

# Comprehensive Nutrition Survey

# National

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Source: *The Hindu*

**Manifest pedagogy:** Nutrition and food security are important tools to carry forward the goals of human and sustainable development. National Nutrition Strategy tries to look at the problem in a comprehensive manner. It is a key aspect both in society and economy thus important for mains and prelims exam.

**In news:** National nutrition survey, 2019 reports released.

**Placing it in syllabus:** Agriculture

**Static dimensions:**

- POSHAN abhiyan
- National nutrition mission
- Zero hunger programme

**Current dimensions:**

- National nutrition survey
- Maa scheme

**Content:**

Poshan abhiyan:

- Set up by Government of India in 2017 for a **three-year time frame** commencing from 2017-18.
- It aims to **reduce the level of stunting in children (0-6 years), under-nutrition (underweight prevalence) in children (0-6 years) and Low Birth Weight at 2% per annum and reduce anaemia among young children (6-59 months), women and adolescent girls at 3% per annum** across the country.

- It was **launched in Jhunjhunu, Rajasthan in March 2018.**
- It will **monitor and review implementation** of all such schemes and utilize existing structural arrangements of line ministries wherever available.
- Its large component involves **gradual scaling-up of interventions** supported by World Bank assisted Integrated Child Development Services (**ICDS**), Systems Strengthening and Nutrition Improvement Project (**ISSNIP**) to all districts in the country **by 2022.**
- The **Ministry of Women and Child Development (MWCD)** is implementing POSHAN Abhiyaan in **315 Districts in first year, 235 Districts in second year and remaining districts will be covered in the third year.**
- **UNICEF** provides technical support to MWCD for POSHAN Abhiyan under **Country Programme 2018-2022.**

### **Features:**

- 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.

### National nutrition mission (NNM):

- The **National Nutrition Mission** also **known as Rashtriya Poshan Mission** has been launched by the government of India with **three year** budget of 9046.17 crore rupees.
- Commenced from **2017-18.**
- As an apex body under the **MWCD** will supervise, monitor, fix targets and guide nutrition related interventions

all over the Ministries.

- It will also monitor an assortment of schemes contributing towards addressing malnutrition in India.
- **50%** of the NNM will be **funded by the Government Budgetary Support** and **50%** will be funded **by the International Bank for Reconstruction and Development (IBRD, also known as the World Bank)**.
- The Government budgetary support would be of **60:40** between Centre and States/UTs, **90:10 for Northeast region and Himalayan States** and 100% for UTs without legislature.
- NNM will bring in **measurement of height of children** at the Anganwadi Centres (AWCs).
- The scheme will assist to conduct **Social Audits**.
- It will also **set-up Nutrition Resource Centres**, which will involve masses through Jan Andolan for their participation on nutrition throughout various activities, among others.

#### Zero hunger programme:

- India's ambitious '**Zero Hunger**' programme through interventions in farm sector was initiated on **October 16 (World Food Day)** in three districts – **Gorakhpur in UP, Koraput in Odisha and Thane in Maharashtra** in 2018.
- Many more districts will eventually be covered under this dedicated farm-based programme in sync with **India's Sustainable Development Goals (SDGs) to end hunger by 2030**.
- These three districts would act as a **model of an integrated approach to deal with hunger and malnutrition** by adopting suitable agricultural\horticultural practices.
- There will be **intensive training programme** in order to identify the nutritional maladies in each district and the appropriate agricultural/horticultural and animal husbandry remedies.

It is initiated by the **Indian Council of Agricultural Research (ICAR)** in association with the **Indian Council of Medical Research (ICMR)**, the **M S Swaminathan Research Foundation** and the **Biotechnology Industry Research Assistance Council (BIRAC)**.



- The concerned state governments will also be involved in the programme which consists of **organisations of farming system for nutrition, setting up genetic gardens for biofortified plants/crops and initiation of a 'Zero Hunger' training.**
- A genetic garden for biofortified plants/crops contains the germplasm of naturally biofortified crops or such crops through plant breeding.
- It has **plants and crops that help supplement micro-nutrient deficiencies, including iron, iodine, vitamin A and zinc among others.**

National nutrition survey:

The **first-ever Comprehensive National Nutrition Survey (CNNS)** has been conducted by the **Ministry of Health and Family Welfare** and the United Nations Children's Fund (**UNICEF**) to measure the level of malnutrition in India. The CNNS is the **largest micronutrients survey** ever conducted in India.

It has, for the first time provided evidence of the **coexistence of obesity and undernutrition (called double burden of malnutrition)** among school going children. A total of 1.12 lakh children and adolescents (0-19 years) were surveyed for height and weight measurements and 51,029 children (1-19 years) for biological samples.



Key findings:

- Only **6.4%** of Indian children aged **less than two years** get a “**minimum acceptable diet**”.
  - A higher proportion of children (12-15 months) residing in **rural areas are breastfed (85%)** compared to children in **urban areas (76%)**.
  - **Breastfeeding is inversely proportional to household wealth.**
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- **Under the age of 5**, 35% of children are stunted (low height for age), 11% were acutely malnourished, 17% are wasted (low weight for height), 33% underweight (low weight for age) and 2% are overweight or obese.
  - **In the 5-9 year age group**, 22% are stunted, 10% underweight and 4% overweight or obese.
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- **Bihar, Madhya Pradesh, Rajasthan, and Uttar Pradesh have a high (37- 42% ) stunting prevalence.**
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- Nearly 10% of children in the age group of 5-9 years and adolescents in the age group of 10-19 years are pre-diabetic, 5% are overweight and another 5% suffer from blood pressure.
  - **Children and adolescents** residing in **urban areas have a higher (40.6%) prevalence of iron deficiency** compared to their **rural counterparts (29%) due to a better performance of the government’s health programmes in rural areas.**

#### **MAA scheme:**

- **MAA (Mothers’ Absolute Affection) Programme for Infant and Young Child Feeding** is a nationwide programme of the

**Ministry of Health and Family Welfare** in an attempt to bring undiluted focus on promotion of breastfeeding and provision of counselling services for supporting breastfeeding through health systems.

- The programme has been named 'MAA' to **signify the support a lactating mother requires from family members and at health facilities** to breastfeed successfully.
- The **goal of 'MAA' Programme** is to revitalize efforts towards promotion, protection and support of breastfeeding practices through health systems to achieve higher breastfeeding rates.

### **Key components:**

- Communication for enhanced awareness and demand generation through mass media
- Training and capacity enhancement of nurses at government institutions, and all ANMs and ASHAs
- Community engagement by ASHAs for breastfeeding promotion, who will conduct mothers' meetings.
- Breastfeeding mothers requiring more support will be referred to a health facility or the ANM sub-centre or the Village Health and Nutrition Day (VHND) organized every month at the village level
- Monitoring and impact assessment
- Progress will be measured against key indicators, such as availability of skilled persons at delivery points for counselling, improvement in breastfeeding practices and number of accredited health facilities
- Recognition and team awards will be given to facilities showing good performance, based on evaluation against pre-decided criteria.