

COMMUNITY NUTRITION PROGRAMMES

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Nutritional Programmes in India

S. No.	Programme	Ministry
1.	Vitamin A prophylaxis programme	Ministry of Health & Family Welfare
2.	Prophylaxis against nutritional anaemia	Ministry of Health & Family Welfare
3.	Iodine deficiency disorder control programme	Ministry of Health & Family Welfare
4.	Special nutrition programme	Ministry of Social Welfare
5.	Balwadi nutrition programme	Ministry of Social Welfare
6.	ICDS programme	Ministry of Social Welfare
7.	Mid-day meal programme	Ministry of Education
8.	Mid-day meal scheme	Ministry of Human Resources Development

ICDS

- Integrated Child Development Service (ICDS) Scheme.
- Launched on 2nd Oct. 1975.
- Current status (2012)-
 - 13.04 lakh Anganwadi
 - 6908 ICDS PROJECT
 - 167.62 Lakh pregnant & lactating women
 - 751.03 lakh children
- Budget allocation(2009-10)- sharing 50% between state & centre
 - 6705 Crore for India
 - 646 Crore for Rajasthan
- Goal- Universalization of ICDS
- 1 AWC in rural: 400-800 population
- 1 mini AWC: 150-400 population
- Tribal/reverine/desert/hilly & other difficult area
 - 1 AWC: 300-800 population
 - 1 mini AWC: 150-300 population

ICDS project

- Administrative unit: community development block (100000 population/100 villages)in rural area and tribal development block in tribal & slum area (35000 population/50 villages)
- CDPO- incharge of 4 supervisor (mukhya sevika) and 100 AWWs
- Each supervisor- 20-25 AWWs

Anganwadi Workers

- Under the ICDS (Integrated Child Development services) Scheme, there is an anganwadi worker for the population of 1000.
- She undergoes training in various aspect of health, nutrition, and child development for 4 months.
- She is a part-time worker and is paid an honorarium of Rs. 4100 per month for the service rendered.

Beneficiaries of ICDS Scheme

- **Children below the age of 3 years**
 - Health check up
 - Immunization
 - Supplementary nutrition
 - Referral services
- **Children 3-6 years**
 - Health check up
 - Immunization
 - Supplementary nutrition
 - Referral services
 - Non-formal education
- **Pregnant women**
 - Health check up
 - Immunization
 - Supplementary nutrition
 - Nutrition & health education
- **Lactating/Nursing women**
 - Health check up
 - Supplementary nutrition
 - Nutrition & health education
- **Women in the age group of 15-45 years**
 - Nutrition & health education
- **Adolescent girls 11-18 years**
 - Supplementary nutrition
 - Nutrition & health education

Objectives of ICDS

- To improve the nutritional & Health status of 0-6 years children.
- Proper psychological development of child
- Reduce the incidence of morbidity, mortality, mal-nutrition and school dropouts.
- Inter-sectoral coordination
- Mother health & nutritional education.

Services at Anganwadi

- Normal Services
 - Nutrition
 - Education
 - Health Checkups
- Linkage with health services
- Awareness program support

Services at Anganwadi

- Health-
 - Record of weight & height of children at periodic intervals
 - Watch over milestones
 - Immunization
 - General check up every 3-6 months to detect disease & malnutrition etc
 - Treatment of disease like diarrhea, dysentery, RTI etc.
 - Deworming
 - Prophylaxis against vit A deficiency & anemia
 - Referral of serious cases

Services at Anganwadi

- Nutrition-
 - Supplimentary nutrition
 - Growth monitoring & promotion
 - Nutrition and health education
- Early childhood care & Pre-school education to children of 3 to 6 years.

Services at Anganwadi

- Supporting services-
 - Safe drinking water
 - Environmental sanitation
 - Women’s empowerment program
 - Non-formal education
 - Develop desirable attitude, value & behavior pattern
 - Locally produce inexpensive toys & material to organized play & creative activity
- Referral services

Nutritional Supplement

S.No.	Recipient	Calories	Proteins (in gms)
1.	Children 6-72 months	500	12-15
3.	Pregnant & Lactating woman	600	18-20
4.	Severely Malnourished children 6-72 months	800	20-25

VITAMIN A PROPHYLAXIS PROGRAMME(1970)

- Programme launched by Ministry of H&FW in 1970 on the basis of technology developed at National Institute of Nutrition, Hyderabad.
- Component of National programme for control of blindness.1968,1976
- Single massive dose of oily preparation of Vitamin A containing 200000 IU orally to all preschool children in the community every 6 months through peripheral health workers.
- Consecutive doses at 9,18, 24,30,36,42,48,54 & 60 months.

