

**Request for Expression of Interests (EoIs) for data contribution to a collaborative
secondary analysis on
'Effect of Interventions on prevention and management of overweight and obesity in
children, adolescents and adults'**

Context

Overweight and obesity have emerged as major public health concerns in India, affecting both urban and rural populations and across age groups. Recent national estimates indicate a rising prevalence of overweight and obesity among adults as well as children and adolescents, with implications for non-communicable diseases including diabetes, hypertension and dyslipidaemia. The National Family Health Survey (NFHS-5) reported that nearly one in four adults in India is overweight or obese, reflecting a rapid epidemiological transition.

Excess adiposity is associated with a spectrum of metabolic abnormalities including elevated blood pressure, impaired glucose metabolism and adverse lipid profiles. However, there is increasing recognition of heterogeneity in risk, with distinct phenotypes such as metabolically healthy obesity and metabolically unhealthy normal weight individuals observed in Indian populations. This underscores the need to move beyond BMI alone and examine integrated cardiometabolic profiles.

A range of interventions including dietary modification, physical activity promotion, behavioural strategies and multi-component approaches have been implemented across research studies and programme settings in India. While several individual studies have demonstrated beneficial effects, there remains limited pooled evidence on comparative effectiveness across intervention types and on how baseline characteristics influence response to interventions.

Against this backdrop, the Indian Council of Medical Research (ICMR) invites researchers and institutions to contribute data from completed or ongoing cohort studies and intervention trials to a national collaborative effort. The aim is to generate robust, granular evidence on intervention effectiveness and heterogeneity of response in Indian populations to inform targeted and context-specific strategies.

Research question

What is the efficacy of different intervention approaches including dietary, physical activity, behavioural and multi-component strategies on overweight and obesity and related cardiometabolic risk factors in participants of studies conducted in India, and which baseline characteristics predict differential responses across population sub-groups?

Objectives

1. To assess the efficacy of different intervention approaches on mean BMI, proportions of overweight and obesity.
2. To assess the efficacy of different intervention approaches on adiposity measures and cardiometabolic risk factors including blood pressure, glucose and lipid profile.
3. To compare the relative impact of dietary, physical activity, behavioural and multi-component interventions across diverse study settings.

4. To identify baseline predictors including demographic, nutritional and metabolic characteristics associated with differential response to interventions.
5. To examine heterogeneity in intervention effects across sub-groups defined by age, sex, socioeconomic status, geography and baseline risk profiles.

Eligibility for data contribution

To be considered for pooled analysis, contributing datasets should meet the following criteria:

1. Study design: Cohort studies, randomized controlled trials or quasi-experimental studies with pre and post intervention data (purely observational studies will be excluded).
2. Sample size: Adequate justification of statistical power.
3. Availability of anthropometric measurements with or without cardiometabolic measurements at baseline and follow up.
4. Availability of clearly defined intervention exposure including type, duration and intensity.
5. Availability of a data dictionary.

Mandatory data elements

1. Anthropometry: Length, height, weight, BMI and where available waist circumference or other adiposity measures.
2. Intervention details: Type of intervention (dietary, physical activity, behavioural or multi-component), duration, frequency and delivery platform.
3. Baseline characteristics: Age, sex, socioeconomic indicators, dietary intake (if available), physical activity levels and relevant clinical history.
4. Follow up measurements for all key variables.
5. Study population information including geographic region, rural or urban setting and recruitment criteria.

Optional data

Relevant biomarkers such as blood pressure, fasting glucose or HbA1c, lipid profile including total cholesterol, LDL, HDL and triglycerides, insulin, inflammatory markers, body composition measures, dietary pattern indices, microbiome data and genetic or metabolomic profiles where available

Data contribution and governance

Contributors will provide de-identified datasets under a formal Data Use Agreement between ICMR and the participating institution. Contributors will retain ownership of their original data and will ensure the Institutional Ethics Committee approval for secondary data use.

Participation benefits

This is a scientific collaboration without direct funding support. Contributors will be eligible for co-authorship in publications arising from the pooled analyses in accordance with ICMJE criteria and will be acknowledged in ICMR technical reports and policy documents.

Review and selection

All submitted EoIs will be reviewed by a Technical Advisory Group constituted by ICMR. Inclusion of datasets will be based on methodological quality, completeness of data and relevance to the study objectives.

Approach to inclusion criteria

Final criteria for pooled analysis will be developed collaboratively by ICMR, contributing partners and the Technical Advisory Group (TAG) after review of the contributed datasets.

When and how to submit:

The data should be submitted through ONLINE MODE ONLY by the Principal Investigator. Interested PIs should fill out the Google Form available at the link below:

<https://forms.gle/n74qATAPL473xVuP8>

Please note: ***Only shortlisted PIs will be contacted via email for data submission.***

Submission Timeline:

- Start Date: 27th March 2026 | Time: 09:00 AM
- End Date: 30th April 2026 | Time: 05:00 PM

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