

Malnutrition: A silent killer hiding in plain sight



Source: Dharitri, 11/08/2019

Odisha needs a nutrition revolution

- » **10.7 lakh** children under 5yrs are stunted, **5.13 lakh** are wasted, & **10.8 lakh** are underweight in Odisha.
- » Percentage of stunted children in Odisha (**29%**) is equal to Uganda and 30 times more than Germany.
- » **50%** of the states in India are performing better than Odisha.
- » When Odisha celebrates its **100th birthday in 2036**, **29.1%** of Odisha's youth will be stunted and unable to contribute effectively to the State's overall growth due to impaired physical and cognitive growth.

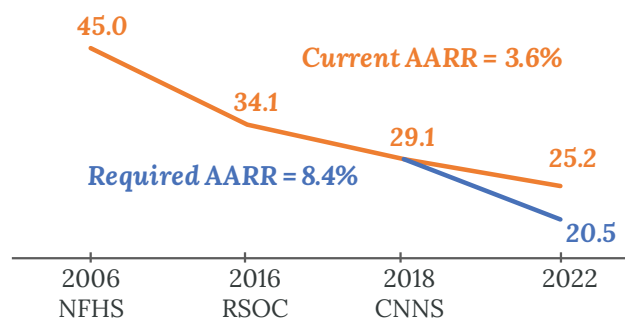
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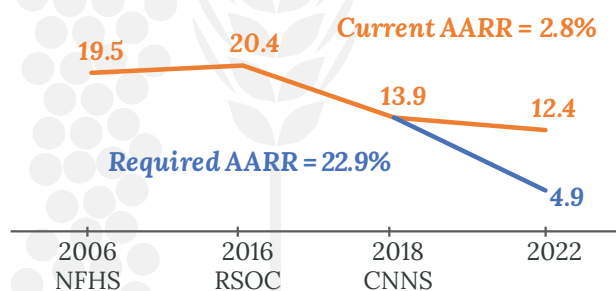
Odisha will fail to meet the National Nutrition Mission target in 2022:

Current annual average rate of reduction (AARR) trails the required rate of reduction.

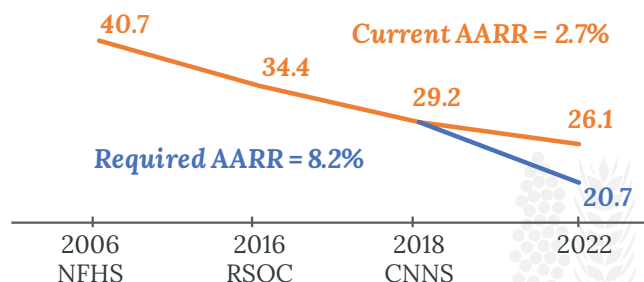
Stunting among children (0-5 years)



Wasting among children (0-5 years)



Underweight among children (0-5 years)



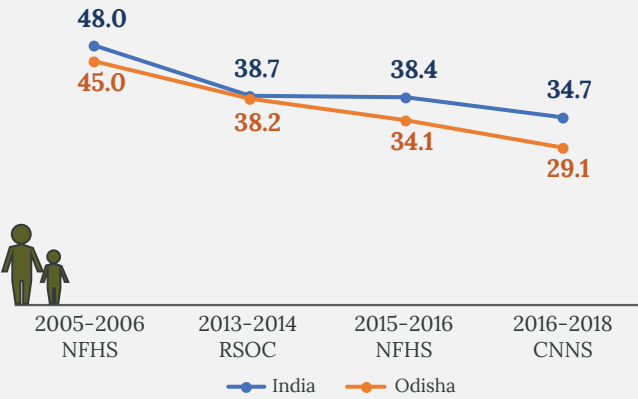
Source:

NFHS - National Family Health Survey, RSOC - Rapid Survey on Children, CNNS - Comprehensive National Nutrition Survey

