

U.P.S.C.

2. Food fortification is a proven cost effective and complementary to address India's malnutrition burden. Explain.

Food fortification is process of increasing nutrients like iron, folic acid, iodine in cereals for consumption.

Malnutrition burden statistics in India

As per NFHS-5

- ↳ every second woman is Anaemic
- ↳ every third child is stunted and malnourished
- ↳ every fifth child is wasted

As per FAO Food security report for 2024

- ↳ Global Hunger Index of India 101/116
- ↳ undernourished - 15.3%
- ↳ stunted children - 35%
- ↳ wasted children - 17.3%

As per Global Nutrition Report 2024 -

stunting among children in India is significantly higher than African Average of 21.8%.

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To mitigate mentioned problems of malnutrition, food fortification may be suitable way out by

- ↳ fortifying rice and wheat with iron, folic acid and vitamin B₁₂
- ↳ ~~salt~~ fortifying salt with iron and iodine.

Case study
g: Pilot programme in Gondchi - Sauri district of Maharashtra.

Anaemia reduced from 58.9% to 29.5%

↳ Fortified Rice in Midday meal of Gujarat

↳ increases haemoglobin concentration

↳ 15% decrease in anaemia prevalence

↳ increase in average cognitive score

↳ It will reduce DALYs - years lived with disability.

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in this part)

प्रश्न संख्या
Question No.)

Challenges

- ↳ high cost of fortifications
- ↳ Excess iron overload from fortified rice is dangerous for Jharkhand's tribals suffering from Sickle cell Anaemia and Thalassaemia.

Thus, by target interventions of fortified food can reduce mal-nutrition and increase efficiency of human capitals.