



BORDER SECURITY FORCE

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PRESS RELEASE

NUTRITIONAL WELL BEING OF BSF PERSONNEL

In the month of January 2017, a BSF trooper had aired publically grievances regarding the quality of food made available to soldiers deployed on borders. The issue caught media attention and was given a lot of coverage by print and electronic media.

2. The Border Security Force decided to get an independent study conducted by an outside agency regarding the food and nutrients provided to BSF personnel deployed on borders with Pakistan and Bangladesh.

3. In February 2017, the Defence Institute of Physiology and Allied Science (DIPAS), DRDO, MoD initiated the study for **determining nutrient requirements of BSF personnel and adequacy of their diet under condition of deployment** along with **determination of their food satisfaction level**.

4. DIPAS (Defense Institute of Physiology and Allied Science) is the nutritional advisory to Indian Armed Forces in terms of determining calorie nutrient requirements of soldiers deployed under different environment all over the country. This institute also does periodical reviews of ration scales of nutritional adequacy.

5. DIPAS conducted the study with aim and objectives:-

- a) To evaluate nutrient requirements of BSF personnel and adequacy of existing ration scale.
- b) Satisfaction level of BSF Personnel with respect to food served in their unit mess and their food preferences.
- c) To suggest measures for further improvement of diet plan, if required.

6. DIPAS has conducted study following stratified random sampling technique including all ranks and job profile/duties from different Battalions/Units including the Border out posts (BOPs). Data of food preference and satisfaction level was collected from 8 Frontiers (4 each of Western and Eastern Command).

7. Data from 6526 personnel was collected and focused group discussion (FGD) was made at 37 different Unit mess/Cook houses visited by study group.

8. The data have been recorded by activity records and accelerometry based Actical system, the two methods to assess the **energy expenditure of individual**. The **assessment of food and nutrient intake** has been done by food analysis, body composition, Hematological profile, Biochemical variable analysis, clinical examination and handgrip test. The complete data were put to statistical analysis to draw conclusions.

9. As per reports submitted **recently** by DIPAS, the intake of energy and nutrient intake of sample data commensurate with RDA of 2010 by ICMR (Indian Council of Medical Research).

10. The report has summarized that data of satisfaction level and food preferences collected from 6526 participants under 8 Frontiers with different terrain & geographical area indicted 97% are satisfied with respect to quantity and quality of food. The study has recorded average energy expenditure to be 3400 - 3500 K cal/day, while energy intake was 3450 ± 335 K Cal/day. The report registered that food was able to provide all macro and micronutrients as per RDA (recommended dietary allowance) of ICMR.

(Source: DIPAS – DRDO MoD)

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