

**ANDAMAN & NICOBAR ADMINISTRATION
DIRECTORATE OF SOCIAL WELFARE**

Sub: Nutrition among Mother, Children & Adolescent Girls

1. Introduction: As per NFH Survey the status of Malnutrition in A & N Islands:

Indicators	Unit (%)	Target	(NHFS-4) 2016	(NHFS-5) 2019
Percentage of children < 5 years of age Stunted	Height for age	Reduction @ 2% per annum	23.3 %	22.5%
Percentage of children < 5 years of age Wasted (SAM & MAM)	Weight for height		18.9 %	16%
Percentage of children < 5 years of age Underweight	Weight for age		21.6 %	23.7%

However, Department conducts Growth Monitoring of children below the age of 5/6 years who are registered in AWCs every month in AWCs by using Growth Monitoring Devices with the assistance from paramedical staff of Health Department. There are 720 AWCs with 10473 children (6 months to 6 year), 1278 Pregnant Women & 1216 Lactating Mothers. The last Growth Monitoring Report of AWCs covering above children is as under:

Indicators	Unit (%)	ANI-Anganwadi services Report as on <u>October 2023</u>
Percentage of children < 5 years of age Stunted	Height for age	8.73%
Percentage of children < 5 years of age Wasted (SAM & MAM)	Weight for height	2.14%
Percentage of children < 5 years of age Underweight	Weight for age	4.83%

2. Initiatives of Department:

a) The Department is providing Supplementary Nutrition as in the form of Take Home Ration, Hot Cooked Meal as detailed below:

Sl. No.	Category	Type of meal ²	Calories (Kcal)	Protein
1	2	3	4	5
1.	Children (6 months to 3 years)	Take Home Ration	500	12-15
2.	Children (3 to 6 years)	Morning Snack and Hot Cooked Meal	500	12-15
3.	Children (6 months to 6 years) who are malnourished	Take Home Ration	800	20-25
4.	Pregnant women and Lactating mothers	Take Home Ration	600	18-20

	Central	UT Top up	Total	Calorific value	Items
	Existing rate	Existing rate			
Normal	6.00/-	2.50/-	13.00/-	500 Calories	• Khichdi, sambar rice, rice kheer & rajma rice as main meal
Pregnant& Lactating	7.00/-	3.00/-	15.00/-	600 Calories	• Egg, boiled groundnut and green gram whole as morning snacks on rotation basis
Mal-Nourished	9.00/-	4.50/-	19.00/-	800 Calories	
Adolescent Girls (out of school 11-14 years)	5.00/-	3.50/-	15.50/-		

b) Introduced fortified rice (with iron, folic acid & B12) in Supplementary Nutrition programme that helps fighting anaemia and malnutrition among children.

c) Growth Monitoring & Counselling:

Department is conducting Growth Monitoring of children every month in all 719 AWCs of this UT. All Anganwadi Centres have been provided with Weighing Scale, Infantometer and Stadiometer for accurate measurement of anthropometric parameters. The height and weight of the children is measured once in a month by AWWs. All measurements are taken in the presence of Parents/Care Givers. The children found Malnourished as per the above exercise are again verified by Supervisors and functionaries of POSHAN Abhiyaan to ascertain the correctness of the data.

A comprehensive data of malnourished children were created and shared with parents, CDPOs and Health Department for:

- Individual tracking of all mal-nourished children on regular basis
- To identify causes for Severe Acute Malnutrition (SAM) and moderate Acute Malnutrition (MAM) cases.
- Counselling for behavioral changes, health and hygiene practices
- Referral service for therapeutic treatment
- Follow- up and regular growth monitoring
- Providing additional micro-nutrition

The Anganwadi Workers/Helpers are regularly creating awareness on good practices like infants early breast feeding, complimentary feeding and preparation of nutritious recipes from locally available food items.



Growth Monitoring conducted under ICDS Project Urban

i. Additional SNP : Milk to enrich the supplementary nutrition meals

In order to enhance the nutritional status of children enrolled under AWCs, the Department has introduced milk to enrich the supplementary nutrition meals to children @ 200ml per child per day (minimum 25 days in a month) below the age of 6 years in AWCs.



Milk being provided at AWCs under ICDS Project Urban

ii. Immunization:

Immunization for children and pregnant women is provided by the Directorate of Health Services under National Immunization Programme in coordination with Social Welfare Department.

iii. Referral Services:

While conducting house- visits, if a beneficiary requires medical attention, Anganwadi Workers facilitates referral to nearest PHC/CHC/District Hospital in association with Health Department. She also makes provision of mask, gloves, sanitizer etc.

iv. Individual Tracking of Malnourished children with Regular Counselling and Home visits

Individual tracking of each mal-nourished child by generating Anganwadi-wise list. Anganwadi workers along with supervisors and health functionaries visit the house of identified malnourished children to provide counselling to mother and family members to help them bring their child to normal health condition. Regular follow up visits is planned to ensure the parents follow the instructions provided during the previous visit. Referral services for therapeutic treatment are provided to severe acute malnourished children. Tips on healthy feeding practices and the nutrient's to be provided to the children are also properly conveyed to the care givers by the AWWs during the home visits.

