Addressing Malnutrition

Why in news?

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- Global estimates prove that India is seriously facing the problem of malnutrition.
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- Various initiatives have been taken up by government to address the malnutrition.
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What is the nutrition accessibility status of Indians?

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- In 2017, India ranked 100 out of 119 countries on the Global Hunger Index, clickhere to know more.
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- Malnutrition is often a symptom of underlying problems such as poor maternal health which may lead to low weight at birth, stunting and susceptibility to diseases in childhood.
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- Among adults, malnutrition directly impacts adult productivity and hampers the cognitive development of children.
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- Based on the fourth National Family Health Survey (NFHS) (2015- 16), 38% children below 5 years are stunted and 58.4% are anaemic.
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- 54% women between 15 and 49 years to be anaemic while 22.9% have a low maternal body mass index.
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What are the measures taken by the government?

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- **Rice fortification -**Rice is fortified with iron has been introduced in the mid-day meal scheme in Odisha, to reduce anaemia among primary school students.
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- **Integrated Child Development Services (ICDS) -**Programme which provides food, pre-school education, and primary health care to mothers and children.
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- **Public Distribution System (PDS)**- It's to make available diverse, nutritious and micro-nutrient fortified foods to the populations.
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- **Mission Shakti -** In Odisha under this scheme women are empowered with the help of SHGs.
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- **Pustikar Divas -**Establishing nutrition rehabilitation centres, identifying children suffering from severely-acute malnutrition, and fixing a day for monitoring such children are the objectives of this mission.
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- **Saansad Adarsh Gram Yojana**– It aims to equip people with quality access to basic amenities and opportunities to help them shape their own destiny under MP's fund.
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- **Other options**- In some areas government is also working on cash transfers supplemented with counselling to ensure behavioural change among people and to generate demand for diverse dietary choices.
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Source: The Hindu

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