



# **NEWS LETTER**

(Kochi, Kerala, India, Reg. No.ER1112/98)

## **HEALTH ISSUE**





# CENTRE FOR SURVEY RESEARCH & MANAGEMENT SERVICES

(Kochi, Kerala, India, Reg. No. ER1112/98 )

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## *Editorial*

### *INTRODUCING OURSELVES*

**T**he Centre for Survey Research and Management Services (CSRMS) was formally registered under the Societies Registration Act as a non-profit organization in September 1998. Its main objects are carrying out research studies (mainly using survey research methodology) in the areas of (a) Health & diseases, (b) behavioral life style, (c) dietary pattern, (d) population dynamics, and (e) other exploratory studies.

It will be our endeavor to keep in contact with other institutions and organizations which are engaged in research in similar areas and to exchange information on their activities as well as to collaborate with them in research projects, conducting seminars, conferences, and training courses etc. The publication of this *News Letter* is an important step in this direction. We sincerely request research organizations as well as individual research workers to take note of our intensions and reciprocate our sentiments in right earnest.

This *News Letter* will be published quarterly. Its contents will include reports on the ongoing activities of the Centre, abstracts of papers written by members/workers of the Centre, abstracts of survey results and other informations. A copy of the News Letter can be had from our website "csrms.com". It will also be mailed free of cost on request to any interested person/institution.

A brief account of the important research works undertaken by the Centre from 1998 to this day is given in this issue.

## **Prof. GEORGE JOSEPH MD. - OUR FIRST CHAIRMAN**



*(Dr. George Joseph (1927-1998) was a life member of CSRMS as well as the first chairman. During a visit to the United States in 1998 for attending to matters concerning his other organizations, occurred his premature death. His student Dr. Ravi Narayan writes:)*

Dr. George Joseph was one of the country's most inspiring Professor of Preventive and Social Medicine, for whom the health of the poor and the marginalized had been a vocation and a mission.

Since 1957, he was in Kerala Government service with a record of distinguished service as Assistant Surgeon. Then he opted for teaching and became Professor in the Medical Colleges of Kerala and the Principal, Family Planning Training Centre at Trivandrum till 1971. As Professor of Preventive and Social Medicine, Government Medical College, Calicut, he helped in the development of the field-training centre at Cheruppa for interns and medical students. He was very popular with the public, the health inspectors and the medical students and deeply involved in the issues affecting the life of the people in Cheruppa.

In 1972, he moved to New Delhi to take up his appointment as the Professor and Head of the Centre for Community Medicine at All India Institute of Medical Sciences. Over the next few years, he distinguished himself by providing a leadership that was characterized by strong commitment to the cause of the poor, and keenness to reach the unreached and a strong conviction that community medicine was not 'theoretical arm-chair philosophy', but 'community level health action'. He was enthusiastic about community medicine, a 'subject' that was still by and large rejected by mainstream medicine in the country. His simplicity and humility born out of his deep commitment were legendary.

While his areas of professional interest ranged from Health Care Planning and Administration, Medical Education, Rural Health, Family Welfare to Epidemiology, his greatest contribution was to emphasise 'commitment to community health' in the agenda of Training programmes for teachers, administrators and policy makers through his enthusiastic personal advocacy.

In 1977, he moved to the College of Medicine at University of Basrah as the Professor of Community Medicine. At this institution, with which AIIMS had a linkage, he worked till 1982, reorienting medical education

and enhancing the Community Health agenda in training and research.

After retirement, he never stopped promoting community health. He continued his involvement with the CSI council for the healing ministry based in Chennai and was involved in the conceptualization and establishment of the Training and Research Centre for Rehabilitation of Persons with Disabilities at Madanapalle – Andhra Pradesh. He was an active member of the editorial board of the journal 'Health Action' and was editor of the Christian Medical Journal of India and an active member of the advisory council of the Society for Community Health Awareness, Research and Action, situated at Bangalore.

All his students and peers will remember him as a man alive to the sufferings of the poor and the marginalized; alive to his social and ethical responsibility and as a genius who inspired all of us to follow suit.

