



## **International Conference on Higher Education Institute's Challenges and Solutions for Sustainable Development Goals (SDGs), 2024 SDG (#3) Good Health and Well-being**

**DEPARTMENT : SRM SCHOOL OF PUBLIC HEALTH**

**TYPE OF THE EVENT : Conference (Hybrid Mode)**

**DATES OF THE EVENT : 22/11/2024**

### **CONFERENCE OBJECTIVES (SDG#3 sessions)**

- To enhance awareness about SDG #3 and the challenges in achieving them
- To provide an interactive platform for academia, industry, government and civil society to discuss the role of HEIs in achieving SDG#3

**TOTAL NUMBER OF REGISTRATIONS: 91**

### **CONFERENCE EVENTS**

#### **1.Plenary Talk**

By Prof. Laxmi Ramasubramanian, Ph.D. AICP (Professor, College of Staten Island, The City University of New York) addressing the gathering on Built Environment and Societal Health and Wellbeing.

About the Speaker - Professor Laxmi Ramasubramanian, PhD, AICP holds a master's degree in City Planning from the Massachusetts Institute of Technology and a PhD in Environment-Behavior Studies from the University of Wisconsin-Milwaukee in addition to holding a bachelor's and a master's degree in Architecture from India.

Professor Laxmi most recently served as the Chair of the Department of Urban and Regional Planning and as the Interim Associate Dean for Research in the College of Social Sciences at San José State University. Previously, she was a faculty member at Hunter College, CUNY.



## 2. Poster Presentations (Virtual)

31 Scientific posters were presented in three sessions.

### Evaluators

1. Dr Thilagavathi R  
Scientist C  
ICMR – NCDIR
2. Dr. Supriya S  
Doctor of Physical therapy



The screenshot displays a virtual meeting interface. On the left, a presentation slide titled "UNDERSTANDING NUTRITION LABEL LITERACY AND HEALTH IN INDIA: A SCOPING REVIEW" is shown. The slide is authored by Sruthi Sree S V<sup>1</sup>, Dr. Bharathi Palanisamy<sup>2</sup>, and Sai Prashanthini S<sup>3</sup> from the School of Public Health, SRM Institute of Science and Technology. The slide content includes:

- Background/ Introduction:** Diet-associated chronic diseases, such as cardiovascular diseases and diabetes, are major public health challenges, causing 41 million deaths annually (74% of global deaths). In India, obesity rates have risen significantly, contributing to non-communicable diseases (NCDs) [1]. Nutrition labeling, regulated by the FSSAI, aims to help consumers make healthier food choices. However, challenges like low comprehension and inconsistent usage persist, highlighting the need for improved strategies [2].
- Objectives:**
  - To assess how well Indian consumers understand and interpret nutrition label information.
  - To identify the challenges consumers face when using nutrition labels for making dietary decisions.
  - To provide recommendations for enhancing label design and improving nutrition literacy in India.
- Results:**
  - Adolescent Understanding:** 49% of adolescents do not read expiration dates, and 40% do not check quality certifications. Nearly 50% lack knowledge about food label components, and 59% do not change buying behavior based on label information. Adolescents with better label understanding make healthier food choices [3].
  - Label Reading Behavior and Knowledge:** In Delhi, 99% of higher-income adults read food labels, with 76% noting nutrient claims. Women (aged 25+) were more likely to understand nutritional information (OR 1.52,  $p=0.04$ ) and notice nutrient claims (OR 1.99,  $p<0.01$ ) [4].
  - Youth Awareness and Behavior:** School-based interventions improved label literacy significantly. Sindhu et al. (2023) reported that understanding of total fat increased from 68% to 81.5% ( $p<0.001$ ), saturated fat from 54% to 73.5%, and dietary fiber from 45.5% to 76.5% [5].
  - Label Preference:** 93% of consumers preferred warning labels for their clarity in highlighting health risks, compared to complex nutrient claims [6].
  - Font Size and Accessibility:** 30.38% of consumers found small font sizes difficult to read. Labels with clear serving size guidelines were more user-friendly, especially for consumers with special dietary needs [3].
- Conclusion/ Discussion:** Despite 90% of consumers reporting label reading, 59% of adolescents do not change their buying behavior based on label information, and 30.38% struggle with small font sizes. Interventions like Sindhu et al. (2023) improved knowledge of key nutrients by 15-20%, showing the potential of educational strategies. Consumer preference for simpler warning labels (93%) highlights the need for clear, direct communication. With rising ultra-processed food consumption driving NCDs, intuitive formats like Front-of-Package Labels (FOPL) and targeted interventions for youth and vulnerable populations are critical [7].
- Future Directions:**
  - Simplify Labels:** Use Front-of-Package Labels (FOPL) with clear icons and simple language.
  - Boost Literacy:** Introduce school programs to teach adolescents about reading and using labels.
  - Local Languages:** Print labels in native languages to improve accessibility.
  - Enhance Visibility:** Use larger fonts and highlight key nutrients like sugar, fat, and sodium.
  - Targeted Campaigns:** Educate high-risk groups, including youth and low-income populations, on healthier choices.
  - Government Action:** Promote warning labels for health risks (e.g., high sugar or fat).
  - Leverage Technology:** Provide digital tools for detailed nutrition info, especially in urban areas.
- Materials/Methods:** A scoping review was conducted using PRISMA-S/R guidelines. Literature from 2004-2024 was sourced via Scopus, Pubmed, and ProQuest. Inclusion criteria focused on qualitative, cross-sectional, and interventional studies on nutrition labeling in India. A two-stage screening process, using RAYYAN, identified relevant studies.
- PRISMA FLOWCHART:**
  - Identification:** Records identified via databases: 1209
  - Records after duplicates removed:** 1182
  - Screening:** Records excluded from title/abstract: 972
  - Records excluded from abstract:** 136
  - Eligibility:** Full-text articles assessed: 74
  - Articles excluded (methodological issues, irrelevant):** 62
  - Included:** Studies included in the final review: 12
- References:**
  1. World Health Organization. Noncommunicable Diseases. Geneva: WHO; 2023.
  2. Food and Agriculture Organization. Nutrition Labeling. Rome: FAO; 2020.
  3. Sindhu S, et al. (2023) Improved knowledge of key nutrients by 15-20%.
  4. Palanisamy B, et al. (2023) Understanding of total fat increased from 68% to 81.5%.
  5. Sindhu S, et al. (2023) Understanding of total fat increased from 68% to 81.5%.
  6. Sindhu S, et al. (2023) Understanding of total fat increased from 68% to 81.5%.
  7. Sindhu S, et al. (2023) Understanding of total fat increased from 68% to 81.5%.

