

# PROJECT POSHAN

## Alleviation of malnutrition among children under 6 years of age

Project Poshan works to fight malnutrition among children from underprivileged rural and tribal areas of Panvel, Karjat (near Mumbai) and slum areas in Mumbai. In addition to provision of nutritional supplements to the children, pregnant women and lactating mothers, Poshan also aims to build capacities of government health workers and parents to address malnutrition in their community. Activities under this programme include:

- **Establishing partnerships with Integrated Child Development Services (ICDS)** : The project aims to alleviate malnourishment by working in collaboration with the government's ICDS and other relevant departments
- **Identification of undernourished children:** Baseline and midline assessments are conducted to determine number of children who are undernourished and target them specifically to ensure visible impact. This includes tracking all children under the age of 6 in a community and systematically and scientifically checking their nutritional status through anthropometric measurements of age, weight and height, undertaken every month. Indices of severe underweight, moderate underweight and borderline undernourished are used.
- **Complementary feeding:** Specifically designed nutritional supplements with locally sourced but nutritious food are being provided to identified children on daily basis.
- **Growth monitoring and medical referrals** to ensure the children are out of a high risk category.
- **Medical referral and enrollment of severe acute malnourished children** in Primary Health Centres along with support to parents for ensuring treatment compliance.
- **Capacity building of Anganwadi (courtyard shelter) workers**, to ensure that the gains are sustainable.
- **Parent counselling and family management** of undernourished children.
- **Development of kitchen gardens** at the Anganwadi centres to encourage regular consumption of fruits and vegetables in the daily diet.
- **Community based health camps** focusing on nutrition and better maternal and child health



The infant mortality rate in Maharashtra is unacceptably high at 19 per **1000 live births** (<http://niti.gov.in>)

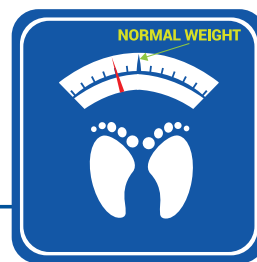
India ranked **103rd out of 119 developing nations** in Global Hunger Index 2018 (GHI 2018 Country Report)

**NORMAL HEIGHT**



**38% of children under the age of 5 years are stunted** (low height for age) (<http://unicef.in/whatwedo/10/stunting>)

**35.7% children are still underweight** (low weight for age) ([data.worldbank.org](http://data.worldbank.org))



### IMPACT

Average increase of **955 gm** in weight & **3.4 cm** in height after 5 months of interventions