Malnutrition continues to impede child health in Odisha

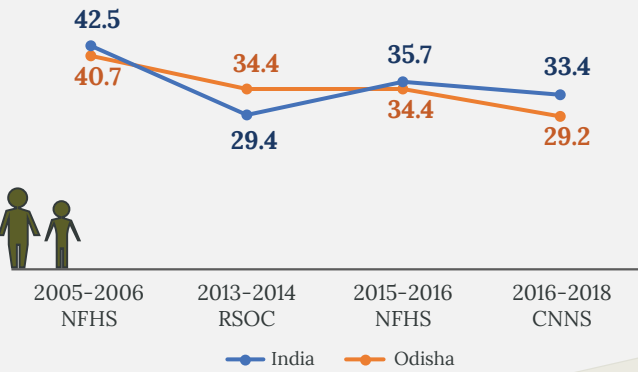
1 out of 3 children under 5yrs are Stunted (too short for their age)

It undermines the ability of individuals & communities to reach full potential.

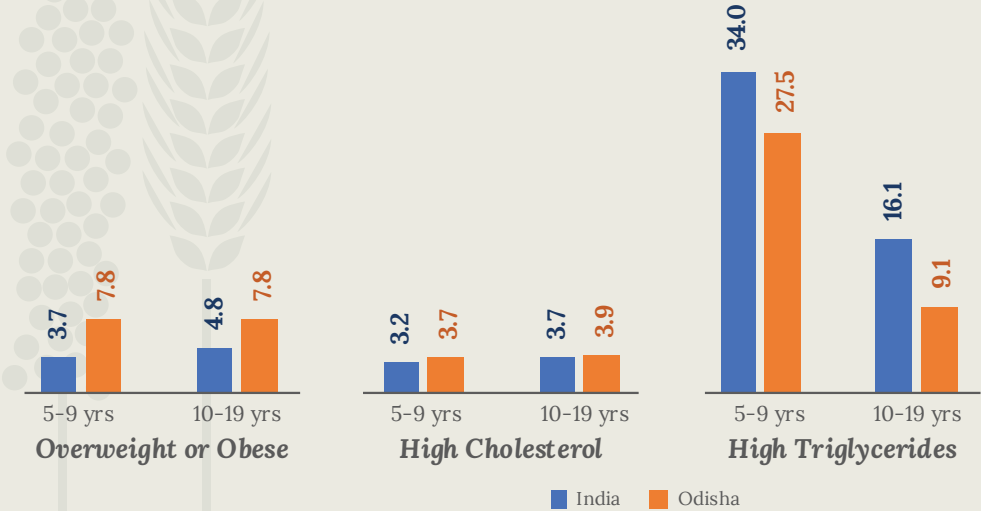


1 out of 3 children under 5yrs are Underweight (too low weight for their age)

It reflects long-term health and nutritional experience of the individual or population.

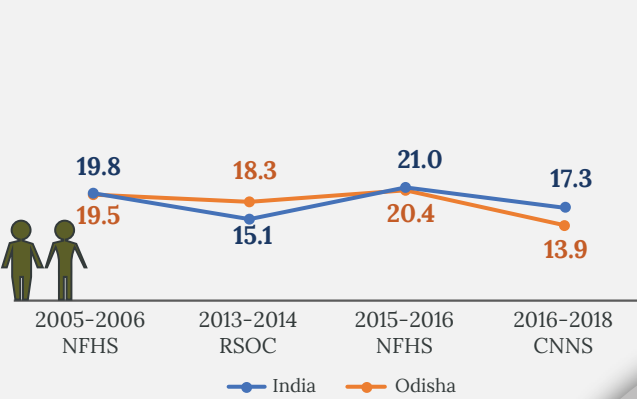


Malnutrition and micronutrient deficiencies contribute to Non-Communicable Diseases



1 out of 7 children under 5yrs are Wasted (too thin for their height)

Indicates acute starvation and/or severe disease. It may also be the result of a chronic unfavourable conditions.



