

I 9th Annual Report

2022-2023

Healis Sekhsaria Institute for **Public Health**



***“To make difference globally in public health
through excellence in Research, Learning,
Teaching and Capacity building”***

Research | Learning | Teaching| Capacity Building

Message from the Directors

Dear Friends,

It is our great honour to share with you the Healis Annual Report 2022-23. This report comes to you with pride, as it is a compilation of our major accomplishments and our experiences from the past financial year. Healis has completed sixteen years. Institute vision is to advance public health through innovative science and evidence based research recommendation. To accomplish its vision, this year Healis has 8 projects in ongoing stage and 5 in data analysis phase. In addition to research, during this year, Healis has produced about 16 research publications in peer reviewed international journals.

Thank you all for your continued support on our journey!

Sincerely,

Dr. Prakash C. Gupta



Dr. Mangesh S. Pednekar



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About Healix

Healis Sekhsaria Institute for Public Health is a Non-profit Organization that aims to advance public health in India by undertaking timely high quality population based epidemiological research since 2004. Since its inception the organization is committed to improving the public health in India and in other LMIC countries addressing important public health questions and facilitating and guiding the translation of research findings into policies/programs at national level. It is among the few institutes that are solely dedicated to public health research in India.

The Institute was registered on April 29, 2005 under section 25 of the Companies Act, 1956 [corresponding to section 8 of the Companies Act, 2013 ('the Act')] as a company limited by guarantee and not having a share capital. The Institute is registered under section 12A of the Income Tax Act, 1961 vide Registration No. 39490 dated July 25, 2005.

Healis Vision

“To make difference globally in public health through excellence in Research, Learning, Teaching and Capacity building”

Goals and Objectives

- ✦ To undertake timely, quality, and population-based epidemiological research that addresses important public health issues.
- ✦ To facilitate the translation of research findings into policies and programs at national and international levels

About Healix

Healix works in collaboration with leading National and International Health and Research organizations. Healix is operating from the premises of its own situated at MIDC, Mahape, Navi Mumbai since January 2015.

Registrations & Recognitions

Institutional Ethics Committee (IEC) is registered with National Institutes of Health and has Federal Wide Assurance (FWA).

Healix recognition as a Scientific and Industrial Research and Development Organization (SIRO) by Department of Science and Technology, Ministry of Science and Technology. For CSR recognition, Healix is also empanelled with the Tata Institute of Social Sciences CSR Hub and Guide Star India.

Donation

Healix is registered U/S.80-G(5)(i)(a). Also have Permanent Registration of FCRA Act 1976 since April' 2009 vide registration No.083781138

Abbreviations

ACC	Asia Cohort Consortium
ACTREC	Advanced Centre for Treatment, Research and Education in Cancer
ASPH	Arnold School of Public Health
CDC	Centers for Disease Control and Prevention, USA
CFI	Cancer Foundation of India
CGHR	Center for Global Health Research
COTPA	Cigarettes and Other Tobacco Products Act, 2003
CTFK	Campaign for Tobacco Free Kids
DFCI	Dana Farber Cancer Institute, Boston, USA
DGHS	Directorate General of Health Services
FDA	Food and Drug Administration
FSSA	Food Safety and Standard Act
FWA	Federal Wide Assurance
GATS	Global Adult Tobacco Survey
GBD	Global Burden of Disease
GOI	Government of India
GSPS	Global School Personnel Survey
GTSS	Global Tobacco Surveillance System
GYTS	Global Youth Tobacco Survey
HSPH	Harvard School of Public Health
IARC	International Agency for Research on Cancer
ICMR	Indian Council of Medical Research
ITC	International Tobacco Control Project
IUATLD	International Union Against Tuberculosis and Lung Disease

Abbreviations

MCGM	Municipal Corporation of Greater Mumbai
MLA	Member of Legislative Assembly
MMC	Mumbai Municipal Corporation
MOHFW	Ministry of Health and Family Welfare
TCP	(International) Tobacco Control Project,
India	
TIFR	Tata Institute of Fundamental Research
TMH	Tata Memorial Hospital
VoTV	Voice of Tobacco Victims
WHO, India	World Health Organization, India Office
WHOSEARO	World Health Organization, South-East
Asia	
MP-VHAI	Madhya Pradesh Voluntary Health Association
MWTCS	Mumbai Worksite Tobacco Control Study
NCD	Non Communicable Disease
NCI	National Cancer Institute, USA
NGO	Non Governmental Organization
NIH	National Institutes of Health, USA
NSF	Narotam Sekhsaria Foundation
PHFI	Public Health Foundation of India
SBF	Salaam Bombay Foundation
SEAR	South-East Asian Region (of the WHO)
LMIC	Low Middle Income Countries

Healis Board of Directors

Dr. Prakash C. Gupta

Dr. Prakash C. Gupta is the Director of Healis. He is also an Adjunct Professor, at the Department of Epidemiology and Biostatistics, Arnold School of Public Health, University of South Carolina, USA and Visiting Scientist at the Harvard University, USA. He is a recipient of Luther Terry Award from the American Cancer Society for Exemplary Leadership in Tobacco Control in the category of Outstanding Research Contribution.

Dr. Mangesh S. Pednekar

Dr. Mangesh S. Pednekar is Director of Healis. He is also a visiting Scientist at the Department of Society, Human Development, and Health, Harvard School of Public Health, USA and Visiting Faculty, Tata Institute of Social Science, Mumbai, India. He is also a panel evaluation member of S. P. Jain Institute of Management and Research, Mumbai and guest lecturer at K J Somaiya Institute of Management, Mumbai.



Healis Board of Directors

Prof. P. V. S. Rao

Prof. Rao is past President of the Bombay Association for the Science Education, past President and Fellow of the Computer Society of India, Distinguished Fellow of the Institute of Electronics and Telecommunication Engineers, Fellow of the Indian Academy of Sciences, the Indian National Science Academy, and Indian National. He is recipient of the Padma Shri (1987) from the President of India, the Om Prakash Bhasin Award (Electronics and Telecommunications 1987), the VASVIK (1987) awards [Electrical and Electronics (combined) for 1985] and the Vikram Sarabhai Research Award (1976).

