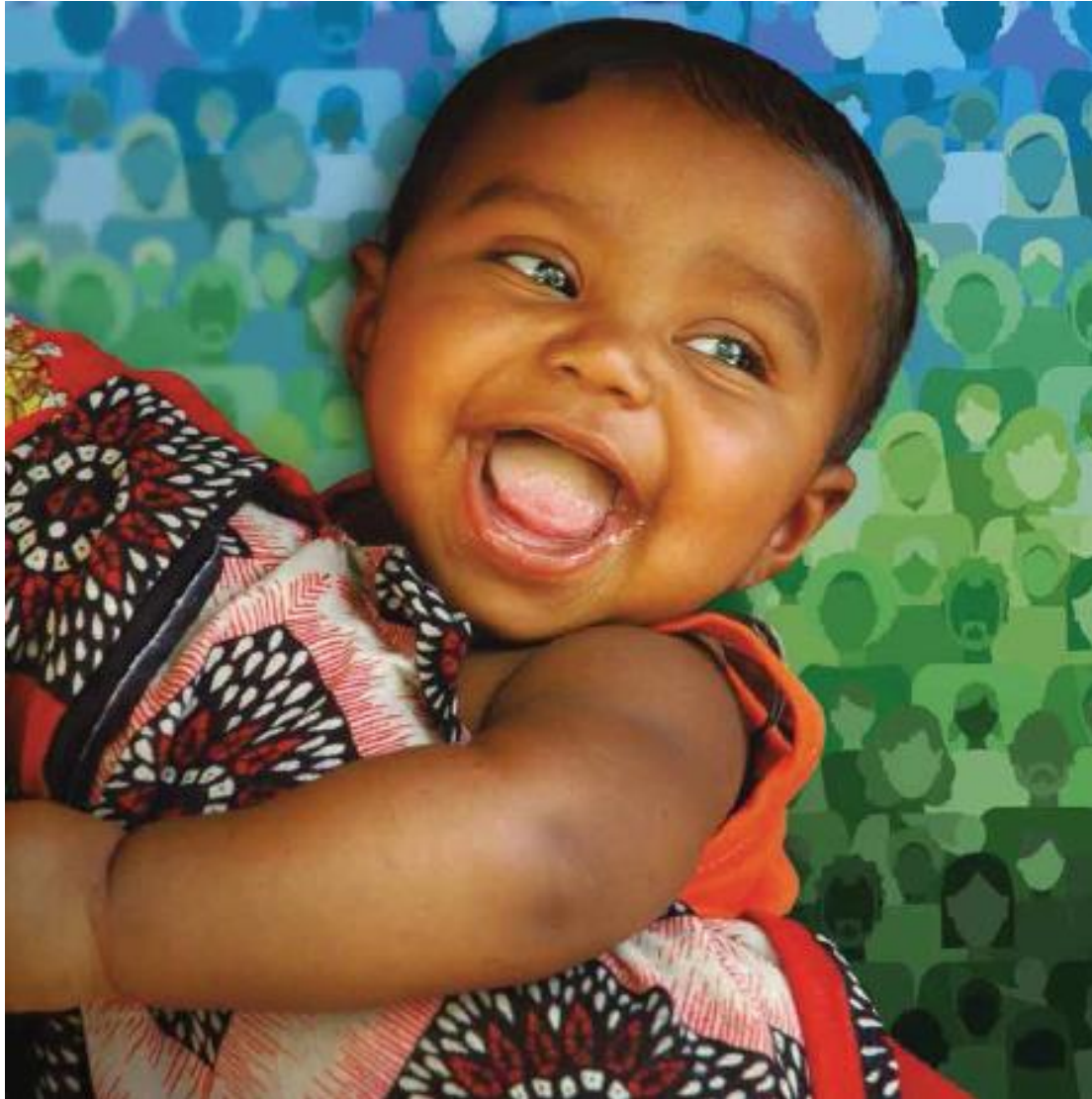


Nutrition Situation of Women and Children –Maharashtra

Department of Public Health Government of Maharashtra

Rajalakshmi Nair-Nutrition Specialist-UNICEF Maharashtra

The Critical Window of Opportunity for Optimal Growth and Development



The 1,000 days between a woman's pregnancy and her child's 2nd birthday offer a unique window of opportunity to build healthier and more prosperous futures.

Good nutrition during the first 1,000 days provides the building blocks for healthy brain

The Science..

Every stage during the 1,000-day window, a child's rapidly developing brain is vulnerable to poor nutrition, neglect and the "toxic stress" that comes along with hunger and food insecurity. The damage done to a child's development can be profound and irreversible. It is why ensuring that women and children get the nutrition and support they need during **the first 1,000 days is essential to a thriving future.**

The stages of First 1000 days

Pregnancy

Brain development begins before birth.



- ❖ A child's brain begins to grow very early on in pregnancy and develops at an astonishing speed. At the 4th week of pregnancy, the brain has an estimated 10,000 cells—by the 24th week, it contains 10 billion. The nutrition that a baby gets from his mother through her diet is the fuel that drives much of this incredible transformation.
- ❖ Nutrients such as folic acid, iron, zinc and iodine, as well as protein and fatty acids play a vital role in building a baby's brain during pregnancy. When one or more of these is absent during pregnancy, a baby could be at risk for developmental delays, birth defects and cognitive deficits.



