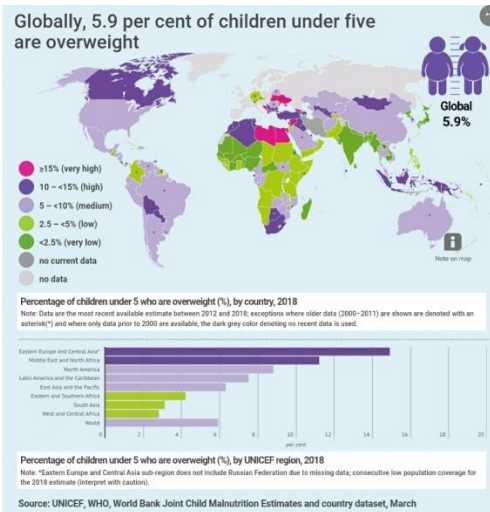
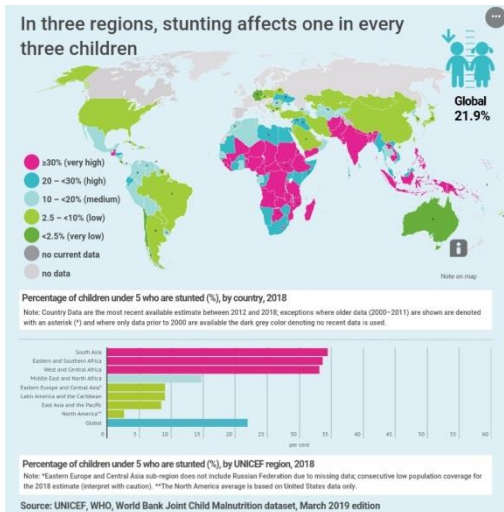
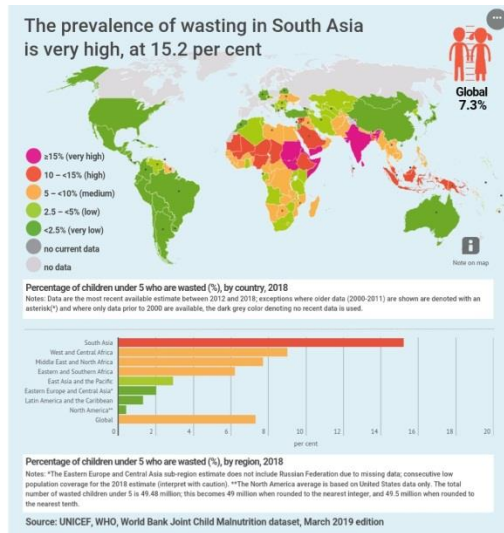




RSTV Big Picture: Fight against malnutrition

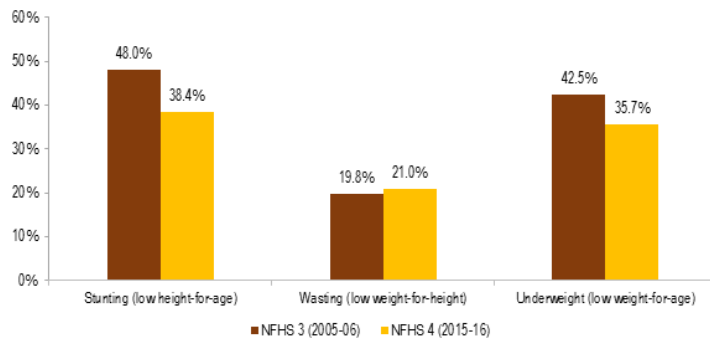
- **Context:** In a bid to tackle malnutrition, government is developing an Atlas to map the crops and food grains grown in different regions of the country so that nutritious protein rich food in local areas can be promoted.
- The ministry of Women and Child Development in association with the Bill & Melinda Gates Foundation and Deendayal Research Institute is developing a POSHAN atlas under POSHAN Abhiyan, government's multi-ministerial convergence mission with the vision to ensure attainment of malnutrition free India by 2022.
- According to the World Bank Global Nutrition Report – 2018, malnutrition costs India at least \$10 billion annually in terms of lost productivity, illness and death and is seriously retarding improvements in human development and further reduction of childhood mortality.
- POSHAN Abhiyan is focusing on ensuring the nutrition of children, women, and pregnant mothers in impoverished areas and the government seems to be looking at community management of the problem.
- Community Management of Acute Malnutrition is a proven approach to manage severe acute malnutrition and moderate acute malnutrition in children under five that involves timely detection of acutely malnourished children in the community and provision of treatment for those without medical complications with nutrient-dense foods at home.
- The National Council on India's Nutrition Challenges is mandated to provide policy directions to address India's nutritional challenges through a coordinated inter sectoral action; coordinate and review convergence between Ministries; and review programmes for nutrition on a quarterly basis.
- WCD Ministry observed POSHAN Maah in September 2019. During the month long POSHAN Abhiyaan 22 lakh programmes were held and 3.66 crore activities were organised in different parts of the country. Village Health, Sanitation and Nutrition Day (VHSND) programmes were also organised in 7.86 lakh places.
- **What is malnutrition?** Malnutrition indicates that children are either too short for their age or too thin. Children whose height is below the average for their age are considered to be stunted. Similarly, children whose weight is below the average for their age are considered thin for their height or wasted. Together, the stunted and wasted children are considered to be underweight – indicating a lack of proper nutritional intake and inadequate care post childbirth.
- **Global data on malnutrition:**