Institutional Ethics Committee

Healis Institutional Ethics Committee (IEC) consists of 12 members, out of which nine are external members and three are from Healis. The committee is multidisciplinary and multi-sectoral in composition as per NIH and ICMR guidelines and maintains gender equity. This body has two functions, one is to assess the compliance of the research proposals with the protection of human subjects' guidelines and the other is to assess the scientific value of the studies.

The Chairperson of the Committee, a basic medical scientist, with many years of scientific experience, is from outside the Institution so that the independence of the Committee is maintained. Other members are a mix of medical / non-medical, scientific and non-scientific persons including a housewife to reflect differing viewpoints. The Committee is highly qualified, through the experience and expertise of its members, and the diversity of its member backgrounds, to foster respect for its advice and counsel in safeguarding the rights and welfare of human subjects in research.

Institutional Ethics Committee

List of Members during 2022-2023

- 1. Dr. Rajendra Agarkar, Chairman Medical Scientist*
- 2. Dr. Daniel Joseph, Professor, MUHS*
- 3. Dr. Pankaj Chaturvedi, Oncosurgeon, TMH*
- 4. Dr. Prakash C. Gupta, Epidemiologist, Healix*
- 5. Dr. Mangesh S Pednekar, Epidemiologist, Healix*
- 6. Ms. Farida Poonawala Tata, Advocate*
- 7. Ms. Cecily Ray, Epidemiologist, Healix*
- 8. Ms. Manorama Agarwal, Housewife*
- 9. Ms. Tshering Bhutia, Social Scientist, SBF*
- 10. Dr. Sabita M. Ram, Dentist, retired from MGM*
- 11. Dr. Sharmila Pimple, Professor, TMH*
- 12. Dr. Raju Jotkar, Medical Scientist*

Registration

1. Healix registration for renewal of recognition of scientific and industrial research organizations (SIROs) has been done:

- May 27, 2013-March 31, 2016
- April 04, 2016- March 3, 2019
- April 01, 2022- March 31, 2025

2. Renewal of GuideStar India Transparency Key has been done for 1 year

International Collaborators

Healis work is carried out in collaboration with leading national and international organizations leading to publications in peer-reviewed journals and resulting in key policy level actions to improve public health, epidemiological research, tobacco control and dissemination and capacity building.

April 2022- March 2023

1. Harvard School of Public Health Boston, DFCI , USA
2. University of Michigan, USA (UM)
3. University of Waterloo, Canada
4. Durban University of Technology, South Africa
5. University of Minnesota Cancer Center, USA
6. Yale University, USA
7. Arnold school of Public Health, University of South Carolina, USA
8. Center for Global Health Research, University of Toronto, Canada

Centers For Disease Control and Prevention, CDC Atlanta, USA

National Collaborators

● April 2022- March 2023

1. Ministry of Health and Family Welfare, Government of India
2. Indian Council of Medical Research
3. Tata Memorial Hospital (TMH)
4. Advanced Center for Treatment, Research and Education in Cancer, (ACTREC)Navi Mumbai
5. Municipal Corporation of Greater Mumbai, Mumbai
6. Narotam Sekhsaria Foundation (NSF)
7. Salaam Bombay Foundation (SBF)
8. Voluntary Health Association of India (MP)
9. Hriday, New Delhi
10. National Cancer Registry Programme (ICMR)
11. Mumbai Cancer Registry, Mumbai
12. Birla Institute of Science and Technology
13. Vital Strategies, India

Project Updates

● Project in Ongoing stage

I. Scaling up tobacco control in India: Comparing smartphone to in-person training for implementing an evidence-based intervention to reduce tobacco use among school teachers

Objective:

- To tailor the Tobacco Free Teachers – Tobacco Free Society (TFT-TFS) program to the MP context and develop a smartphone-based training model (including headmaster training, digital content for teachers, and program tracking capabilities) that is feasible for the MP Department of Education.
- To determine the implementation fidelity, effectiveness, and cost of in-person training (using a paper manual and materials) vs. smartphone-based training for training headmasters to deliver the TFT-TFS program in their schools.
- To examine determinants of successful implementation of TFT-TFS via in-person and smartphone-based training models, ways to overcome barriers, and improvements for future implementation.

Type of Study: Behavioural Mixed Methods

Project Timeline: 2021—2025

Research Design: We will randomly select 180 schools from selected district(s) and randomly assign 90 schools (45 rural/45 urban) to each arm that meet eligibility criteria. We opted for stratified sampling because we expect that tobacco use prevalence, program training and implementation may be different in rural versus urban schools.

This project has opted for stratified sampling because we expect that tobacco use prevalence, program training and implementation may be different in rural versus urban schools.

Expected Outcome:

- 1) Program Implementation – Implementation of four program components will be measured through the evaluation visit, including the Observation Checklist and surveys of headmasters and teachers and Phone-based process tracking data, including headmasters' monthly checklist documenting implementation components completed and teacher participation
- 2) Tobacco Use Cessation - To assess smoking and smokeless tobacco use cessation, we will conduct a self-administered survey of all teachers present during the Evaluation Visit (Teacher/Headmaster self-report).
- 3) Cost - Costs related to program implementation in each arm will be collected and analyzed to understand the financial impact of training; research costs associated with the study itself will not be included.
- 4) Program Reach – Program reach will be measured as the mean proportion of teachers who attended the group discussions based on process tracking, and as self-reported participation on the Survey. We will also measure with whom and where teachers shared program information
- 5) Factors affecting program implementation – This study expect to have identified contextual factors that explain variations in TFT-TFS implementation for each training model. This will provide DOE stakeholders with a real-world understanding of their effect on TFT-TFS implementation in schools.