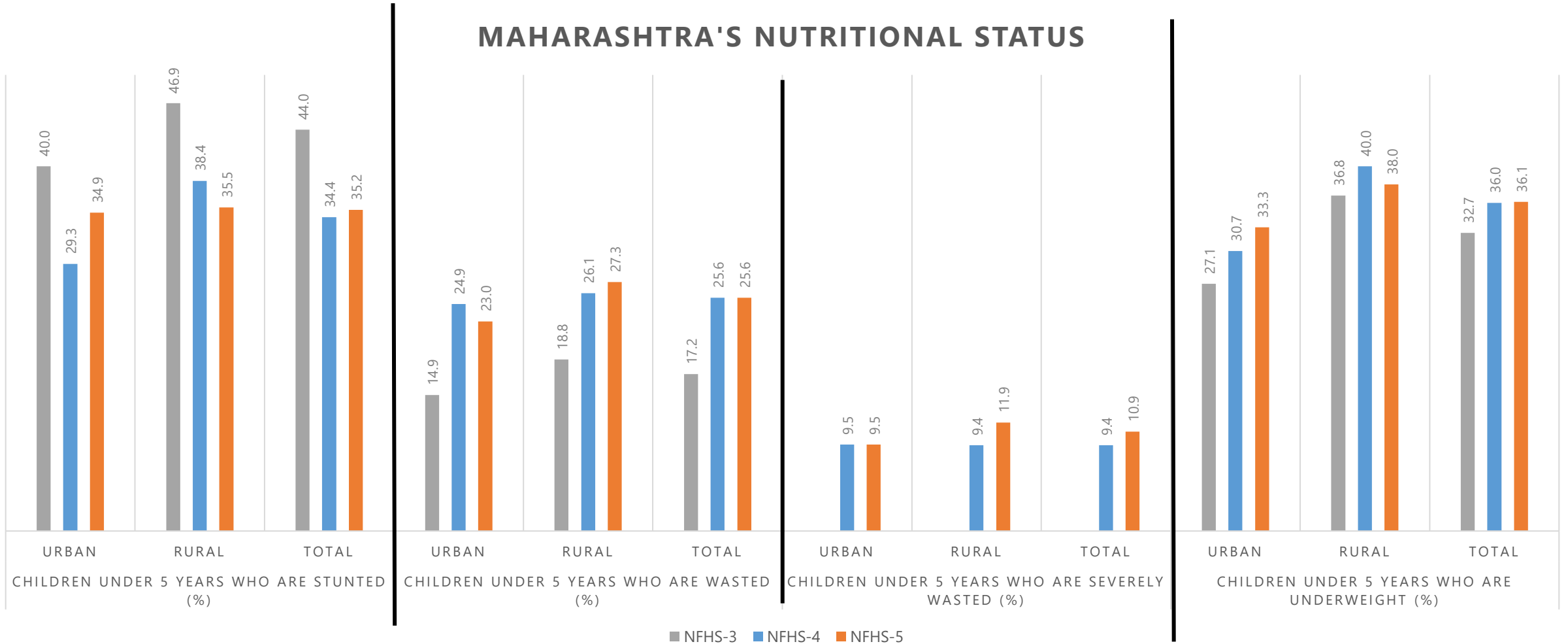
Stages of Growth..

Early Childhood

Little kids need big nutrition to power their brains for learning.

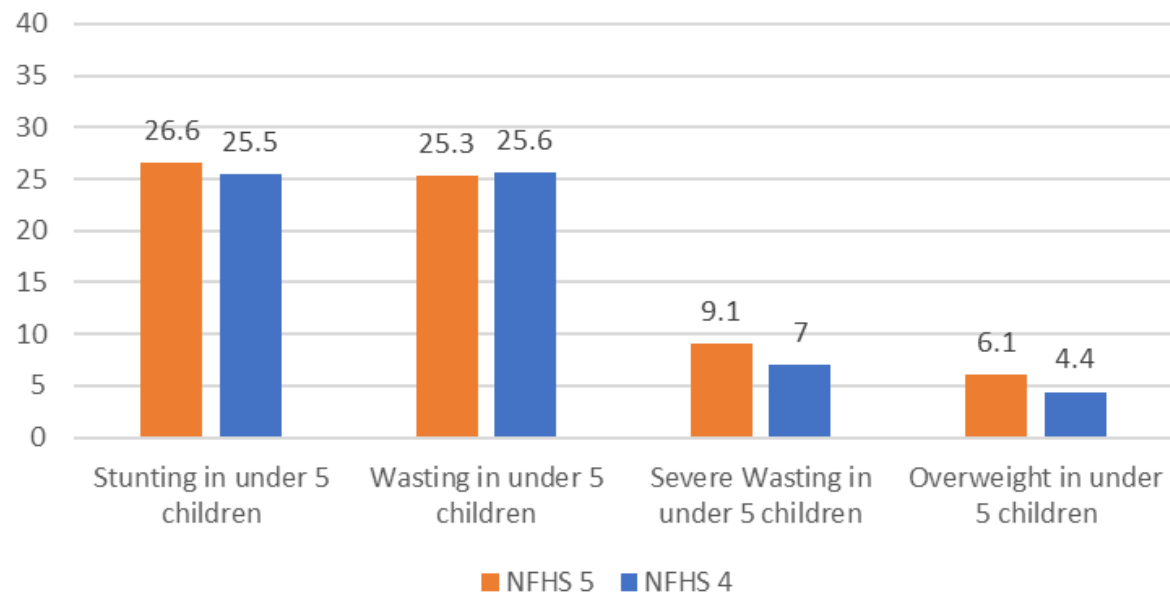
- ❖ **Baby transitions into toddlerhood, her brain continues to develop at a rapid pace.** While a newborn's brain is only one-quarter of the size of an adult's, **it grows to about 80% by age 3 and reaches 90% of adult brain size by age 5.** In early childhood, the brain is busy forming connections that allow brain cells to communicate with one another, including connections in the brain's language areas.
- ❖ **Growing brains need nutritious foods rich in iron, zinc and protein.** Toddlers need meat and other iron-rich foods to avoid a deficiency in this key nutrient which in turn can impair their learning abilities and their behavior.

