

WORKSHOP ON  
“HEALTH BEHAVIOURAL EPIDEMIOLOGY”

June 1<sup>st</sup> to 3<sup>rd</sup>, 2023

Click here for

FREE REGISTRATION



Funded by

**NIHR** | National Institute  
for Health Research



**Non-communicable diseases (NCDs)** such as cardiovascular diseases, diabetes, cancer and respiratory diseases are a challenge to society as well as the community, due to the interplay of genetic, physiological, environmental and behavioural factors and complexities of over-all management, on account of their chronic nature. NCDs disproportionately affect people in low- and middle-income countries. In South Asian in particular, almost half of the adult disease burden is attributable to NCDs. Many NCDs can be prevented by reducing common risk factors such as physical inactivity and unhealthy dietary habits, tobacco use and harmful alcohol use. The two most important of these are unhealthy diet and physical inactivity. This workshop on behavioural epidemiology, which is the study of the lifestyle and behaviours of people and how they affect the health conditions, will be particularly useful for early career researchers, students and clinicians working in the field of physical activity and nutrition.

This three-day workshop is an in-depth journey into Behavioural Epidemiology which deals with health-related behaviours such as physical activity and dietary intakes and showcases some key public health challenges along with cutting-edge research. The workshop aims to impart an understanding of how core public health principles and epidemiological concepts are applied to real-life challenges, with specific sessions on Nutritional and Physical Activity Epidemiology. Through the workshop, participants will achieve a deeper understanding of the field of health behavioural epidemiology research and will acquire practical skills that they can apply in their work.

The workshop will be held in an in-person\* (face to face) mode as well as virtually, enabling more effective learning and fruitful academic discussions.

Come join us at **Madras Diabetes Research Foundation, No.4, Conran Smith Road, Gopalapuram, Chennai, India on the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> of June 2023!**

**\* Registration limited to first 50 delegates only for in-person mode**

**For further information, please contact:**

Dr. R. Guha Pradeepa,

No.4, Conran Smith Road, Gopalapuram, Chennai - 600 086, India.

Ph: +91-44-43968888 (Extn:8319)