Ravi Narayan  
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Research and Action,  
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## CSRMS ACTIVITIES

### Completed research projects

#### 1. Study on the mortality pattern of expatriates from Kerala in Persian Gulf countries:

The first study undertaken by the Centre was on the mortality pattern (cause of death) of expatriates from Kerala in Persian Gulf countries. The death certificates accompanying the dead bodies arriving from Gulf countries at Thiruvananthapuram and Kozhikode airports for about ten years were the source material. The cause of death was recorded according to WHO ICD-9. The deaths were tabulated by major cause. The classificatory characters used were country x age x sex. The results were published in the journal, Demography India in December 2000.

Various findings of the study were presented at an

International conference in Bahrain. The paper, "Mortality pattern among Gulf Expatriates from Kerala" was presented at the Fifth International Epidemiological Association, Eastern Mediterranean Regional Scientific Meeting, Bahrain, Oct 23-25, 2000

#### 2. Increased trend in heart diseases and accidents among Keralite Gulf Expatriates. The findings were presented on conferences at Andhra University Waltair and Bharathiyar University, Coimbatore.

- i. 'Excess mortality in heart diseases and Injuries among expatriates in Gulf with special reference to expatriates from Kerala' - The paper was presented at the XXIV<sup>th</sup> annual conference of the Indian Association for the Study of Population(IASP), Andhra University, Vishakapattanam, Feb. 22-24, 2001.

ii. A similar paper was also presented for the IASP regional conference at Bharathiyar University, Coimbatore, 2001

**3. Survey on the prevalence of behavioral risk factors of chronic diseases among the adult male population of Kochi city.**

This was carried out in 1999. A representative sample of 12 high schools, located in different parts of Kochi Corporation were selected. They covered the students of classes 9 and 10 and they were given a questionnaire containing questions on risk factors such as smoking, diet, physical activity, stress, chronic diseases suffering from etc. They were asked to get the questionnaires filled by their fathers or, if father was away or dead, their male guardians. The results were analyzed and a report was prepared in the form of a Technical Paper.

**4. Study on prevalence of behavioral risk factors for non-communicable diseases among expatriates from Kerala in Kuwait.**

This study was carried out in Kuwait in 2001. A comparison between those living alone in camps and those living with family in respect of prevalence of behavioural risk factors was the main objective. The survey covered 458 men living with spouses and 117 men living as singles in camps.

**5. Smoking Attributable Mortality among Kuwait males.**

An article on this is under preparation.

**6. A critical review of the development of the sample design of National Sample Survey from First to Fifty-fourth Round.**

As part of the Golden Jubilee celebrations of the Government of India National Sample Survey, K.Sankaranarayanan, on a request from NSSO, prepared a monograph on the development of the sample designs of NSS rounds from the 1<sup>st</sup> to the 54<sup>th</sup> round. It was reviewed by Prof. T.J.Rao of Indian Statistical Institute (Member and Acting Chairman of NSSO Governing Council). It was revised in the light of the comments of the referee and then presented at a conference held at Calcutta which was presided over by Dr.S.Ray, Director General, NSSO and attended by other distinguished academicians and Officers of NSSO.

## Ongoing projects and projects in pipeline

**1. A Cross-sectional Study on the Prevalence of Behavioral Risk Factors of Chronic Diseases among Kerala population.**

The objective of this very timely survey was to provide valid estimates of the prevalent rates of various behavioral risk factors of chronic, non-communicable diseases among the population of Kerala in the age group of 30-74 years. The factors considered were mainly: smoking, food including alcoholic drinks, physical activity and stress. Questions on the various chronic diseases suffered by the subjects, such as hypertension, diabetes, heart diseases, cancer etc. were also asked along with the age of these subject at first detection. The investigators also took the physical measurements of the subjects such as height, weight and blood pressure. Indian Council of Medical Research (ICMR) is giving financial support for this survey. The field works were under taken during October 2003 to September 2004, consisting of 124 randomly selected wards and 7602 adults all over Kerala.

Five technical papers were prepared and sent to different national and international conferences.

**2. Kerala Survey of Dementias**

In 1999, the World Year of the Elderly, CSRMS first proposed a survey on the prevalence of Alzheimer's disease and other dementias among the elderly population of Kerala. The project proposal was drawn up in collaboration with Alzheimer's and Related Disorders Society of India (ARDSI) and submitted for financial assistance to ICMR. A new procedure for diagnosing various types of dementia was proposed for this survey which had been tried only once in India so far. Dr.Shaji of ARDSI provided scientific advice. The Experts Committee of ICMR reviewed the proposal and suggested some modifications. The modified proposal was accepted by ICMR. The work will be started as soon as finance is granted.