Nutritional status

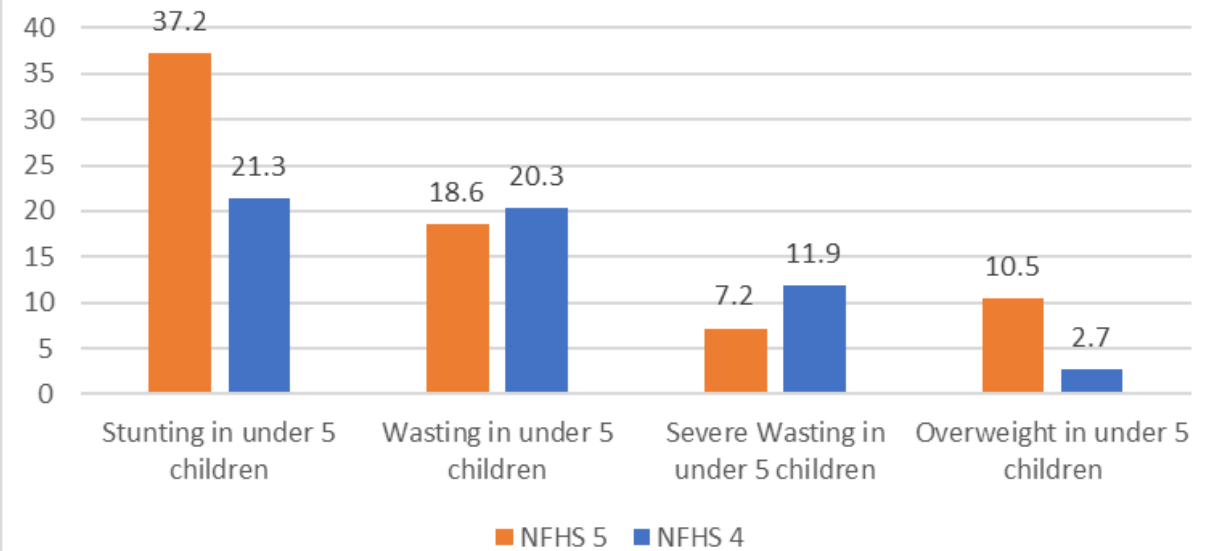


Nutrition situation of children in Mumbai Suburban and City – NFHS4/NFHS5.

Nutritional Status of children in Mumbai (%)