Sources:
NFHS - National Family Health Survey
RSOC - Rapid Survey on Children
CNNS - Comprehensive National Nutrition Survey

Nagada redux: Malnutrition tragedy of Odisha

Overweight and obesity: Excessive fat accumulation.

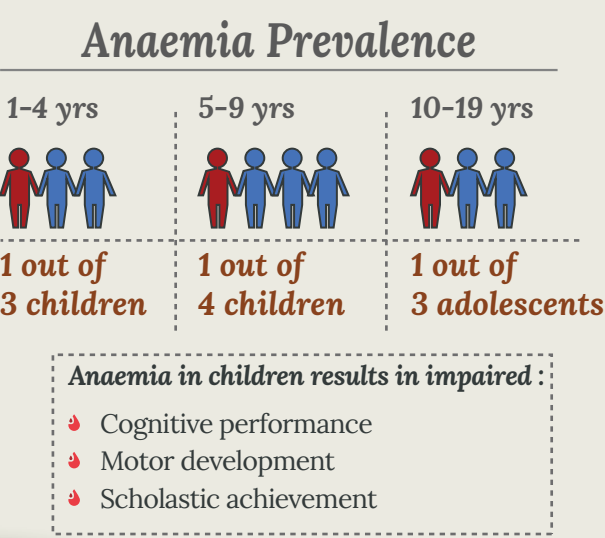
High Blood Cholesterol: Increases levels of bad fats, lipids in the blood. Increases risk for heart related diseases.

High Triglycerides: Type of fat found in blood that increases risk of heart related diseases.

Diabetes: Impedes body's ability to produce or respond to the insulin hormone.