PROPHYLAXIS AGAINST NUTRITIONAL ANAEMIA

- Launched by Govt.of India during 4th five year plan
- Distribution of iron and folic acid tablets to pregnant women and young children (1-12 years).
- MCH centres in urban, PHC in rural and ICDS project are engaged in the implementation of this programme.
- Iron fortification of Common Salt has also been developed at NIN, Hyderabad.

SCHEME FOR ADOLESCENT GIRLS (KISHORI SHAKTI YOJNA)

- Department of Women and Child Development, Ministry of Human Resource Development in 1991
- All adolescent girls age group of 11-18 years
- Now as Balika Sambal Yozna in Rajasthan
- Upma & Halwa premix are given fortnightly at AWC
- One IFA tablet weekly
- Health & hygiene education

Common services

- Self development
- Nutrition & health status
- literacy
- Numerical & vocational skills

Nutritional program for Adolescent Girls

- Launched 2009-10
- Implemented 51 districts of major states
- Undernourished adolescent girls- free 6kg food grain per month
 - <30 kg in 11-15 years
 - <35 kg in 15-19 years

IODINE DEFICIENCY DISORDER PROGRAMME

- Launched in 1962
- Focuses on
- Use of Iodised Salt – Replace of common salt with iodised salt, Cheapest method to control IDD
- Use of Iodized tablets – iodine tablets administered to school children (not widely accepted)
- Use of Iodized oil – 1ml Injection of Iodized oil to those suffering from IDD, Oral administration as prophylaxis in IDD severe areas
- Mass communication – Public awareness through mass media and public health programmes

MID-DAY MEAL PROGRAMME

- Also known as School lunch programme
- Programme in operation since 1961
- Objective
 - To attract more children for admission to schools and retain them so that educational performance of the pupils can improve.



Principles of Mid Day Meal programme

- The meal should be supplement and not a substitute to home diet.
- The meal should supply at least one third of the total energy requirement and half of the protein needed
- The cost of meal should be reasonably low.
- The Meal should be prepared easily in schools, no complicating cooking procedures involved
- Locally available foods should be used
- The menu should be frequently changed

Mid Day Meal programme Recommendations

Model Menu

- | | |
|------------------------|----------------|
| • Cereals | 75gm/day/child |
| • Pulses | 30 |
| • Oils and fats | 8 |
| • Leafy vegetables | 30 |
| • Non leafy vegetables | 30 |
- Minimum number of feeding days in a year should be 250 to have the desired impact on the children.

BALWADI NUTRITION PROGRAMME

Nutritional support to pre school children

- Started on 1970 Under the Department of Social welfare
- For children age group 3-6 years in rural areas
- Programme implemented through Balwadis
- Food supplement
 - 300kcal and 10grams of prot
- Now phase out as universal ICDS



NATIONAL PROGRAMME FOR NUTRITION SUPPORT TO PRIMARY EDUCATION (Mid –day meal scheme)

- This system was called provision of 'dry rations'.
- It was launched as centrally sponsored scheme on 15th Aug. 1995 and revised in 2004.
- Government of India will provide grains free of cost and the States will provide the costs of other ingredients, salaries and infrastructure
- On November 28, 2001 the Supreme Court of India gave direction that made it mandatory for the state governments to provide cooked meals instead of 'dry rations'

Mid –day meal scheme

- Its objective being-
 - universalization of primary education by increasing enrolment, retention and attendance and
 - simultaneously impact on nutrition of students in primary classes.
- A cooked mid-day meal with minimum 300 Calories and 8-12 grammes of protein contents will be provided to all children in class I to V.

AKSHAYA PATRA AND PRIVATE SECTOR PARTICIPATION IN MID-DAY MEALS

- Successfully involved private sector participation in the programme
- The programme is managed with an ultra modern centralized kitchen that is run through a public/private partnership.
- Nandi Foundation in Rajasthan.
- Food is delivered to schools in sealed and heat retaining containers just before the lunch break every day

Suggestion for preparation of nutritious and economical mid-day meals

- Storage- avoid infestation
- Dalia or parboiled rice
- Single dish meal
- Cereal pulse 3:1 to 5:1
- Sprouted pulse
- Leafy veg- washed
- Soaking of rice & dal
- Fermentation
- Lid
- Overcooking/ reheating avoided
- Iodised salt