

Latest National Health Family Survey data shows dismal performance of the country in curbing child malnutrition. In this context, suggest various measures to be taken to overcome the problem.

National Health Family Survey (2015-19) focus towards household data on state and national level towards nutrition, health etc.

Recent data on increase in malnutrition in 16 States/UT compared to NHFS-2015 is a worrysome in the health sector of India.

Worrying Trends in NHFS (2015-19):

1. The percentage of children under 5 who are underweight increased in 16/22 States, UT
2. Increase in anaemia among children and women; while decrease in anaemia only in 4 States, UTs.
3. Increase in stunting in 13 out of 22 States when compared to NHFS-4.
4. Not meeting POSHAN Abhyaan targets of decreasing anaemia by 3% per year; stunting, underweight, low birth weight by 2% per year

1. Utilisation of funds in MGNREGA:

1. MGNREGA proper utilisation of funds is necessary for rural wages to improve nutrition.
 2. This will increase rural income and reduce out of pocket expenditure and thus child health and nutrition can be developed.
- ## 2. Biofortification of staple foods:
1. Rural India get access to staple foods through Public distribution system and through Mid day meal scheme.
 2. Thus biofortification of essential vitamins and minerals like Vitamin - A enriched rice and Iron - folate fortification will help.
- ## 3. Increase ANM and ASHA in ICDS:

1. ICDS is a best framework for holistic development of child, lactating mothers, pregnant women.
2. Thus increase infrastructure of Health centres and staff requirement will curb stunting, wasting.

Thus to curb the menace of malnutrition in children 52 weeks of breastfeeding, 365 days of pregnant mother monitoring under Health Mission (POSHAN) under Poshan Maah is a gateway to Indian health sector.