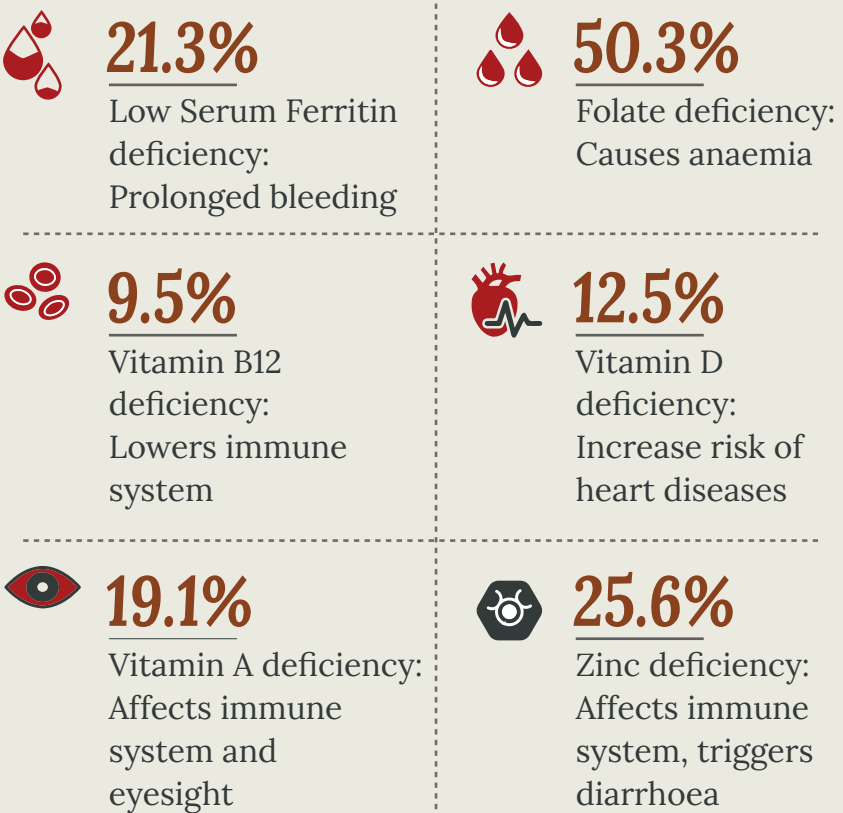


Micronutrient Deficiencies further complicate the situation

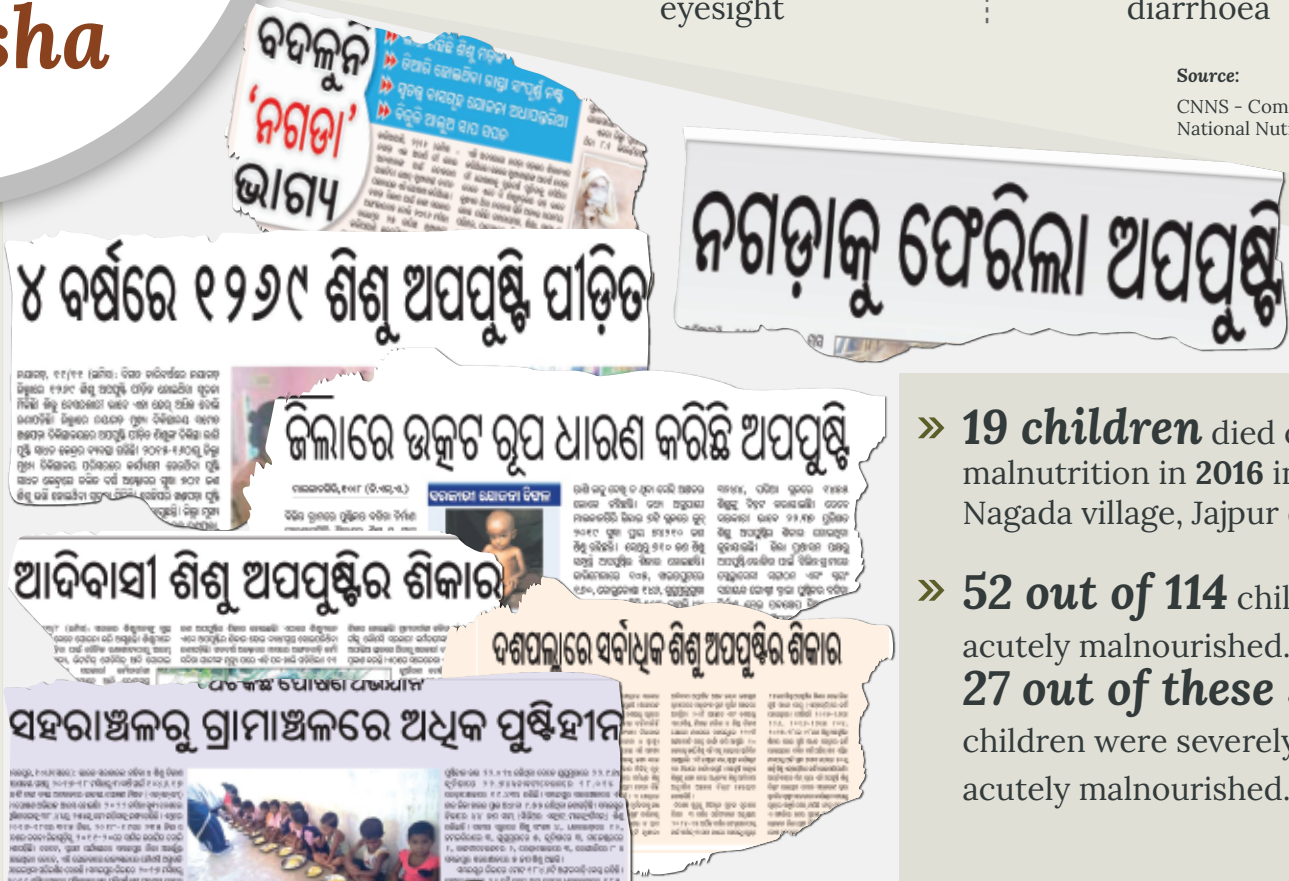


Female adolescents (40.4%) had a higher prevalence of anaemia compared to their male counterparts (18.8%)