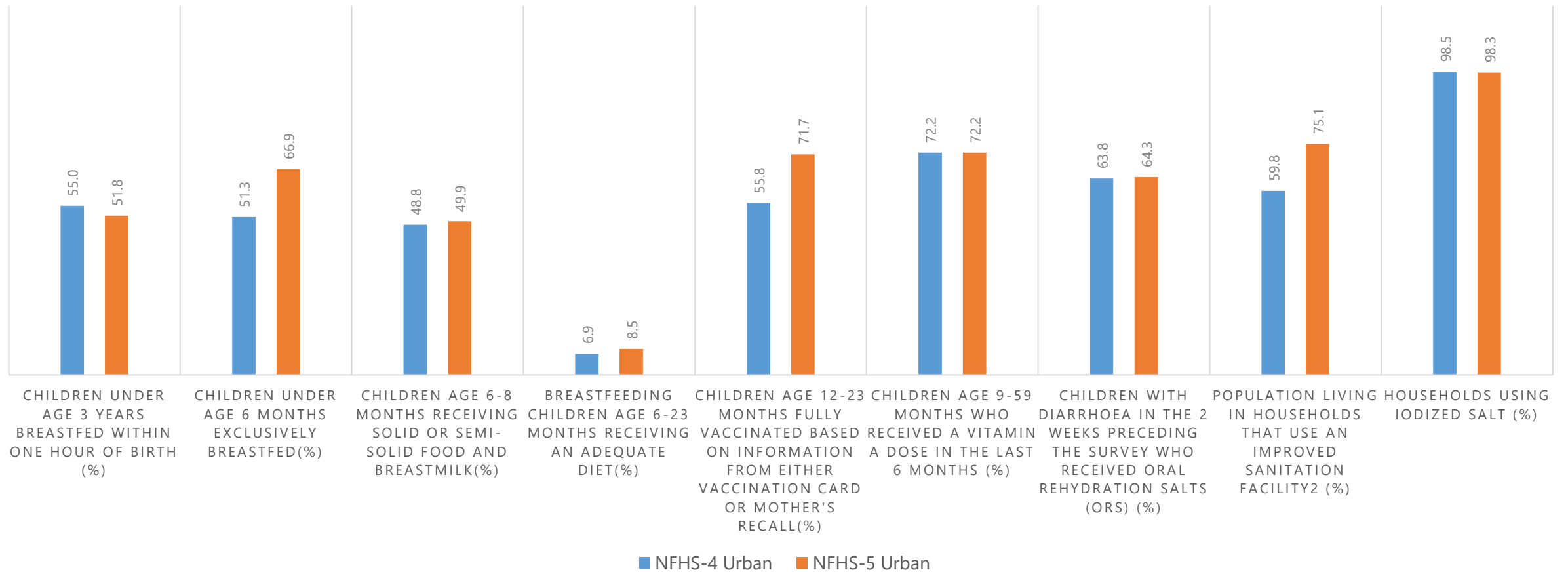


Nutritional Status of children in Mumbai Suburban (%)



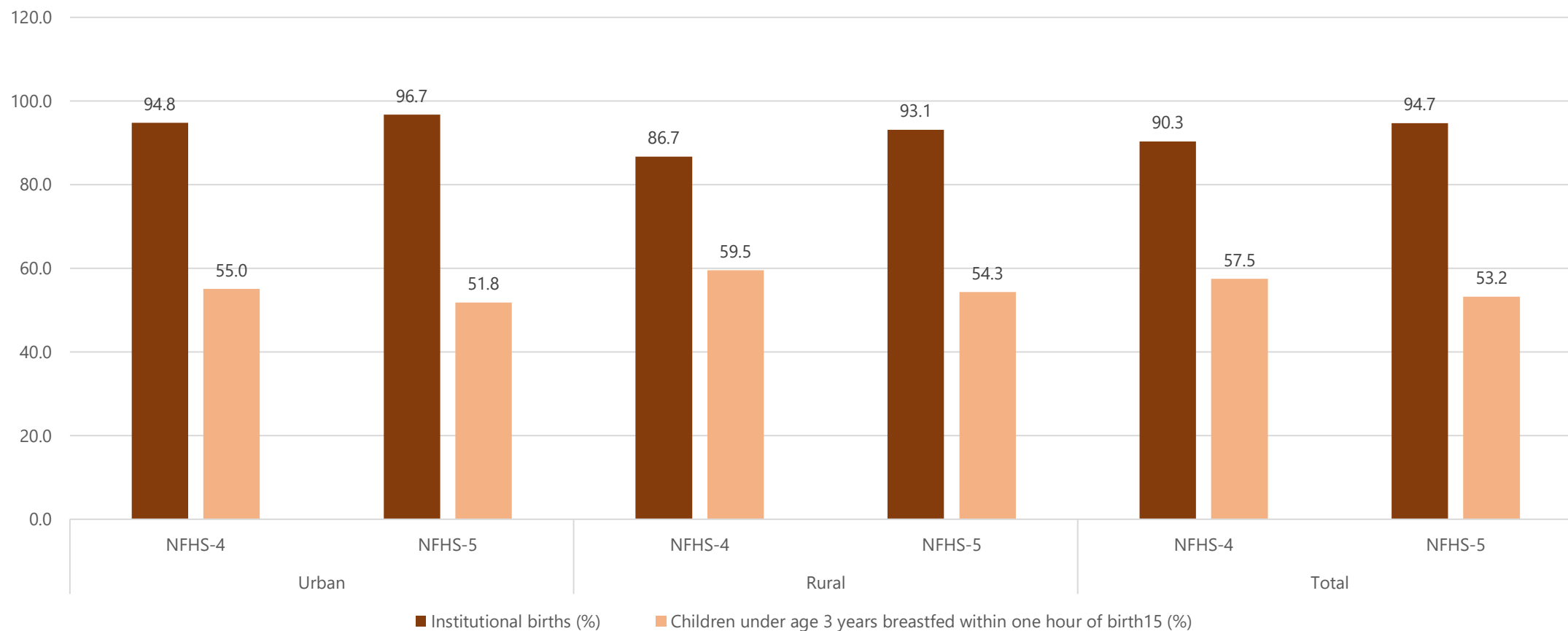
Snapshot of coverage of evidence-based high impact essential interventions in Urban areas as per NFHS-4 and NFHS-5