Current Updates:

The study team including Dr. Eve Nagler, Dr. M. S. Pednekar, and Ms. Priyanka Ghosh visited three districts of MP (Dhar, Dewas and Ujjain) during November 2022

- I. 3 FGDS with Headmasters/Principals and other teachers and 2 KIIs with principals were conducted in Ujjain

2. 2 FGDS with principals along with teachers and 2 Klls with principals were conducted in Dewas
3. 5 FGDS with Headmasters/Principals and other teachers 4 and Klls were conducted in Dhar



2.Longitudinal Study of Adolescent Tobacco Use and Tobacco Control Policy in India (IPACTS)

Background:

Study of Community Tobacco Environmental Factors and Adolescent Tobacco Use: Mumbai Student Tobacco Survey. Cross sectional study conducted in Mumbai using population based survey of students and GIS data collection of schools, tobacco vendors and advertisements.

Provides foundation for research as students reported high exposure to tobacco advertisements, and half of the tobacco users reported obtaining tobacco from vendors

Type of Study: Cohort study

Project Timeline: August 2016- December 2021

Research Design: The research will be conducted in two geographically dispersed Indian cities Mumbai and Kolkata to reflect the diversity in tobacco use, tobacco control policy implementation, socioeconomic status and cultural factors. The main aim of this study is to prospectively measure Community Tobacco Environmental (CTE) factors (i.e., objective assessments of community level compliance with tobacco control laws, availability of all forms of tobacco products including gutkha and e- cigarettes,

and the presence of tobacco vendors and advertisements). Also, to study the CTE factor is longitudinally associated with adolescent tobacco use initiation and trajectories. This study will contribute substantially to research on tobacco control policy implementation and the influence of policies on adolescent tobacco use, a behavioral cancer risk of immense concern globally.

Expected Outcome and measure:

To identify the social determinants of tobacco, use that include the analysis of policy, community and family factors and the GIS data on the location of tobacco vendors and POS policy compliance

Current Updates: The data Data collection in both the cities (Mumbai and Kolkata) are under progress.



3.To study the Effectiveness of National Quitline number (1800 112 356) India.

Objective:

Our first objective would be to study Tobacco users who receives adherence calls are more likely to complete online quitline program than tobacco users who only receive information of quitline program. Our second objective would be to study tobacco users in intervention group are more likely to successfully quit than control group.

Type of Study: Behavioural Mixed Methods

Project Timeline: July 22—March 2023

Research Design: In this study, tobacco users from the cohort 2018-19 will be divided into two groups: one is intervention and another is control group. Adherence/motivation calls will be provided only to the intervention group.

Expected Outcome:

- Interview questionnaires have been finalized.
- The Redcap database is under preparation and will be finalized by the second week of April 2023
- Training of field staff will be completed in the month of May 2023.
- Data collection is expected to start in the month of May 2023

4.To evaluate the effectiveness of text warnings on areca nut products compared to pictorial warnings on smokeless tobacco products

Objective: The main objective of the study is to examine the perceived effectiveness of the text warning on areca nut products and compare them with mandated pictorial warning labels on smokeless tobacco products.

Type of Study: Cross-sectional study

Project Timeline: Jan 22—Dec 2022

Research Design: A multi-stage sampling design will be used to obtain a representative sample of households and then of individuals in Mumbai city. We will select urban areas which are geographically dispersed that will reflect Mumbai's urban variation in the prevalence of tobacco use, tobacco control policy implementation, socioeconomic development, infrastructure and cultural factors. Respondents will be shown actual pictures of areca nut and smokeless tobacco products and will be asked for their understanding of the warnings, on these products.

Expected Outcome: The project will collect much needed data warnings on the packs, about the availability, marketing and use of areca nut as flavoured product with or without tobacco and smokeless tobacco products. In addition, the findings about how specific tobacco control laws are associated with tobacco use initiation can also be used to compare the relative value of different tobacco control policies within the Indian context.

Current Update:

- Finalisation of Survey
- Finalisation of Redcap program in all languages
- Training was conducted in the first week of February
- Data collection started from Feb 10, 2023.

5. Disseminating an evidence-based tobacco control intervention for School Teachers in India

Background:

Dissemination of tobacco control intervention program implemented through Bihar School Teachers Survey (BSTS): *"Tobacco Free Teachers- Tobacco Free Society"*, Tested in Bihar and pilot tested in Mumbai schools, Plan to disseminate in the state of Bihar.

Type of Study: Intervention Dissemination

Project Timeline: December 2016- November 2021

Research design: Determine the feasibility of building the capacity of cluster coordinators to train and support principals in program implementation and maintenance in schools, and for the DoE to sustain the program. Determine the direct financial costs of program implementation and maintenance.

Expected outcome and measures

Demonstration of the feasibility of implementation and the effectiveness of the TFT-TFS program within the infrastructure of the Bihar DoE. To better understand the implementation process and to identify factors that need to be taken into account as evidence-based interventions are taken to scale.

Current update:

1. Disseminating the self-help group manual to other states.
2. Self-help manual printed copies given to Bihar department of education for dissemination.

Manuscript updates:

3. Upscaling a behavioural intervention program for tobacco use cessation – A randomised controlled study- submitted
4. REAIM Framework to evaluate the implementation of Tobacco Free Teachers – Tobacco Free Society Program in two RCTs in schools of Bihar, India- in progress
5. Nagler EM, Pednekar M, Sinha DN, Stoddard AM, Narake S, Adhikari K, Jones L, Lando H, Vrinotis M, Gupta P, Sorensen G. Implementation of an evidence-based tobacco control intervention for school teachers in India: Evaluating the effects of a capacity-building strategy. *Implement Res Pract.* 2023 Mar 22;4:26334895231159428. doi: 10.1177/26334895231159428. PMID: 37091538; PMCID: PMC10037724.



6. Measurement of the effectiveness of a worksite multi-component canteen and behavioural intervention on cardio metabolic risks in India.

