



श्री चित्रा तिरुनाल आयुर्विज्ञान और प्रौद्योगिकी संस्थान, तिरुवनन्तपुरम- 11, केरल
Sree Chitra Tirunal Institute for Medical Sciences and Technology, Thiruvananthapuram- 11, Kerala
(भारत सरकार के अधीन राष्ट्रीय महत्व का संस्थान)
(An Institute of National Importance under Government of India)
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Invitation to attend the AMC Seminar

We are pleased to invite you to attend the AMC seminar:

Dr. Sherly Parackal

Public Health Nutritionist and Senior Research Fellow,
Lead Researcher for NCD Epidemiology and Prevention
Centre for International Health, University of Otago, New Zealand

Topic:

“Co-Design in Action for Addressing Diet-related NCDs ”

Date: 20 June 2023

Time: 2:00 PM to 3:30 PM,

Venue: AMC Seminar hall,

You may also join electronically at

<https://us02web.zoom.us/j/89970301017?pwd=aG9wL2MzSDIRZFNVR3lOTHBNSVd6dz09>

Meeting ID: 899 7030 1017

Passcode: amc

A note on the talk and a short bio of the speaker is attached herewith.

We look forward to your participation in this seminar.

Yours sincerely

डॉ. बिजू सोमन/ Dr. BIJU SOMAN
प्रोफेसर और प्रमुख/Professor & Head
एएमसीएचएसएस/AMCHSS

Profile of the speaker – Dr. Sherly Parackal



Dr Sherly Parackal is a Public Health Nutritionist and Senior Research Fellow at the University of Otago, New Zealand. Dr Parackal is Lead Researcher for NCD Epidemiology and Prevention, at the Centre for International Health. Dr Parackal’ s research focuses on the epidemiological investigation of diet-related non-communicable diseases in low-and -middle-income countries and migrant populations in developed countries. She is particularly interested in the prevalence and prevention of obesity, diabetes, and cardiovascular diseases. Dr Parackal’ s research approach includes qualitative research, cross-sectional surveys, and secondary analysis of health administrative data and national survey data. Dr Parackal uses a co-design approach to develop community-led solutions to health issues identified through surveys and health administrative data. Dr Parackal has strong research collaboration with the University of Padjajaran, Indonesia focusing on co-designing a community-based lifestyle intervention for the prevention of diabetes. Dr Parackal is the primary supervisor of a PhD student on this project.

A brief on the talk

Co-design in Action to address diet related NCDs

Dr Sherly Parackal, Lead Researcher for NCD Epidemiology and Prevention, Centre for International Health, University of Otago, New Zealand

Diet related NCDs are continuing to rise especially in LMIC and migrants from LMIC in HIC. Traditionally, interventions to stem the rise of NCDs in such populations are modified versions of health promoting programs in HIC, developed for the Caucasian population that was proved to be reasonably effective in reducing risk factors. In this seminar, I will share the development and outcome of a co-designed intervention that was specific for South Asian migrants in New Zealand. Preliminary findings of a double blinded randomised controlled trial of this intervention shows high engagement, uptake and motivation to change behaviour in those exposed to the co-designed intervention in comparison to the control group, who were exposed to corresponding health information developed for the general New Zealand population.