SNAPSHOT OF COVERAGE OF EVIDENCE-BASED HIGH IMPACT ESSENTIAL INTERVENTIONS IN URBAN AREAS AS PER NFHS-4 AND NFHS-5



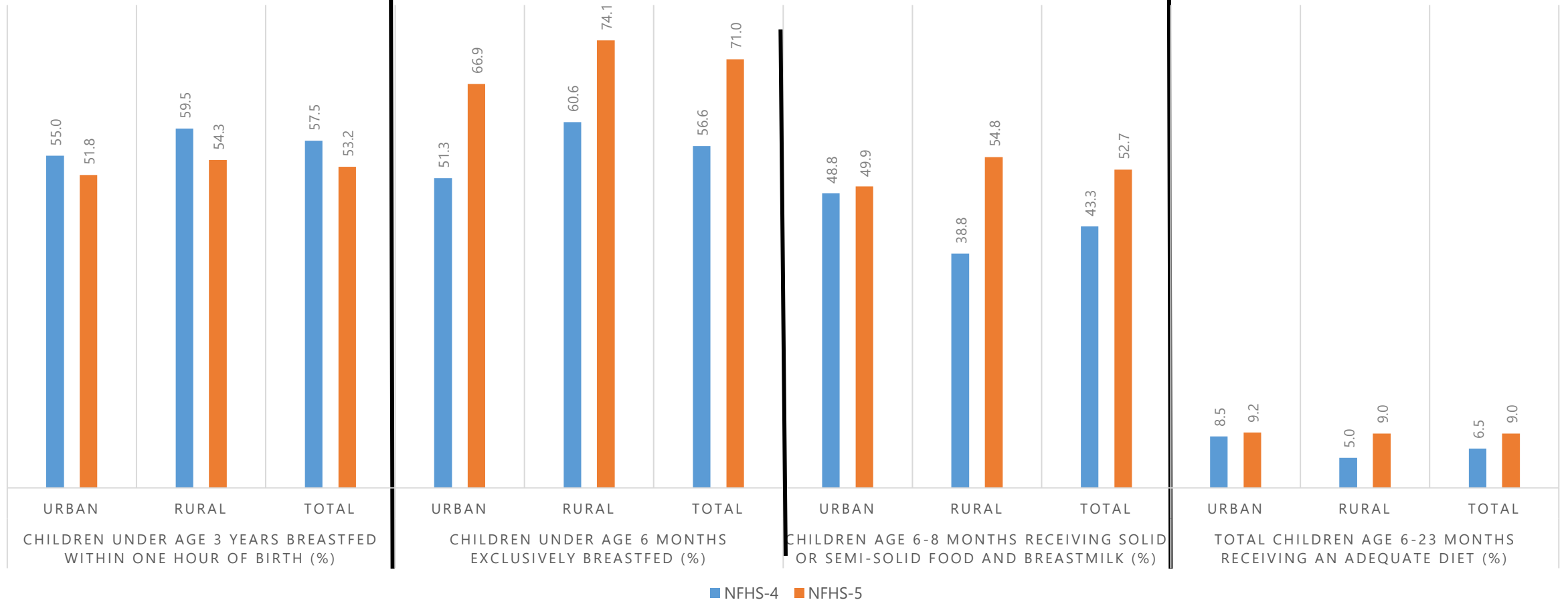
Institutional delivery and Early initiation of breastfeeding

INSTITUTIONAL BIRTHS VS EARLY INITIATION OF BREASTFEEDING



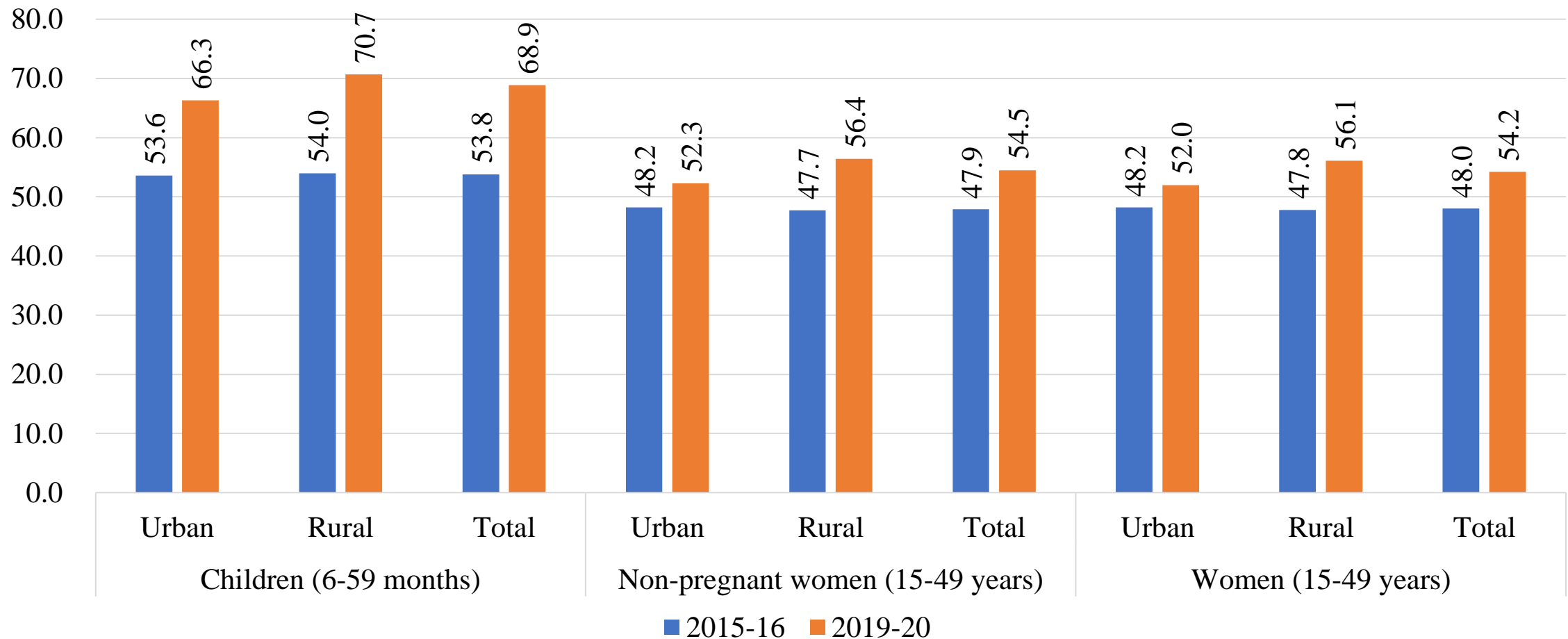
Infant and Young Child Feeding Practices

