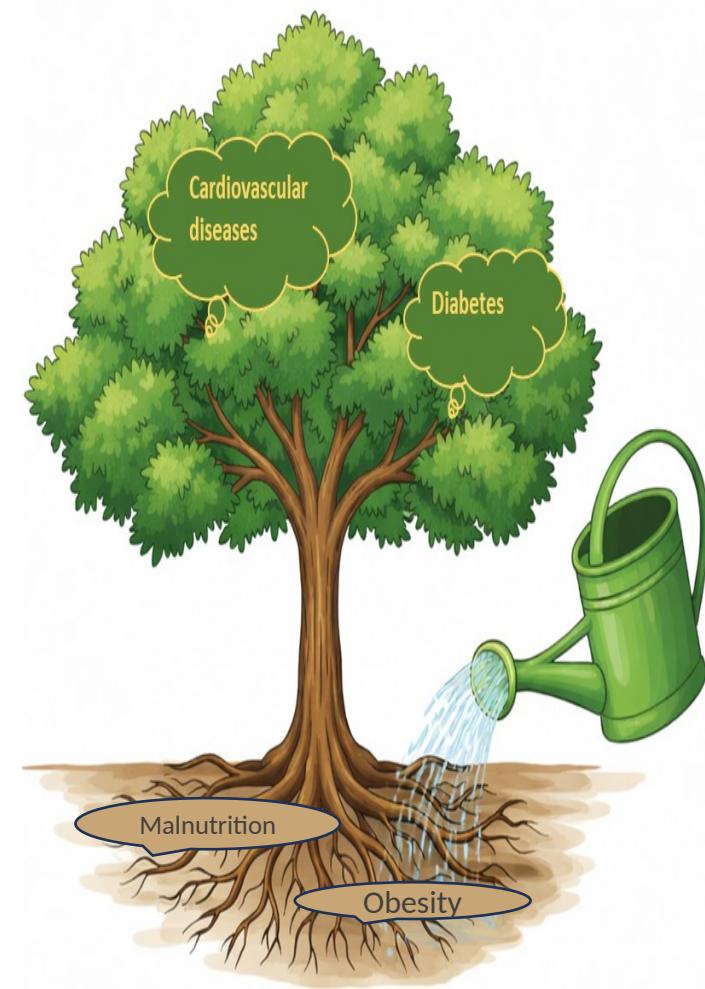


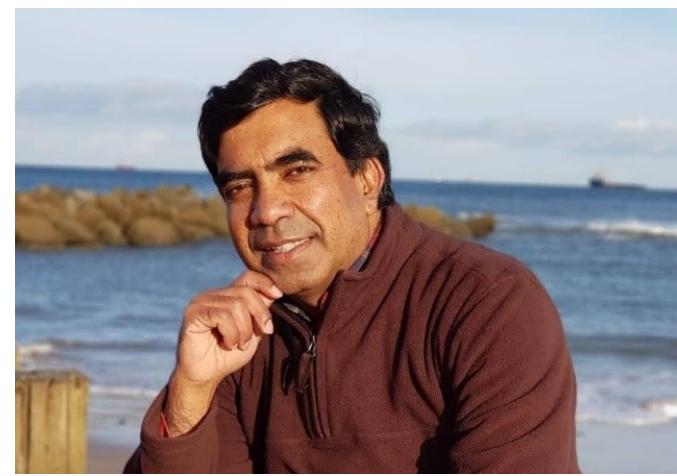
Intergenerational programming of non-communicable diseases in Indians

Prof. Kalyanaraman Kumaran (University of Southampton, UK)



Non-communicable diseases like heart disease and type 2 diabetes are becoming more common around the world, and they are affecting people in countries like India earlier and more severely. The roots of these illnesses often begin long before adulthood, shaped by nutrition and growth during pregnancy and early childhood; not just by diet and exercise later in life. In India, many women and children face undernutrition. Paradoxically, obesity is increasing, leading to babies being born small and growing up with a body type that makes diabetes and heart disease more likely, even if they are not overweight. Early undernutrition followed by poor growth in infancy and rapid weight gain in childhood, increases the risk of diabetes and heart diseases. This cycle can pass health risks from one generation to the next, creating a situation where undernutrition and chronic disease exist side by side. To break this cycle, prevention needs to start earlier, focusing on improving health and nutrition across the life course—from adolescence and pregnancy through infancy and childhood.

Professor of Public Health, University of Southampton, UK and Senior Scientist, CSI Holdsworth Memorial Hospital & Vivekananda Memorial Hospital India, Kumaran has over 30 years of experience in epidemiology and public health across the UK and India. His research focusses on understanding how factors operating in early life (such as maternal nutrition, fetal and infant growth) influence adult non-communicable diseases. He is also involved in the development and delivery of undergraduate and postgraduate public health teaching.



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