• **India specific data on malnutrition:**

- UNICEF: one in three people in India have at least one form of malnutrition and this will increase to one in two by 2025.
- National Family Health Survey-4, 2015-16:

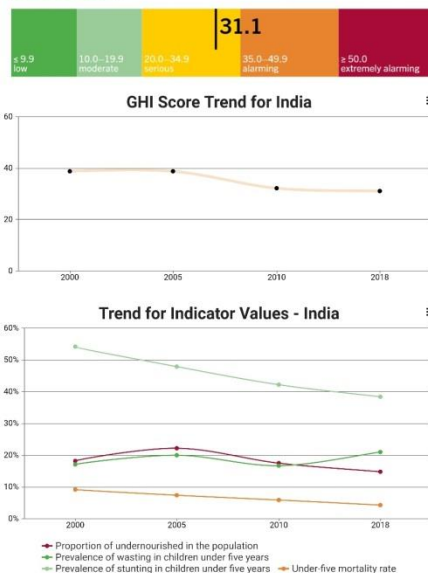


➤ **The Global Nutrition Report:**

- India is facing a major malnutrition crisis as it holds almost a third of the world's burden for stunting.
- 46.6 million children in India are stunted and India tops the list, followed by Nigeria and Pakistan.
- India is the country with the highest number of children who are 'wasted' (low weight for height, indicating severe weight loss), an even more severe indicator of acute malnutrition.
- India has half of the global wasting burden (25.5 million children – out of the 50.5 million children who are wasted globally) followed by Nigeria, and Indonesia.
- India is also among the countries with more than a million children who are overweight.
- As for the rural-urban divide, 40.7% of children under five years of age were stunted in rural India while 30.6% of children were stunted in urban India, while 21.1% children aged under five were wasted in rural areas and 19.9% were wasted in urban areas.
- India has the highest number of 'stunted' children in the world and nearly a third of all stunted children worldwide are to be found in India.
- Stunting in India varied greatly from district to district (12.4 per cent to 65.1 per cent). 239 of 604 districts had stunting levels above 40 per cent.
- The households with the lowest incomes had the highest number of wasting (23.8 per cent) and stunting (50.7 per cent) among children aged under five years.
- More than half of all women of reproductive age (51.4 per cent), whether or not they were pregnant, suffered from anaemia.



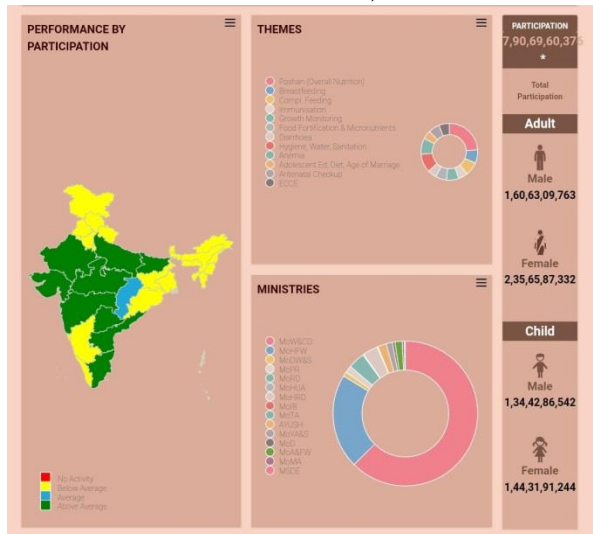
In the **2018 Global Hunger Index**, India ranks **103rd** out of **119 qualifying countries**. With a score of **31.1**, India suffers from a level of hunger that is **serious** [See [overview of GHI calculation](#)].