Rational: CVD is the leading cause of morbidity, mortality, and disability in South Asia, where 20% of the world's population resides. Asian Indians have high rates of diabetes, prediabetes and cardio metabolic risk factors which is also affecting India acutely. There is robust evidence that lifestyle change, particularly weight loss, increasing physical activity, and improving diet quality can prevent or delay diabetes and reduce cardio metabolic risk factors such as elevated glucose, plasma lipids, and blood pressure. Use of lifestyle intervention to prevent hypertension and diabetes and to improve glucose tolerance, their translation in real world settings has been challenging. Worksite-based health interventions have shown positive impacts on employees and worksites. However, the range and scope of the interventions adopted will largely depend on the feasibility and acceptability of the interventions and the ease of the implementation at each worksite, based on resources available and the support thereof.

Research Objective:

AIM I. To facilitate the adaption and implementation of an existing evidence-based canteen intervention to increase healthy eating habits at a worksite canteen environment.

AIM 2. To measure the effectiveness of a multi-component worksite intervention to reduce Cardio-metabolic risk.

Type of Study: Behavioral Qualitative cohort study

Project Timeline: June 2019- March 2022

Expected Outcome:

The primary outcome will be the proportion of individuals reaching two or more of their cardio-metabolic risk goals, namely reductions in blood pressure, triglycerides, and HbA1c. Participants will be scored on the number of risk factors they improve (0-3) as defined by decreases in (1) HbA1c $\geq 0.5\%$; (2) systolic blood pressure ≥ 5 mm Hg; or plasma triglycerides ≥ 10 mg/dl.

These outcomes were selected because blood pressure, HbA1c, and triglycerides are commonly measured in clinical settings, which makes their use clinically-appropriate and translatable, and because other CVD risk scores, for example the Framingham Risk Score, do not perform well in South Asian populations. Moreover, the composite outcome allows for individuals to reduce different factors based on their variable risk profiles at baseline

Current Updates:

- I. Intervention session delivery completed
- II. Online distribution of intervention material
- III. Survey tools development
- IV. Development of Redcap program
- V. Training and data collection



7. Analytical capacity building for the study of tobacco carcinogen exposures in India

Research Design: The goal of our proposal is to investigate the relationship between carcinogen content in smokeless tobacco (SLT) products and relevant exposures as well as oral/head and neck cancer (OHNC) risk in users of these products, while concurrently building capacity for a sustainable tobacco carcinogenesis research program in India. We will focus on the tobacco-specific nitrosamines N'-nitrosonornicotine (NNN) and 4(methylnitrosamino)-1- (3-pyridyl)- 1-butanone (NNK).

Type of Study: cohort Study

Project Timeline: July 2017- July 2022

Research Objectives:

- (i) To determine the variation of NNN and NNK in SLT products currently available in Mumbai.
- (ii) To examine the relationship between NNN and NNK levels in SLT products and the levels of corresponding biomarkers in users of these products.
- (iii) To compare levels of urinary NNN and NNK biomarkers between SLT users with and without OHNC.

Rationale: (including that for undertaking human subject research in the light of existing knowledge): Indians develop oral/head and

neck cancers (OHNC, includes oral cavity, lip, pharynx) at the very high rate of 20 cases per 100,000 per year; this results in an estimated 70,000 deaths per year, making India the worldwide epicenter of OHNC mortality. Therefore, India serves as a unique setting for such studies and more importantly, it is an area of critical need. This study will incorporate capacity building activities that include the development of analytical laboratory resources, training of young investigators from Mumbai in tobacco research and relevant procedures, and establishment of tobacco product and bio specimen repositories for future research.

Subject Recruitment Procedures: The recruitment for Aims 2 and 3 will be carried out in a combined effort at TMH. For Aim 2, the 300 cancer-free SLT users will be recruited among persons accompanying cancer patients to the clinic. We anticipate recruiting at least 100 such SLT users per year. Since OHNC patients in Aim 3 will be included independent of the type of SLT product they use, their recruitment will start in Year 1. Enroll 40-50 patients per year is expected.

Current Updates:

- The web portal has been designed and is currently under preparation -which will display all necessary project information on the Healix website.
- A smokeless tobacco review paper has been drafted and circulated with the full team for review.
- Continued storage of tobacco product samples obtained from recruited patients as well as smokeless products collected as a part of the repository.
- A paper has been submitted to *The Lancet Regional Health – Southeast Asia* titled “Extreme variability of addictive and carcinogenic potential of smokeless tobacco products marketed in India.” And currently we are addressing the reviewer’s comments.

8. Understanding barriers and facilitators to implementation and enforcement of loose cigarettes and bidis sale ban in Delhi and Maharashtra using a qualitative approach

Objective: To understand perceptions of key stakeholders regarding implementation and enforcement of loose cigarette and bidi sale ban in India.

Type of Study: Behavioural Qualitative

Project Timeline: May 2022-Oct 2023

Research Design: Smokers will be reached out to and recruited directly from tobacco shops and through word of mouth. Field visits will be conducted to recruit three types of tobacco vendors: tobacco pan shops, street vendors, and grocery shop owners. Policymakers, implementers, and law enforcement officials will be recruited via in-person office visits, emails, and telephone calls.

Outcome: The proposed work aims to assess knowledge, interest, power, and position of different stakeholders regarding implementation and enforcement of loose cigarettes and bidis sale ban.

Current Updates: The study sample size was 68 in-depth interviews of the stakeholders; however, additional 14 in-depth stakeholder interviews were subsequently carried out. A total of 82 interviews were conducted in the study.

- All interviews have been transcribed.
- An in-depth analysis of qualitative interviews will start from the first week of April 2023.
- A manuscript is currently being drafted. The title of the manuscript is “Development of a protocol to examine comprehensively stakeholders; perceptions of a tobacco control policy in India.” The method section of the manuscript has been finished, while the introduction and results sections are still in progress. In the next two months, the manuscript will be complete.

- An abstract will be submitted on 31 March 2023 for presentation at American Public Health Association Annual Meeting (12-15 November 2023) that describes findings from the interviews conducted with smokers and vendors. The abstract title is “Assessing adults who smoke and tobacco vendors’ perceptions regarding the ban on the sale of single-unit cigarettes and bidis in India.”