On the right side of the interface, a list of participants is visible, including Dhivya K (Me), Geetha Veliah (Host), NITHYA SHREE, Irene Sambath, Sneha.J, Thilaga, Thilagavathi, Abinaya.V, and sivaraman. The bottom of the screen shows a navigation bar with options like Workplace, Meeting, and a search bar.



Workplace Meeting SRUTHI SREE S V (RA24230501) Recording View

### UNDERSTANDING NUTRITION LABEL LITERACY AND HEALTH IN INDIA: A SCOPING REVIEW

Sruthi Sree S V<sup>1</sup>, Dr. Bharathi Palanisamy<sup>2\*</sup>, Sai Prashanthini S<sup>3</sup>  
School of Public Health, SRM Institute of Science and Technology

#### Background/ Introduction

- Diet-associated chronic diseases, such as cardiovascular diseases and diabetes, are major public health challenges, causing 41 million deaths annually (74% of global deaths). In India, obesity rates have risen significantly, contributing to non-communicable diseases (NCDs) [1].
- Nutrition labeling, regulated by the FSSAI, aims to help consumers make healthier food choices. However, challenges like low comprehension and inconsistent usage persist, highlighting the need for improved strategies [2].

#### Objectives

- To assess how well Indian consumers understand and interpret nutrition label information.
- To identify the challenges consumers face when using nutrition labels for making dietary decisions.
- To provide recommendations for enhancing label design and improving nutrition literacy in India.

#### Conclusion/ Discussion

Despite 90% of consumers reporting label reading, 59% of adolescents do not change their buying behavior based on label information, and 30.38% struggle with small font sizes. Interventions like Sindhu et al. (2023) improved knowledge of key nutrients by 15-20%, showing the potential of educational strategies. Consumer preference for simpler warning labels (93%) highlights the need for clear, direct communication. With rising ultra-processed food consumption driving NCDs, intuitive formats like Front-of-Package Labels (FOPL) and targeted interventions for youth and vulnerable populations are critical [7].

#### Results

- Adolescent Understanding:** 49% of adolescents do not read expiration dates, and 40% do not check quality certifications. Nearly 50% lack knowledge about food label components, and 99% do not change buying behavior based on label information. Adolescents with better label understanding make healthier food choices [1].
- Label Reading Behavior and Knowledge:** In Delhi, 99% of higher-income adults read food labels, with 70% noting nutrient claims. Women (aged 25+) were more likely to understand nutritional information (OR 1.52, p=0.04) and notice nutrient claims (OR 1.99, p=0.01) [4].
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#### Future Directions

- Simplify Labels:** Use Front-of-Package Labels (FOPL) with clear icons and simple language.
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#### References

1. World Health Organization. (2020). Global burden of noncommunicable diseases. <https://www.who.int/news-room/fact-sheets/detail/noncommunicable-diseases>
2. Food Safety and Inspection Service. (2016). Nutrition Facts Label. <https://www.fda.gov/food/nutrition-facts-label>
3. Sindhu, S., et al. (2023). Nutrition Label Literacy and Health in India: A Scoping Review. <https://doi.org/10.1016/j.jfcr.2023.101010>
4. Palanisamy, B., et al. (2024). Understanding Nutrition Label Literacy and Health in India: A Scoping Review. <https://doi.org/10.1016/j.jfcr.2024.101010>
5. Sindhu, S., et al. (2023). Nutrition Label Literacy and Health in India: A Scoping Review. <https://doi.org/10.1016/j.jfcr.2023.101010>
6. Sindhu, S., et al. (2023). Nutrition Label Literacy and Health in India: A Scoping Review. <https://doi.org/10.1016/j.jfcr.2023.101010>
7. Sindhu, S., et al. (2023). Nutrition Label Literacy and Health in India: A Scoping Review. <https://doi.org/10.1016/j.jfcr.2023.101010>

Geetha Veliah  
Thilagavathi  
Irene Sambath  
Thilaga

## Winners

I Place - Irene Sampath (Cyberostracism as Experienced by Late Adolescents from a Higher Educational Institute in Tamil Nadu: A Mixed Methods Approach Protocol)

II Place - Nithya Shree (A Study on noise annoyance and health-related quality of life among residents in Manali, Chennai - A cross sectional study.)

## 3. Art competition

Themes – Built environment and Health/ Climate change and Health

7 teams Registered







## Winners

First Prize - Team 1 (Archana.S, Lalitha Sri.M, Abinesh.R)

Second Prize – Team 2 (Usha Nandhini.R, Divya.M, Gokul.G)



**THANK YOU !!!!**