**3. Health Status and Health Care Costs of the elderly in Kerala.**

1) The objective of this study is to assess the morbidity status and the cost of medical treatment of the elderly population of Kerala. In the context of the aging of the population, this study assumes considerable

importance. Dr.V.Ramankutty, Health Action by People, Thiruvananthapuram and Prof. K.K.George, Centre for Socio-economic and Environmental Studies (CSES), Kochi have agreed to collaborate with CSRMS in this study. The draft questionnaire is being tried out in the field among 100 households.

4. A prospective investigation of the Mortality pattern of Keralite Expatriates in Persian Gulf countries (Activities are in progress to get sponsorship)
5. Behavioral Risk Factors for chronic Disease conditions among Indian Expatriate workers in Persian Gulf countries : Various universities, Indian associations and other medical experts were contacted for collaboration for this multi-regional studies. (Activities are also in progress to get suitable sponsorship from international agencies)

## Data processing and statistical consultancy services

1. The Alzheimer's and Related Disorders Society of India (ARDSI) conducted an Urban Dementia Survey in 2000 – 01 in the city of Kochi. The Centre carried out the data entry and preparation of statistical tables of this survey. Besides, a large number of statistical tests were also carried out as desired by ARDSI.
2. The Senior Citizens' Forum, Kanjiramattam conducted a census of all senior citizens living in Amballoor Panchayat. As per their request the Centre carried out the data entry and preparation of statistical tables according to their time schedule (within 3 months of the receipt of the filled-in schedules).
3. Statistical analysis required for the study of ARDSI on Standardization of Psychological Test Materials for the study of "Efficacy of day care programme" was carried out by CSRMS.
4. Guidance on research methodology and Statistical analysis and interpretation of results is an ongoing process. Post-graduate students doing MA/MSc, M Phil and PhD and medical consultants and other research staff in medical field are taking such consultation, almost free of cost or on no profit basis.

## Conference participation

1. Sri K. Sankaranarayanan, Joint Director, participated on invitation, in two Conferences held at Calcutta and

Pune organized by NSSO as part of its Golden Jubilee celebrations.

2. Dr. T. N. Sugathan, Director, participated in the XXIVth Annual Conference of the Indian Association for Study of Population at Population Research Centre, Andhra University, Visakhapatnam, from 22 to 24 February 2001 and presented a paper.
3. Dr.T.N.Sugathan participated on invitation from ICMR, in a Workshop organized jointly by WHO and ICMR on "Development of NCD Surveillance Network" during 17 to 21 December 2001 at New Delhi.
4. Dr.T.N.Sugathan attended the 22<sup>nd</sup> Annual Conference of the International Society for Clinical Biostatistics, ISCB, held from 19 to 23 August, 2001 at Stockholm, Sweden.
5. Dr.T.N.Sugathan attended the South-East Asia Congress of Epidemiology organized by the International Epidemiological Association at Maharani Laxmibai Medical College and Hospital, Jhansi during 24 – 27 February, 2002.
6. Dr.T.N.Sugathan attended on invitation the National Seminar on Applications of Survival Analysis held in June 2002 at the Department of Bio-statistics, NIMHANS, Bangalore.
7. Dr. T.N. Sugathan attended the South East Asia Congress of Epidemiology organized by the International Epidemiological Association at Maharani Laxmibai Medical College and Hospital, Jhansi during 5-8 December 2004.

## Publications

1. The paper, "A Report on the Causes of Death of Expatriates from Kerala in the Persian Gulf countries", by Dr.T.N.Sugathan and K.Sankaranarayanan was published in the December 2000 issue of the journal, Demography India.
2. On a request by National Sample Survey Organization, Dept. of Statistics and Programme Implementation, Govt. of India, K.Sankaranarayanan prepared and submitted a paper on "The development of the sample design of NSS from First to the Fifty-fourth Round". This was as a part of the Golden Jubilee celebration of the founding of National Sample Survey in 1950. It was reviewed by Prof. T.J. Rao of Indian Statistical

Institute and then it was revised taking into account his views.