Ongoing data analysis of projects

9. Knowledge, attitude, and factors for COVID 19 vaccination hesitancy among adult population in Maharashtra

Objective: To study the knowledge, attitude, beliefs and factors related to COVID-19 vaccination hesitancy across Maharashtra.

Type of Study: Behavioural Mixed Methods

Project Timeline: July 22—March 2023

Research Design: In this study, the quantitative data collection will be carried out using online mode for the 1400 participants. A cross-sectional survey data collection tool will be used to collect the quantitative data. The Healix team will use WhatsApp, Facebook, LinkedIn, Instagram, Healix website, and via email to advertise and circulate the survey link to their network members. To ensure the recruitment of at least 1400 target study participants, each of the 19 Healix employees are estimated to recruit a minimum of 74 participants from their network of friends and family.

Expected Outcome:

1. Understanding of the targeted population’s beliefs/hesitancy factors towards the COVID-19 vaccination.
2. Identification of the key challenges and barriers in the current COVID-19 vaccination policy.
3. Understanding the reach of public and private health facilities for COVID-19 vaccination and targeted population’s perception towards these facilities.

Current updates:

- The project data collection is completed and is now in the data analysis phase.
- Paper writing under progress

10.Tobacco Control Policy Evaluation India Project (TCP) Wave 3

Background:

The International Tobacco Control (ITC) Project is a multi-country prospective cohort study designed to measure the psychosocial and behavioral impact of key policies of the World Health Organization (WHO) Framework Convention on Tobacco Control (FCTC).

To evaluate the effect of the FCTC, the ITC Project is conducting parallel prospective cohort surveys with adult smokers in 21 other countries— Canada, United States, Australia, United Kingdom, Ireland, Thailand, Malaysia, South Korea, China, New Zealand, Mexico, Uruguay, Germany, France, the Netherlands, Brazil, Bangladesh, Mauritius, Bhutan, Kenya, and Zambia. Half of the ITC countries represent high income countries and the other half low- and middle-income countries.

As a part of the ITC project, the Tobacco Control Policy (TCP) India Survey is being conducted by Healix-Sekhsaria Institute for Public Health in India in collaboration with the University of Waterloo in Canada and the Roswell Park Cancer Institute, USA.

Type of Study: cohort Study

Project Timeline: Feb 2017- Oct 2019

Objective: The broad objective of TCP India Project is to evaluate and understand the impact of tobacco control policies of the Framework Convention on Tobacco Control (FCTC) as they are implemented in low and middle income countries (LMICs) participating in the International Tobacco Control Policy Evaluation Project (the ITC Project).

The objectives of the TCP India Survey are:

- To examine the change in prevalence and tobacco use behavior in India.
- To examine the impact of specific tobacco control policies implemented in India during the next 5 years.
- To compare smoking behavior and the impact of policies between India and other ITC countries.

Current Status: Intern – Ian Holdroyd is working on paper based on TCP datasets titled “Effectiveness of the Indian Government’s Policies to Strengthen Health Warning Labels on Smokeless Tobacco products: findings from the TCP India cohort study.” Currently the paper is under review with the co-authors.

11. Asia Cohort Consortium Projects

Background:

The Asia Cohort Consortium (ACC) is a collaborative effort seeking to understand the relationship between genetics, environmental exposures, and the etiology of disease through the establishment of a cohort of at least one million healthy people around the world. The countries involved include China, India, Japan, Korea, Malaysia, Singapore, Taiwan, the United States, and few others. The Investigators from these countries meet on a biannual basis to report on the progress of each country's cohort, to discuss issues relevant to the development of common protocol guidelines, and to prepare for collaborative projects.

The collaboration involves seeking partners among existing cohorts across Asia to facilitate the exploration of specific research questions that need specific answers. Mumbai Cohort study data is a part of this Consortium. The study on BMI was completed and a paper has been published on relationship between body mass index and pancreatic cancer-No significant association was found.

Current Progress:

Data analysis is going on.

12.Mumbai Cohort Study (MCS)-2nd Follow Up

Background:

The Mumbai Cohort Study is a prospective cohort study following around 1, 48,000 individuals from Mumbai. The study has been conducted in two phases with phase one following 100,000 individuals, both men and women, and phase two following 48,000 men. By 2008, two follow-ups were completed for phase one individuals. For phase two, the first follow-up was completed in 2003 and the second follow-up for 48,000 individuals is currently in process of being completed.

Objectives:

The objective of this study is to study mortality associated with tobacco and alcohol use.

Current Progress:

Data analysis is going on

13.Role of Genetic and Dietary Factors in Breast Cancer Risk: Study of a Population in Demographic Transition

Background:

The objective of the proposed case-control study is to examine various genetic, environmental and lifestyle factors in sporadic and familial breast cancer risk. The Specific Aims of this project are to:

- 1) genotype 1000 sporadic and 200 familial breast cancer cases and 1200 healthy matched controls (200 with family history of breast cancer) for candidate single nucleotide polymorphisms (SNPs) associated with inflammation, carcinogen metabolism, and circadian rhythm/DNA repair pathways; 2) perform a case-control analysis to test the hypothesis that candidate SNPs are associated with increased breast cancer risk, and that subjects with both poor (pro- inflammatory, high-fat) diets

and candidate risk genotypes have even greater breast cancer risks compared to those without a risk allele and with more healthy diets. This study will provide a valuable resource for evaluating diet and genetic susceptibility as they relate to breast cancer risk; and 3) assessing the role of reproductive factors, chronotype, personality and religiosity in influencing breast cancer risk in sporadic and familial breast cancer cases

Current Progress:

- Data set has been finalized

Projects submitted to various funding agencies

1. Implementation of an evidence-based intervention to reduce non-communicable disease risk factors in poor and vulnerable adults in Mumbai - submitted to National Institute for Health (NIH)- Dec 2023 to Nov 2028
2. Optimizing evidence-based tobacco cessation among women living in slums in Mumbai, India- submitted to National Institute for Health (NIH) Dec 2023 to Nov 2027
3. Implementing effective pricing policies to reduce smokeless tobacco use in India-- submitted to National Institute for Health (NIH)- Dec 2023 to Nov 2028
4. Mumbai as an urban laboratory to study environment, climate, and health in megacities: the M-LAB partnership- submitted to NERC August 2023- August 2025

Peer-reviewed Publications

1. Russell A, Chandra P, Robson M, Narayanan P, Joseph S, Mukherjee P, Aghi M, Otañez M, Dutta M, Bhojani U, Pathak P, John S. Implementing FCTC Article 17 Through Participatory Research With Bidi Workers in Tamil Nadu, India. *Nicotine Tob Res.* 2022 Oct 26;24(11):1714-1719. doi: 10.1093/ntr/ntac075. PMID: 35349705; PMCID: PMC9597000.
2. Kanade Ashwini S, Desai Maruti B , Dr. Puntambekar Namrata K, Dr. Pednekar Mangesh S (2022); Changes in eating habits, physical activity, and its association with mental health status during COVID-19; *International Journal of Scientific and Research Publications (IJSRP)* 12(5) (ISSN: 2250-3153), DOI: <http://dx.doi.org/10.29322/IJSRP.12.05.2022.p12539>
3. Hsieh, H-F, Mistry, R., Kleinsasser, M. J., Puntambekar, N., Gupta, P. C., Raghunathan, T., McCarthy, W., Córdova, D., Maharjan, G., Desai, M. B., Narake, S., & Pednekar, M. S. (2022). Family functioning within the context of families with adolescent children in urban India. *Family Process*, 00, e12784. <https://doi.org/10.1111/famp.1278>
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Healis Activities

➤ Colloquium

- A presentation was made by Dr. Shailesh Advani on April 05, 2022 title “ cancer screening among older adults social determinants of health and CVD



➤ Visitors

- Dr. Supriya Krishan visited institute and made presentation on the topic “A cohort of American Football players-my experience as the Epidemiologist”. Later she joined as “visiting Scientist” at Healis.
- Dr. James Hebert visited Healis in the Month April 2022 in regard to the finalization of Breast Cancer data in collaboration with ACTREC, Navi Mumbai



➤ **Intern**

- An intern from the U.K., Ian Holdroyd approached and visited Healix and completed his research papers on TCP data set.



➤ **Outdoor event on the occasion of Foundation day**





➤ Employee of the year

- Mr. Sameer Narake was selected as Employee of the year for 2022



➤ Celebrated Azadi Ka Amrit Mahotsav



➤ **Ethnic Day**



➤ **Dussera Celebration**



➤ **Diwali celebration**





➤ Knowledge partner- conference

Healis served as knowledge partner at the 3rd International Healthcare Management Conference.

Dr. Namrata won the Best paper award in the conference



➤ Gudi padwa



➤ Holi celebration



➤ Other Activities

- Dr. Gupta attended a half day Tobacco Free Maharashtra Coalition committee establishment meeting which will be conducted by MGVS in collaboration with The-Union Tuberculosis and Lung Disease at Pune district of Maharashtra on 25th – August-2022 at 10.30am-3.30 pm.
- On July 20, 2022, Dr. Gupta was invited to be a member of the 'National Steering Committee for National Tobacco Control Programme (NTCP)' has been constituted under the Chairmanship of Dr. L. Swasticharan, Addl. DDG and Director (EMR), Dte. GHS, MoHFW, Govt. of India, for effective implementation, monitoring and evaluation of National Tobacco Control Programme in the country and for facilitating capacity building and policy issues related to Tobacco Control.
- Dr. Pednekar attended the launch of the Praja Foundation's report on the "State of Health in Mumbai" on Tuesday, July 12, 2022. The report analyses the status of primary healthcare services in Mumbai and highlighted that there is a significant shortage of

personnel and infrastructure in BMC's primary healthcare system in accordance with the central agencies norms.

- Dr. Gupta continued to be on the editorial board for the Sage journals.
- On June 29, 2022, Dr. Gupta attended the Third Meeting of the Expert Committee for Development of New Specified Health Warnings for tobacco product packs.
- Dr. Pednekar and Dr. Gupta were faculty for the three day workshop held on "Scientific paper writing workshop on Global Adult Tobacco Survey- 2, India" during 18-20 May 2022.
- Dr. Gupta was invited for the FDI – IDA Vision 2030 Round-table Meeting (June 16th, 5 PM) and Whole Mouth Health Advocacy Workshop Inauguration (June 17th, 8:45 AM) at IDA HO, Mumbai.
- Dr. Pednekar served as jury member for evaluating the shortlisted applications for the Social Impact Awards 2022 for an event conducted by SPJIMR's initiative Development of Corporate Citizenship (C-DoCC).
- On May 25, 2022, Dr. Gupta served as a speaker in the National level Consultation titled "National Consultation 2022 on WHO FCTC Article 5.3 policy and state-level implementation challenges. He delivered a session on the topic "Code of Conduct".
- Dr. Gupta was invited to attend the release of report on "Environmental Burden due to Tobacco Product Waste" in context with the World No Tobacco Day 2022. The event will be conducted in the Auditorium of NAMS, New Delhi on May 27, 2022 between 11 to 1 PM.