- India has been ranked at 103 out of 119 countries in the Global Hunger Index 2018, with hunger levels in the country categorised as serious.
- Undernourished has dropped to 14.8% in 2018. Child mortality rate has halved to 4.3%. Child stunting has dropped to 38.4% over the same period. However, the prevalence of child wasting has worsened. It increased to 21%.
- Inter and Intra State Variations in Malnutrition is found in country with highest levels of stunting and underweight are being found in Jharkhand, Bihar, Uttar Pradesh, Madhya Pradesh, Gujarat and Maharashtra.
- **Comprehensive National Nutrition Survey (CNSS):**
 - A first-of-its kind pan-India survey conducted by the Health and Family Welfare Ministry on nutrition levels among children shows a direct correlation between mothers' education and the well-being of children.
 - It studied 1.2 lakh children between 2016 and 2018 and measured food consumption, anthropometric data, micronutrients, anaemia, iron deficiency and markers of non-communicable diseases.
 - Only 11.4% of children of mothers with no schooling received adequately diverse meals, while 31.8% whose mothers finished Class XII received diverse meals.
 - Levels of stunting, wasting and low weight were higher in children whose mothers received no schooling as opposed to those who studied till Class XII.
 - Stunting among children aged up to four was nearly three times for the former category (19.3% versus 5.9%), and the number of underweight children was nearly double among them (14.8% versus 5.1%) as compared to the latter category.
 - Anaemia saw a much higher prevalence of 44.1% among children up to four years old with mothers who never went to school, versus 34.6% among those who completed their schooling.
- **Factors responsible for Malnutrition:**
 - Children born to women with low BMI and low education level are more likely to be malnourished.
 - Iron deficiency anaemia.
 - Prevalence of malnutrition decreases steadily with increased wealth and among social groups, the prevalence of stunting is highest amongst children from the Scheduled Tribes (43.6%), followed by Scheduled Castes (42.5%) and Other Backwards Castes (38.6%).
 - In India, food grain yields have risen, however, consumer's access to cereals has not increased at the same rate.
 - The energy and nutritional intake from cereals has decreased in both rural and urban India.
 - Inefficient Targeted Public Distribution System (PDS) and Nutritional Intake.
 - Poverty, Lack of Awareness, Social strains on Women, Male domination, Lack of health infrastructure, Poor sanitation and environmental conditions, illiteracy in women and large household size.
- Government is implementing several schemes and programs under the Umbrella Integrated Child Development Services Scheme as direct targeted interventions to address the problem of malnutrition in the country.



- Malnutrition is not a direct cause of death but contributes to mortality and morbidity by reducing resistance to infections. There are a number of causes of death of children such as prematurity, low birth weight, pneumonia, diarrhoeal diseases, non-communicable diseases, birth asphyxia & birth trauma, injuries, congenital anomalies, acute bacterial sepsis and severe infections, etc.
- POSHAN Abhiyaan (National Nutrition Mission)** is a flagship programme of the Ministry of Women and Child Development (MWCD), Government of India, which ensures convergence with various programmes i.e., Anganwadi Services, Pradhan Mantri Matru Vandana Yojana (PMMVY), Scheme for Adolescent Girls (SAG) of MWCD Janani Suraksha Yojana (JSY), National Health Mission (NHM), Swachh-Bharat Mission, Public Distribution System (PDS), Department Food & Public Distribution, Mahatma Gandhi National Rural Employment Guarantee Scheme (MGNREGS) and Ministry of Drinking Water & Sanitation.
 - The goals of mission are to achieve improvement in nutritional status of Children from 0-6 years, Adolescent Girls, Pregnant Women and Lactating Mothers in a time bound manner during the next three years beginning 2017-18.
 - The National Nutrition Mission (NNM) has been set up with a three year budget of Rs.9046.17 crore commencing from 2017-18.
 - The NNM is a comprehensive approach towards raising nutrition level in the country on a war footing.
 - It will comprise mapping of various Schemes contributing towards addressing malnutrition, including a very robust convergence mechanism, ICT based Real Time Monitoring system, incentivizing States/UTs for meeting the targets, incentivizing Anganwadi Workers (AWWs) for using IT based tools, eliminating registers used by AWWs, introducing measurement of height of children at the Anganwadi Centres (AWCs), Social Audits, setting-up Nutrition Resource Centres, involving masses through Jan Andolan for their participation on nutrition through various activities, among others.
 - The programme through the targets will strive to reduce the level of stunting, under-nutrition, anemia and low birth weight babies.
 - NNM targets to reduce stunting, under- nutrition, anemia (among young children, women and adolescent girls) and reduce low birth weight by 2%, 2%, 3% and 2% per annum respectively. Although the target to reduce Stunting is atleast 2% p.a., Mission would strive to achieve reduction in Stunting from 38.4% (NFHS-4) to 25% by 2022 (Mission 25 by 2022).
 - It will create synergy, ensure better monitoring, issue alerts for timely action, and encourage States/UT s to perform, guide and supervise the line Ministries and States/UT s to achieve the targeted goals.
 - More than 10 crore people will be benefitted by this programme. All the States and districts will be covered in a phased manner i.e. 315 districts in 2017-18, 235 districts in 2018-19 and remaining districts in 2019-20.



- **National Nutrition Strategy:** It is a 10-point nutrition action plan that includes governance reforms and envisages a framework wherein the four proximate determinants of nutrition – uptake of health services, food, drinking water & sanitation and income & livelihoods – work together to accelerate decline of under nutrition in India.
- Addressing Malnutrition:**
 - Address policy and governance issues.
 - Engage Panchayati Raj Institutions, Village Health, Sanitation and Nutrition Committees, Public Distribution Services network and public health engineering departments for delivery of action plans.
 - Establish a convergence mechanism at state, district & block levels.
 - Implement Mission Mode action in districts with a high burden of malnutrition under POSHAN Abhiyaan.
 - Refine programme interventions, Fortification.
 - Data-driven research.



- Create a national nutrition surveillance system and Scale-up nutrition MIS and strengthen monitoring mechanisms.
- Establish accountability with defined responsibilities at all levels.
- Make 'POSHAN Abhiyaan' a Jan Andolan.

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