3. Sugathan T.N. and Suresh A. : Smoking attributable mortality in Kuwait. Health Science Poster Day, Faculty of Medicine, Kuwait University, April 24, 2000.
4. Sugathan T.N. and Sankaranarayanan, K. : Mortality pattern among Gulf expatriates from Kerala - the paper was presented at the Fifth IEA Eastern Mediterranean Regional Scientific Meeting, Bahrain, Oct. 23 – 25, 2000.
5. Sugathan, T.N., Sankaranarayanan, K., Ajitha Suresh and Maqsood N : Excess mortality in heart diseases and injuries among Expatriates in the Gulf with special reference to expatriates from Kerala, India - Paper presented in the XXIVth Annual Conference of the Indian Association for the Study of Population and National Seminar on current level and trends in demographic and health parameters, Andhra University, Vishakhapatnam, February 22 – 24, 2001.
6. T.N. Sugathan, K. Sankaranarayanan, C.R Soman and Simi Elias : Prevalence of Behavioural Risk Factors for Chronic Diseases - the paper was presented at the 8<sup>th</sup> IEA South East Asia Regional Scientific Meeting, 5-8 December, Jhansi (U.P) India. Page : 43.
7. Sugathan T.N, Muraleedharan Nair S and Raji Antony : Non-communicable diseases and its epidemiological corelaters- Abstract, 22<sup>nd</sup> Annual National Conference of Indian Society of Medical Statistics (ISMS), JIPMER, Pondicherry, 21-23 January 2005.
8. C.R. Soman, T.K. Sindu, T.N. Sugathan and Jyothilekshmi K : Impacts of Dietary Habits on the Health Status of People- Abstract, the 8<sup>th</sup> IEA South East Asia Regional Scientific Meeting, 5-8 December, Jhansi(U.P) India. Page: 20.
9. K. Sankaranarayanan, T.N. Sugathan, C.R. Soman and Simi Elias : A Study on Blood Pressure - Abstract, the 8th IEA South East Asia Regional Scientific Meeting, 5-8 December, Jhansi(U.P) India. Page: 55.

## PAPERS ACCEPTED FOR CONFERENCE PRESENTATION

*Details of the papers accepted for presentation by various organizations are given below:*

1. Thattaraparambil Sugathan, C.R Soman, K. Sankaranarayanan and Simi Elias : Prevalence of Behavioural Risk Factors for non-communicable diseases among adults in Kerala, India; XXV IUSSP International Population Conference Tours, France, 18-23 July, 2005 (accepted for Poster presentation) ●

## KEY PERSONS OF CSRMS

### 1 Dr. Raju Antony MD (Community Medicine)

Acting Chairman, CSRMS, Professor, Deptt. of Community Medicine, Co-operative Medical College, Kochi. Publications in National & International Journals numbering more than forty.

### 2. Dr. T.N.Sugathan MSc, MSPH, Ph.D. (Biostatistics)

Secretary and Director, CSRMS. Formerly Faculty Member (Biostatistics), Faculty of Medicine, Kuwait University. Professor Emeritus Kasturba Medical College, Manipal, India. Published more than one hundred papers in reputed international and national journals. ([www.sugathan.tn.tripod.com](http://www.sugathan.tn.tripod.com))

### 3. K. Sankaranarayanan MSc (Statistics & Sampling Design)

Formerly Statistician, Indian Statistical Institute, Calcutta and Joint Director, Survey Design & Research Division, National Sample Survey Organization, Govt. of India Calcutta. Joint Director, CSRMS. has published /presented about a dozen papers on sampling theory and application.

### 4. P. M. Mathew MA (Economics)

Formerly of Indian Statistical Institute, Planning Unit, New Delhi and Faculty of Allied Health Sciences, Kuwait University, Kuwait. Publications: Manpower studies - Eight in numbers, Fertilizer requirements for Fourth plan period with other researchers and other papers related to perspective Planning. ●

# Services offered by CSRMS

( On no profit & no loss basis )

## 1. Field Survey / Research and consultancy

CSRMS offers field survey and consultancy services to research institutions and research scholars using statistical methodology— It includes

- Formulation of study design
- Carrying out field surveys if required
- Data Analysis & interpretation
- Preparation of reports / articles

## 2. Research methodology Courses to research scholars.

Various aspects of research design and

quantitative method will be explained.

Application of various statistical tools will be extensively explained, with easy to use simple statistical software.

Data on a small project will be given to trainees for a comprehensive analysis and preparation of reports, in order to gain hands on experience.

## 3. Preparation of research papers and technical editing.

Guiding systematic arrangement of theme papers, reports and other materials, evaluation and editing of such theme papers. ●

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