IYCF INDICATORS



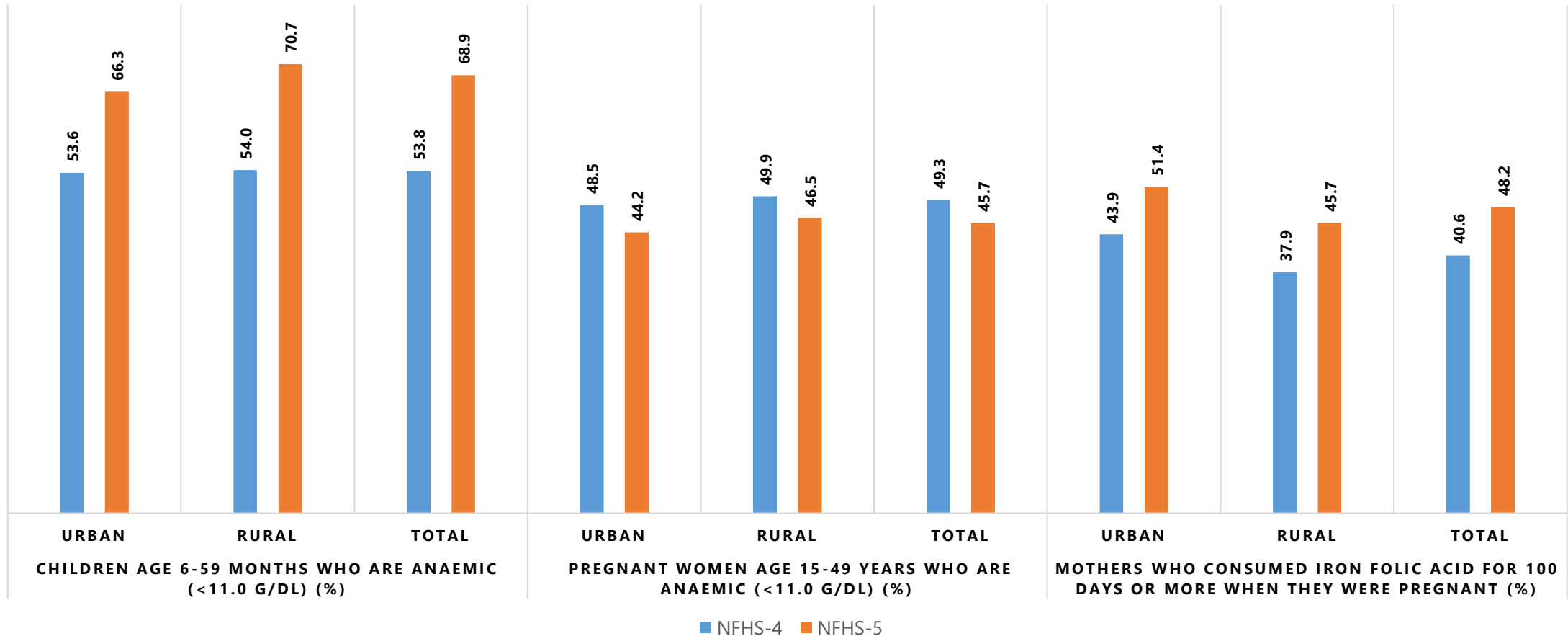
Anaemia among Children and Women

Trend in anaemia among children and women



Anemia

ANEMIA AND IFA TABLET CONSUMPTION

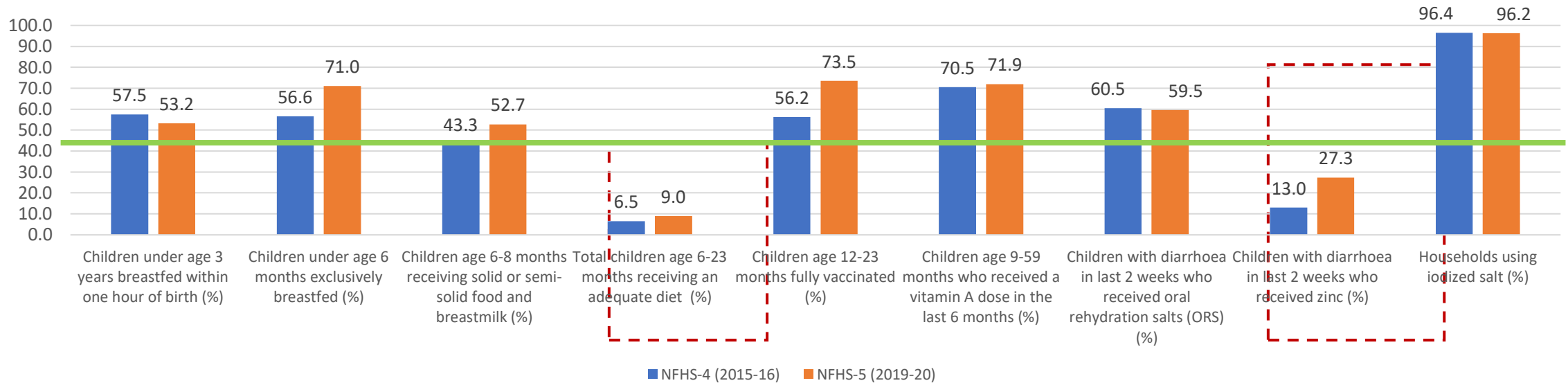


Child marriages and early pregnancies

