

Extension activities:

- I. During the NFHS-4 survey, the research staff visited 18000 households in all districts of Jammu and Kashmir and measured the height, weight of about 6500 children age 6-59 months and also tested them for anemia. The mothers of the children who were found underweight or anaemic were counseled regarding breast feeding and nutrition requirements of their children and need to see visit a health facility for check up of their children.
- II. We also screened 23800 women and 6013 men for obesity, underweight, hypertension, and diabetes. Men and women who were found to be obese, diabetics or hypertensive were referred to the nearest health facility for treatment.
- III. Men and Women who were willing to undergo a HIV test were given counseling and a referral for free counseling and testing at nearest HIV ICTC Centre
- IV. During LASI Study, we visited about 1400 households in various districts of Jammu and Kashmir and as part of the survey, we conducted screening of men and women age 45 and above for diabetes and hypertension. Further, a number of tests like vision, grip test, Lung Function Test, Balance Test, Timed Walk, Height and Weight were conducted. Those having any problems were referred to the nearest health facility for health check up.