- Dr. Gupta was invited to attend the National Consultation of Coalition of Experts for Framework Development of Tobacco Endgame Hub in India on 24th May, 2022 at National Institute of Health & Family Welfare (NIFHW), India organized by School of Public Health, PGIMER Chandigarh.
- Dr. Gupta consented for being an Honorary Advisory Member for a Tobacco Endgame Hub- an initiative of RCTC at PGIMER, Chandigarh.
- Dr. Gupta attended the workshop titled “Scaling up Tobacco Cessation in India for eliminating Tuberculosis: Interventions & Way forward”, organized during 76th National Conference of TB and Chest Diseases (NATCON) scheduled to be held at Maharishi Markandeshwar University (MMU), Ambala on 11th to 13th April 2022 in Hybrid Mode.
- Dr. Gupta attended the meeting on “IARC Handbook Volume 19 Supplement: Oral and oropharyngeal cancer burden attributable to smokeless tobacco and areca nut use” organized by Lyon, France – Oct 03-05, 2022.
- Dr. Gupta was invited to join as an Honorable Guest in a Virtual National Consultation on “Why ENDS Ban in India and 40+ other countries and How Prohibition of E-Cigarettes Act (PECA) 2019 can be effectively enforced “on 8th October 2022 from 12:00 Hours to 14:00 Hours.
- Dr. Gupta was invited by the Organising Committee of the Foundation of Head and Neck Oncology-2022 (FHNO- 2022 as a Guest Faculty in the 'Tobacco cessation and prevention' Symposium held on 6th November, 2022.

- Dr. Gupta was invited for a workshop “Tobacco cessation and lifestyle modifications” at 3rd annual International conference of Indian Society of lifestyle medicine (ISLM) on Nov 04, 2023
- Dr. Gupta was invited to attend Eleventh Meeting of the WHO Study Group on Tobacco Product Regulation in Tbilisi, Georgia, 13 – 15 December 2022.
- Dr. Gupta was appointed in the National Steering Committee for supporting the implementation of National Tobacco Control Programme (NTCP) has been constituted under the Chairpersonship of Additional Secretary (VHZ), MoHFW- letter dated Nov 21, 2022.
- Dr. Gupta attended the second VC meeting of National Steering Committee for National Tobacco Control Programme scheduled under the Chairpersonship of Ms. V. Hekali Zhimomi, Additional Secretary, MoHFW on 6th December, 2022 at 11:00AM.
- Dr. Gupta was invited as SPEAKER by Cancer foundation of India-ASSOCHAM Webinar on Head & Neck Cancer during the 11th Asia Pacific Organization for Cancer prevention conference in Kolkata.
- Dr. Gupta attended a meeting to discuss the draft report of fourth round of Global youth tobacco survey (GYTS-4) under the chairman ship of L. Swasticharan, Additional Deputy Director General, Directorate General of Health services, Ministry of Health and family welfare on Jan 06, 2023.
- Dr. Gupta was invited as a delegate at the ‘National Conclave on Best Practices of Tobacco Control in India’ to be held on 12th-14th January 2023.
- Healix team members (Dr. Namrata, Mr. Maruti and Mr. Sameer) along with Dr. Pednekar attended the 3rd Somaia

conference. Dr. Namrata received the best paper award for her paper.

- Dr. Pednekar has taught a NCD course teaching of 15 hours for the course Sustainable Healthcare (WHO) at Somaia College of management.
- Dr. Pednekar completed DoCC internship evaluations, 2023 for the students from SP Jain Institute of Management and Research.
- Dr. Gupta attended a State level workshop at Aarogya Bhawan, Mumbai on 14th February 2023 as a speaker.
- Dr. Gupta attended a webinar on “India’s Smokeless Tobacco Control Measures: Barriers, Successes, and future roadblocks” on Thursday, March 30, 2023 organised by IPH.

Press conference on “Tobacco Control Policy Evaluation Project” was conducted on May 30, 2022



भारतीयांमधील तंबाखू सेवनाचे वाढते प्रमाण चिंताजनक

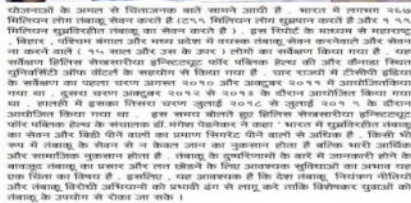
ढोव्को कंट्रोल पॉलिसी सर्वेक्षण अहवालातील गंभीर निरीक्षण



१८ टक्क्यांच्या ४ टक्क्यांपर्यंत कमी झाले आणि
 महानगर १७ टक्क्यांच्या १४ टक्क्यांपर्यंत कमी
 झाले. २०१०-११ ते २०१६-१७ दरम्यान त्याचा
 येवून कारणाच्या इतर स्रोतांच्या विपरीत
 कारणामुळे प्रयुक्त करामानातून करप्रदायिकांना त्यांचे
 उत्पादनांच्या वाढत्या किमती हे काही फायद्याचे
 कारण ठरले. महाराष्ट्र आणि पश्चिम बंगालमध्ये
 महानगर करामानांपी कमी हजेरीसाठी लोकांनी
 गेल्या सहा मोहिमांत खोदकरीनाचे पत्र दिली होती.
 दर मध्य प्रदेश (२२ टक्के) आणि बिहार (१९
 टक्के) यांमध्ये हे प्रमाण कमी होते आणि हा
 खोदकरीना विनाशकाल बाब आहे.

भारत में तंबाकू नियंत्रण के लिए किए गए प्रयासों के चलते तंबाकू छोड़ने में क्या बढोत्तरी दर्ज हुई एक सर्वेक्षण जारी

विसरे चरण में किए गए सर्वेक्षण से भारत में हीनेवाला तंबाकू सेवन तथा तंबाकू निर्येक्षण



नं. 3-4, अमीन इंडस्ट्रीयल इस्टेट, सोनाखाला कास रोड
कुंज, बिहार, रमेश नगर, जय भवानी मार्ग, अंबोली, मुंबई-400058
6277. Email-rmsamachar@gmail.com