Indicator	NFHS-5	NFHS-4
Women age 20-24 years married before age 18 years (%)	21.9	26.3
Women age 15-19 years who were already mothers or pregnant at the time of the survey (%)	7.6	8.3

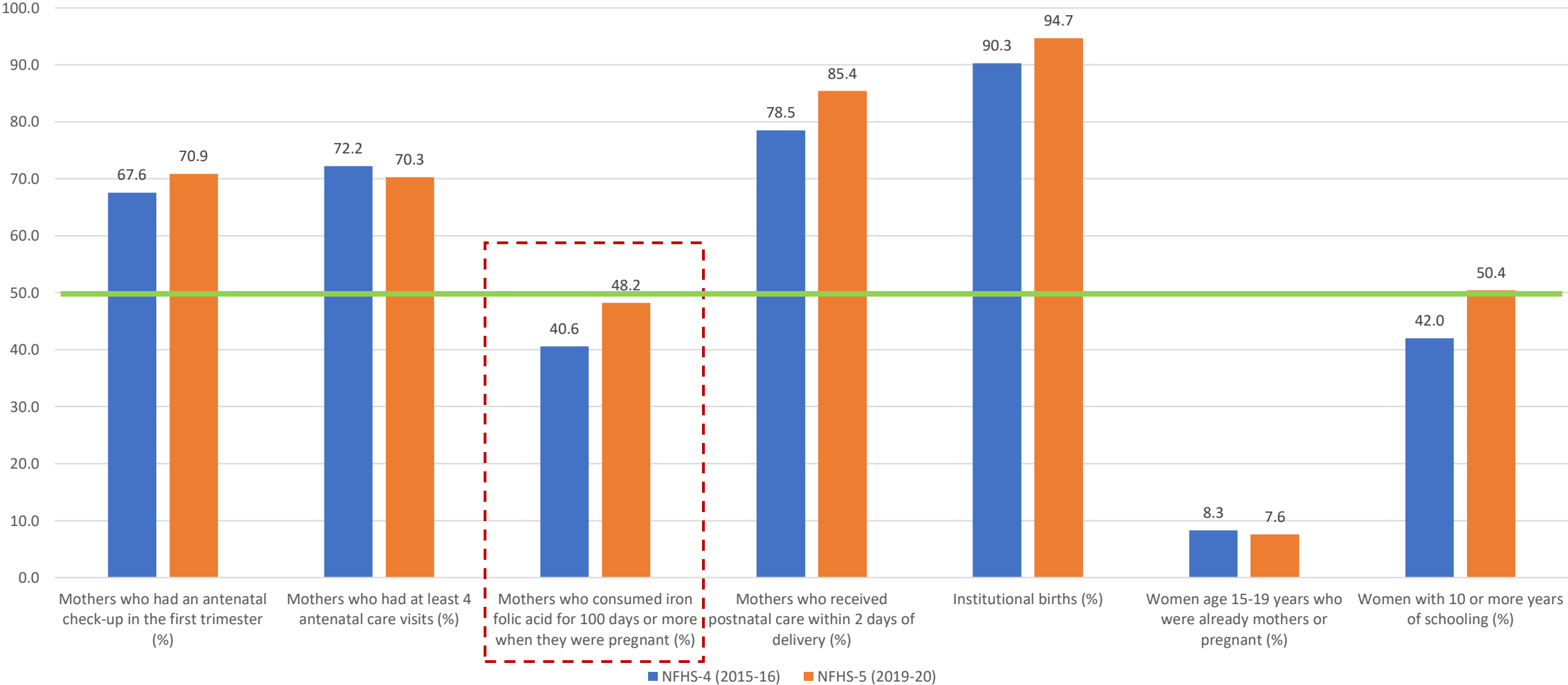
Situation of Essential services for children