Lack of access to micronutrients among persons aged 1-19 years

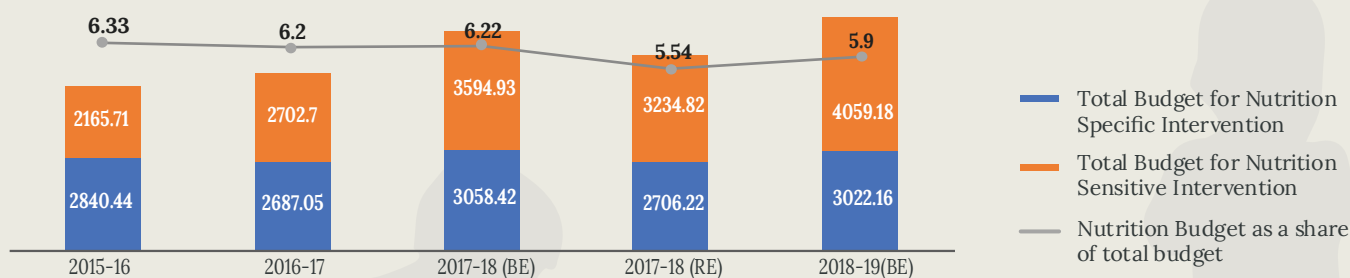


Source:
CNNS - Comprehensive National Nutrition Survey



- » 19 children died out of malnutrition in 2016 in Nagada village, Jajpur district.
- » 52 out of 114 children were acutely malnourished. 27 out of these 52 children were severely and acutely malnourished.

Key nutrition interventions



Programme	2015-16	2016-17	2017-18 (BE)	2017-18 (RE)	2018-19 (BE)
Nutrition Specific Intervention (Rs. in Crore)					
National Creche Scheme	0.0	0.0	0.0001	0.47	5.98
Supplementary Nutrition Programme	758.6	700.93	800.39	822.39	972.3
Conditional cash transfer Pregnant women (MAMATA)	259.28	280.0	378.38	280.0	155.0
Rajiv Gandhi Scheme for Empowerment of Adolescent Girl (SABLA)	70.89	67.79	84.11	87.95	0.0
Scheme for Adolescent Girls	0.0	0.0	0.0	0.0	101.53
Public Distribution System	1117.78	884.32	880.42	769.95	894.35
Mid-Day Meals	633.89	754.01	915.12	745.46	893.0
Nutrition Sensitive Intervention (Rs. in Crore)					
National Food Security Mission	135.22	60.41	145.52	145.52	161.53
Swachh Bharat Mission	1081.49	1474.4	1187.5	1089.4	1200.0
National Health Mission	949.0	1167.89	1196.91	1024.51	1347.65
BASUDHA			1065.0	975.39	1350.0

Source: Odisha Budget and Accountability Centre (OBAC)

Key policy asks

- » Follow life cycle approach with focus on first 1000 days
- » Strengthen Poshan Abhiyan outreach through intensive awareness campaign
- » Promote dietary diversity for balanced and healthy diet
- » Implement integrated rainfed agriculture centric programmes with focus on production of pulses, millets, backyard poultry, kitchen garden and small fisheries
- » Use technology solutions for robust and transparent monitoring mechanism



Odisha Millet Mission: A step to address malnutrition

- » Promote production and uptake of millets in **72 blocks of 14 districts** of Odisha covering **23,235 Ha** cultivable area involving **52,542** farmers.
- » Focus on **3 areas** of Nutri cereal promotion:
 - Millet Integration with government schemes like ICDS and MDM.
 - Develop agronomic practices for improving productivity.
 - Community owned seed centres, focus on farmer groups for sustainable market linkage.
- » Unique approach to create awareness in urban area through roadshows/outlets/hoardings and internships.
- » Intensive village level awareness targeting women on nutritional benefits of nutri-cereals (millets).