Sr. No	Date	Headline	Publication	Page No
Print Coverage				
1.	31 May 2022	Low Awareness of quitline nos	The Hindustan Times	04
2.	31 May 2022	Increase in smokeless tobacco users is a big cause if concern	The Times of India	03
3.	31 May 2022	Increase in smokeless tobacco users is a big cause if concern	Hamara Mahanagar	05
4.	31 May 2022	Increase in smokeless tobacco users is a big cause if	Mathrubhumi	03

		concern		
5.	31 May 2022	Increase in smokeless tobacco users is a big cause if concern	Loksatta	03
6.	31 May 2022	Increase in smokeless tobacco users is a big cause if concern	Janpat	04
7.	31 May 2022	Increase in smokeless tobacco users is a big cause if concern	News Hub	03
8.	31 May 2022	Increase in smokeless tobacco users is a big cause if concern	Mumbai Chouffer	03
9.	31 May 2022	Increase in smokeless tobacco users is a big cause if concern	Right Media	08
10.	1 Jun 2022	Increase in smokeless tobacco users is a big cause if concern	Navbharat	05
11.	1 Jun 2022	Increase in smokeless tobacco users is a big cause if concern	Vruttmanas	07
12.	1 Jun 2022	Increase in smokeless tobacco users is a big cause if concern	Saamna	05
13.	1 Jun 2022	Increase in smokeless tobacco users is a big cause if concern	Adarsh Maharashtra	06
14.	1 Jun 2022	Increase in smokeless tobacco users is a big cause if concern	Shivner	04
1Electronic Coverage				

15.	1 Jun 2022	Increase in smokeless tobacco users is a big cause if concern	Global Chakra News	https://youtu.be/3eyEhGRP4d8
16.	1 Jun 2022	Increase in smokeless tobacco users is a big cause if concern	Maharashtra Sandhya	https://www.youtube.com/watch?v=N0cWGZLQ2dg
17.	1 Jun 2022	Increase in smokeless tobacco users is a big cause if concern	Khabar Mumbai	https://www.youtube.com/watch?v=jmggkGSbl20

Online Coverage

18.	30 May 2022	Are tobacco control efforts resulting in increased quitting in India?	Mumbai News Express	https://mumbainewsexpress.com/are-tobacco-control-efforts-resulting-in-increased-quitting-in-india/
19.	30 May 2022	Are tobacco control efforts resulting in increased quitting in India?	National Herald News	http://nationalheraldnews.com/are-tobacco-control-efforts-resulting-in-increased-quitting-in-india/
20.	30 May 2022	Are tobacco control efforts resulting in increased quitting in India?	Business Web News	https://businesswebnews.blogspot.com/2022/05/are-tobacco-control-efforts-resulting.html?m=1

Healis Team

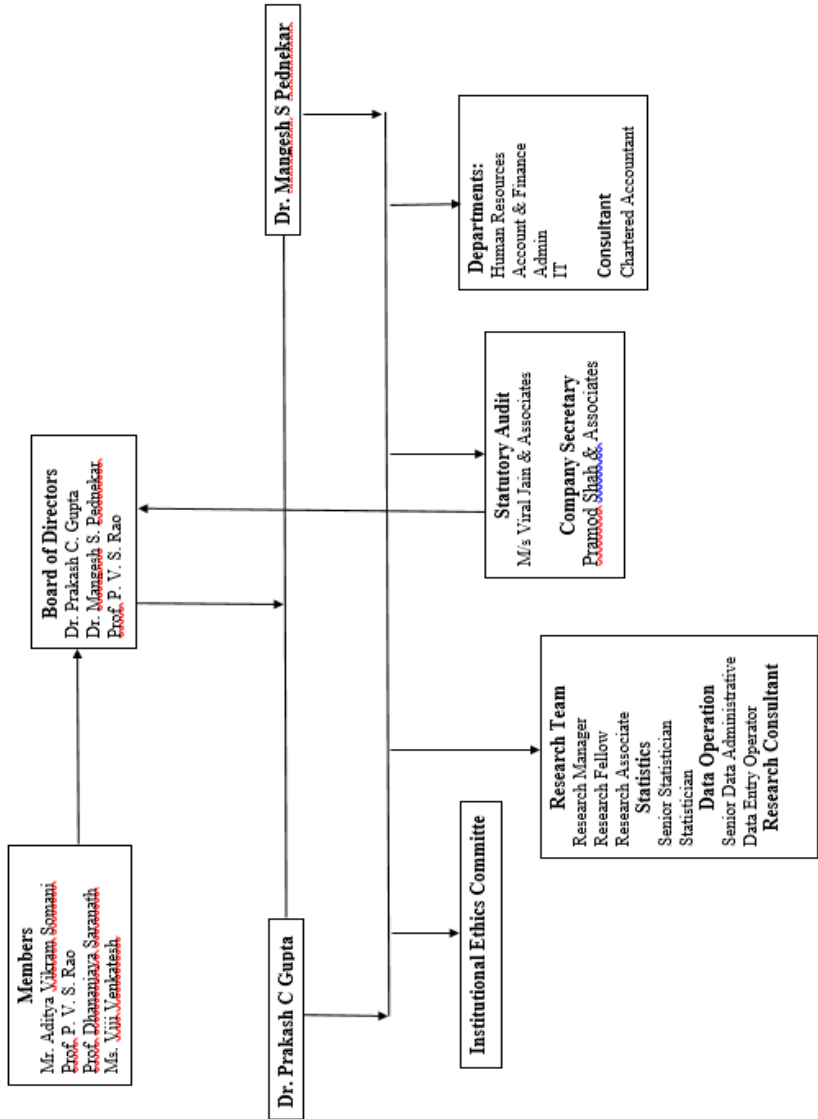
Our Research Team comprises of Masters and Doctoral from diverse background with expertise in areas like

- Epidemiological Research
- Public Health professionals
- Social Scientists
- Applied Statistics and Statistical tools
- Public Health Dentistry,
- Nutritionist and to name a few...

Our field staff comprises of trained field investigators with an experience of 15+ years with expertise in conducting House to house, Worksite, Community, School based surveys and many more...

We also have highly trained and qualified support staff for smooth day to day functioning.

Organizational Structure



Statutory Compliance

A policy on Sexual Harassment Prevention and Redressal Guidelines is in place to ensure that the governance standards are met.

No complaints in the given category were received during the Financial Year 2022-23.

Thank You!

**HEALIS-SEKHSARIA INSTITUTE FOR
PUBLIC HEALTH**

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