Snapshot of coverage of evidence-based high impact essential interventions - Comparison of NFHS-4 and NFHS-5 (All figures in %)

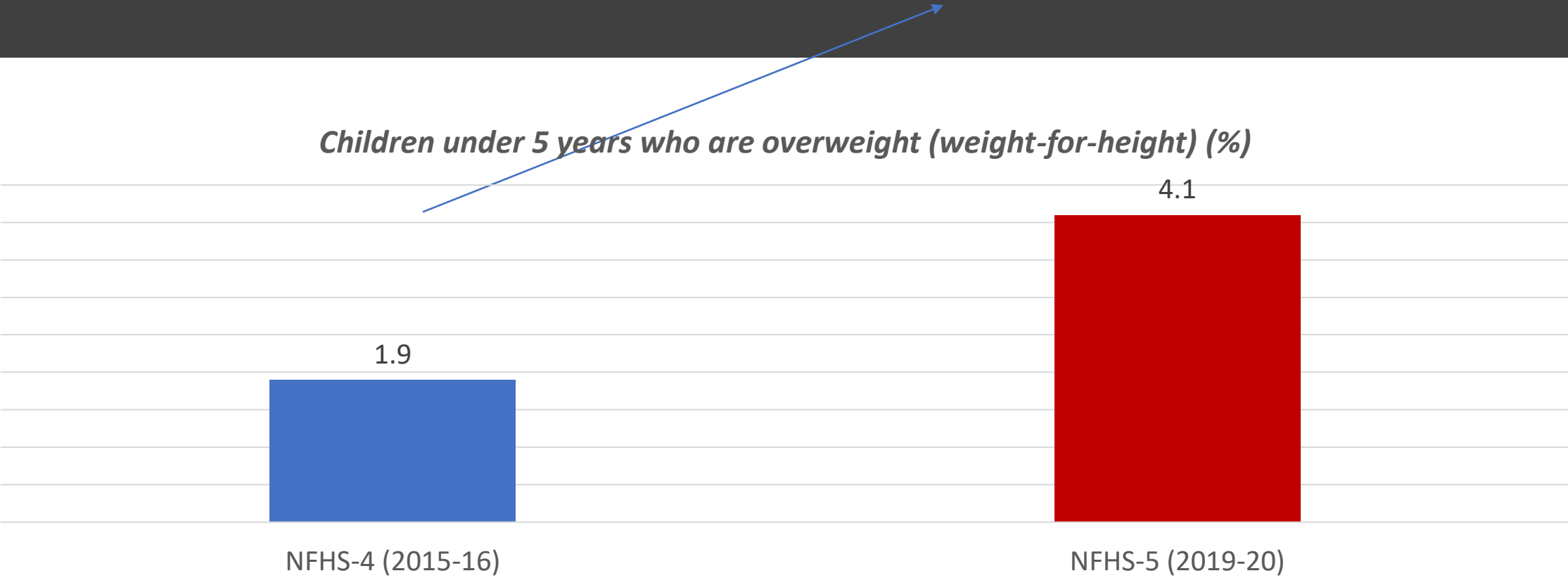


Essential services for mothers

Snapshot of coverage of maternal and delivery care interventions - Comparison of NFHS-4 and NFHS-5 (All figures in %)



Prevalence of overweight among children has doubled



key highlights from rapid analysis

- on **malnutrition outcomes** for children and adults
- (1) There is a stagnation or worsening of child anthropometric outcomes (stunting, wasting and underweight) across several states but notable improvements in some states, including the large state of Bihar.
- (2) There are improvements in mortality indicators in most states, with more states improving on infant mortality and under-five mortality than neonatal mortality
- (3) Anemia has increased in most states for children, adolescents, non-pregnant women and men but has declined in many states among pregnant women.
- (4) Overweight has increased in most states and among all population groups, including children under-five, adult women and adult men.

on the immediate determinants of child undernutrition

- exclusive breastfeeding and adequacy of complementary foods have improved, although the achieved levels are still too low, and there is much room for improvement.
- early initiation of breastfeeding and in timely introduction of complementary feeding, with several states seeing a decline
- Maternal nutrition, a known immediate determinant of child outcomes at birth, remains a challenge. Despite reductions in maternal underweight, the levels of maternal anemia are high across many states.
- increase in women's overweight is a real challenge in many states and does have implications for the health of newborns and infants

Opportunities...

- MAA-Program for improving Infant and young child Feeding.
- Home based Newborn care
- HBYC-Home based young child care for children –Infants to up to 5 years.
- AMB-Anemia Mukht Bharat –Continuum of care –Adolescents,Pregnancy,Lactation and children.
- Poshan Abhiyan-Special National flagship to reduce Stunting,Wasting,Anemia and Underweight.
- Facility and community-based care for children with Severe acute malnutrition.

Thank You.