

Goa team consists of the Co-PI, a Project Manager and four Research Assistants



**Dr Amit Dias, Co-Principal Investigator**



Dr. Amit Dias is an epidemiologist and geriatrician by training and is currently the Asst. Professor at the department of Preventive and Social Medicine at Goa Medical College. He is a member of the Managing Committee of Sangath. Dr. Dias is known for his contribution to the field of Alzheimer's diseases and related dementia in India. His research on interventions for families of people with dementia won the International FMA-ADI prize for being the best evidence based psychosocial research in 2010. He has been involved in research on a range of subjects like Japanese encephalitis, rabies, iodine deficiency disorders, polio, HIV/AIDS, neurological disorders and heart disease.

**Dr. Rohit Ajgaonkar, Project Manager**



Rohit is a young budding doctor who is keen in community research projects, passed out from Goa Medical College in 2010. Currently he is working as a project Manager for the CDRF Project, Goa.

**Dr. Vaman Polle, Research Assistant**



Vaman is a MBBS graduate from Goa Medical College. He is currently working as a Researcher Assistant for the CDRF project in Goa.

**Alisha Dias, Research Assistant**



Alisha has Masters Degree in Social Work from Mangalore, Karnataka. She has worked earlier on mental health related issues.

**Sherin Abraham, Research Assistant**



Sherin has done post graduation in Foods, Nutrition and Dietetics from Mumbai University and is currently working with Sangath for the CDRF project as a Research

Assistant.

**Basavraj Katti, Research Assistant**



Basavraj from Vasco-dagama is an Economics graduate. Before joining CDRF Project he worked with Sangath on mental health related issues. He works as Research

Assistant

**c. Chennai (India)**

Chennai is one of the largest cities of South India with a population of 4.6 million.



Cluster of houses at Sirudhavur

Two areas in Chennai have been selected, Urban - Kottivakkam and rural -

Sirudhavur which are covered under Voluntary Health Services which provides various level of health care services to the people residing in both areas. Sirudhavur with a population of 2,243. 3rd and 5th ward of Sirudhavur colony has been selected randomly for data collection. 65% of the people belong to lower socio – economic strata.



VHS health centre at Sirudhavur

Kottivakkam is an urban area with a mix of people belonging to high, low and medium socio-economic strata. Venkatesapuram within Kottivakkam which has approx 70% population with low income have been selected for data collection.

**CDRF Team, Chennai (India)**

CDRF team at Chennai consists of a Co-Principal Investigator, a Project Manager, a Medical Officer and four Research Assistants. .



**Dr Joseph Williams, Co-Principal Investigator**

Dr. Joseph Williams after initial training in public health has worked with a variety of health programmes on child survival and safe motherhood, destitute street children and advocacy programmes. He is presently responsible for managing the VHS Institute of Community Health which includes 14 Mini Health Centers covering a population of 100,000 with a training centre overseeing formal and informal training programmes. He also manages the projects division of VHS - CHARTERED, which includes CDRF project of SANCD. This research relationship with SANCD has led him to more closely examine question of evidence in health.



**Bavanipriya V, Project Manager**

Bavanipriya started her career as Intensive Care Unit Nurse in Apollo Hospitals, Chennai. Later she changed to Preventive medicine, worked as a Public Health Nurse in MAC Foundations at Voluntary Health Services. She has done Masters in Community Health and also worked as a lecturer in Community Health Department. Now she has taken up the challenging role of Project Manager for the CDRF study.



**Dr. A Kalaiselvan, Medical Officer**

Dr Kalaiselvan graduated in Medicine from Madurai Medical College in 1979-1985. He worked as junior doctor, private practice,

Medical Officer at a tea plantation before joining VHS in the year 2000. Since then he has been providing clinical support to various health centres and programmes under VHS. He has keen interest in primary care management and prevention of Diabetic Complication.



**P Diwya, Research Assistant**



Diwya has Masters Degree in Applied Microbiology. Earlier she worked as a Microbiologist in quality control department in a pharmaceutical manufacturing unit. Quality Control (QC) and R&D are her areas of interest.

**Y Selvamani, Research Assistant**



Selvamani is a Post Graduate in Social Work Specialized in Medical & Psychiatric Social Work from Loyola College, Chennai. Earlier he has worked with Christian medical College, Vellore on CHANGE Project funded by Bill & Melinda Gates foundation. He also worked as Medical Social Worker with the Dept. of Community Medicine, SRM Medical College, Chennai. Health systems, health policy research and migration issues are his area of Interest.

**B Karthick, Research Assistant**

Karthick is a Post Graduate in Medical Sociology from Loyola College, Chennai and has done graduation in Computer

Science. He started his career with the software company Perot Systems now called Dell. However later he got interested in social and developmental issues. Before joining the CDRF study, he worked with Greenpeace India Society. Public health research is now his main area of interest.



**Revathi G V, Research Assistant**



Revathi has worked as a Database Officer with VHS for the past 2 yrs dealing with the clinic data's in TAI Project, preparing Monthly Technical Reports, Lab reports and monitoring quality. She has a Bachelor's Degree from JABAS College for women, Chennai. Public health research is one of her core area of interest.

**Initial phase of the study**

The preparation for the launch of CDRF started long back with application for HMSC clearance, IRB approvals etc. The project started in January 2011 which included identification of the electronic data capture software, review of questionnaire & protocol, selection & purchase of equipments and most importantly coordination with all sites. SANCD Team undertook visits to Matlab in January, Chennai in March and Goa in May 2011 in preparation for the launch of the project.

**Matlab**

ICDDR,B was the first to move ahead with study as they got their approvals early (Indian sites were dependent on approval

from ICMR). They got their Project Manager and Data Manager on board in January where as the other members joined in May 2011. The training of the field team was conducted from 23<sup>rd</sup> May to 7<sup>th</sup> June. The 14 day training included 10 days classroom training and practice on volunteers and 4 days field practice.



Field Training at Matlab

The data collection started on 8<sup>th</sup> June 2011 immediately after the completion of training.

### Goa

Goa team started off with the selection of Carambolim village in March 2011. They got their Project Manager on board in June and the rest of the team in July 2011. Even before the start of formal training, the Goa team was given an in-house orientation and they went into the field and conducted interviews in the sampled households. This helped them in identifying issues for clarification during the actual training.



Training session at Goa

The training for Goa team was conducted from 28<sup>th</sup> July to 5<sup>th</sup> August 2011 at the

Rural Health Training Centre of Goa Medical College at Mandur. The training consisted of 5 days participatory classroom sessions and 4 days of practice sessions on volunteers.

### Chennai

Chennai is a unique site as it has both urban and rural samples. Chennai team got its project manager in mid August while the rest of the team joined in late September and early October 2011. The team had initial orientation before the start of the training.



Training session at VHS, Chennai

The training for Chennai team was conducted from 12<sup>th</sup> October to 21<sup>st</sup> October 2011 at VHS Chennai. The training consisted of 6 days classroom sessions & role plays and 3 days of practice in the field and site clinic. The training was followed by listing of households, community orientation and data collection.