

Capacity Building

India is currently undergoing economic, demographic, and nutritional and health transition. The pace of the transition varies between states and different segments of the population. Even now, undernutrition remains the major public health problem but unlike the earlier era where poverty and lack of purchasing power had been the major determinants of undernutrition, newer factors such as poor infant and young child feeding and caring practices, metabolic disorders, malignancies and HIV infection are emerging as important factors associated with undernutrition in different age groups.

The country has entered the era of dual disease burden where prevalence of overnutrition, obesity and associated risk of non-communicable diseases is rising. The major effort to combat this will be through dietary and lifestyle modifications. There is an urgent need to update the knowledge of all segments of population on:

- changing trends in nutritional problems and their health consequences
- appropriate dietary lifestyle modifications for prevention of these problems
- available services for early detection of these problems and appropriate management.

NFI has always been at the forefront of institutions engaged in the task of capacity building at all levels among policy makers, programme officers, professionals and paraprofessionals, undergraduate and postgraduate students, from medical homescience and other colleges and people themselves