Counseling of parents of malnourished children, care givers and school children on Health and Nutrition every month. Prioritized home visits by AWWs during and after pregnancy to generate awareness and promote behaviour change on MIYCF (Maternal, Infant and Young Child Feeding practices) among beneficiaries and their family members. Also ensure visits by conducting a house visits, in case a beneficiary requires medical attention, Anganwadi Workers for referral to nearest PHC/CHC/District Hospital in association with Health Department.

v. Community Based Events (CBE):

Conduct Community based Events at field level to create awareness among parents/caregivers. Organizing community-based traditional events to promote and support behaviour change to improve maternal and child nutrition is one of the methods to increase awareness and set in change. CBE is being organized at least twice a month in all AWCs, for providing counselling, prenatal/postnatal checkup, IFA distribution etc. The CBE activity will be conducted on the given themes. Inviting women during the first, second and third trimester of pregnancy (God Bharai), AnnaprasanDiwas: to ensure complimentary feeding starts at the right time, SuposhanDiwas (focus on orienting husband), Messages related to public health for improvement of nutrition and to reduce illness. A total of 10644 CBEs conducted during the FY 2023-24.

vi. SuposhanDiwas– A single window for overall health, nutrition and holistic development of women and children. The programme has been started from the month of October covering all the 720 Anganwadi Centres with the target group of children (0-6years), pregnant women, lactating mothers and adolescent girls. SuposhanDiwas shall be celebrated every month in all Anganwadi Centres. 2614 SuposhanDiwas were conducted in Anganwadi Centres. SuposhanDiwas programme has been planned as an effective step to provide special care for children, pregnant women and lactating mothers with activities such as growth monitoring of all children enrolled in the AWC and identification of SAM and MAM SAM children, awareness about health, hygiene and nutrition, the risk factors contributing to malnutrition, health checkup for all, Quiz competitions, Cooking competition using locally available vegetables and fruits, healthy Baby Show, ‘Grow Your Garden’ contest, counselling, monitoring etc.



Suposhan Diwas Conducted at AWC at Ranchi Basti in presence of Medical Team, AWW'S and villagers under ICDS Ferrargunj Project.

- vii. PoshanMaah:** Growth monitoring of children for identification of Severely Acute Malnourished children is done in all projects. Health check-up of women and children in association with health functionaries, is conducted in regular intervals. Programmes like Rally by women, Anganwadi Functionaries, awareness programme, talk shows, baby shows, special house visits, quiz, essay, drawing competition, Swatchta drive, yoga session, awareness on ayush and medicinal plants etc. are organised to translate PoshanAbhiyaan to a Jan Andolan Programme. Besides, Plantation drive is conducted in all AWCs to promote indigenous vegetables and fruits to fill the gap of nutrition requirement and development of kitchens.



In Observance of Rashtriya PoshanMaah, an awareness programme was conducted at AWCs “Traditional Food for Women and Children” at AWCS at Car Nicobar

viii. PoshanPakhwada:

The recent PoshanPakhwada were organised to create awareness on 03 themes viz. Millets for nutritional wellbeing, SwasthBalakBalikaSpardha and Saksham Anganwadi. During the last Pakhwada celebration programmes like awareness about Nutrition and Diet Diversity, recipe competition at AWCs focussing on Millets based food. Home visit by AWWs, campaign to promote millets and backyard kitchen garden, sensitization of institutions, functionaries, community leaders about the benefits of millets, highlighting millets as Postik/SampoornAahaar for all age groups are some of other activities conducted during the programme. It also discussed about the steps/role to be taken by the PRI members and active community leaders at the village level to reduce the malnutrition. The last two PoshanPakhwadawere conducted in the month of March and April 2023.

- ix. Poshan Panchayat** are organized across the UT to encourage local participation in identification & management of issues pertaining to nutrition, health and hygiene. During the Programme concern care givers were also informed of the number of malnourished children in that area and the services provided at the Anganwadi centers to ameliorate their condition.

- x. Ante-natal and Post-natal Check-up:** Ante-natal & Post-natal check-up of pregnant women is conducted during the Village Health & Sanitation Day held once in a month. Mother are educated about the care to be taken during pregnancy, post-natal care and importance of institutional delivery. Mother are educated about diet during pregnancy and lactation Family planning advice and contraceptives.

- xi. VHSND:** Village Health Sanitation & Nutrition Day is conducted every month at Anganwadi Centres in collaboration with ASHA, ANMs and AWWs.
- xii. Regular IEC campaign:** IEC activities are conducted to create awareness and disseminate information regarding the benefits available under the various nutrition and health-related schemes and to guide the citizens to access the same. Print, Television, radio, Posters, banners etc. are affectively utilized for this purpose.

3. Economic Support: Under Pradhan MantriMatruVandanaYojanaRs. 5000/- is being paid for the 1st child birth and Rs. 6000/- in case of girl child as 2nd child birth as cash incentive to Pregnant & Lactating Mothers. As on date 8977beneficiaries have been covered. Current year enrolment is 753 Pregnant women & Lactating mothers against the target of 1224. (61.51%)



Special Registration camp was conducted under Pradhan MantriMatruVandanaYojana at ICDS Project Nicobar

5. Real Time Monitoring: All AWWs are provided with Smart Phones. Ministry of Women & Child Development introduced an App namely, Poshan Tracker. The Poshan Tracker App is available in the Smart Phones of all AWWs and the AWWs upload the data of all children (below the age of 6 years), Pregnant & Lactating Mothers, Adolescent Girls, their nutritional status i.e Stunting, Wasting & Underweight who are registered in AWCs. This real – time data is monitored at State and Central level. All AWWs are trained in operating this software and are regularly uploading the data in Poshan Tracker App.

- **Introduction of Fortified Rice (with iron, folic acid & b12)** in the Supplementary Nutrition Programme.
- **Introduced Pilot Project Millets in ICDS Project Rangat w.e.f 21st July 2023.**
- **Providing eggs to all the identified malnourished children in AWCs.**