

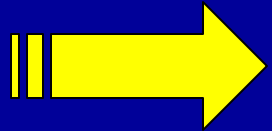
National Family Health Survey-2

1998-99

Bihar

Nutrition

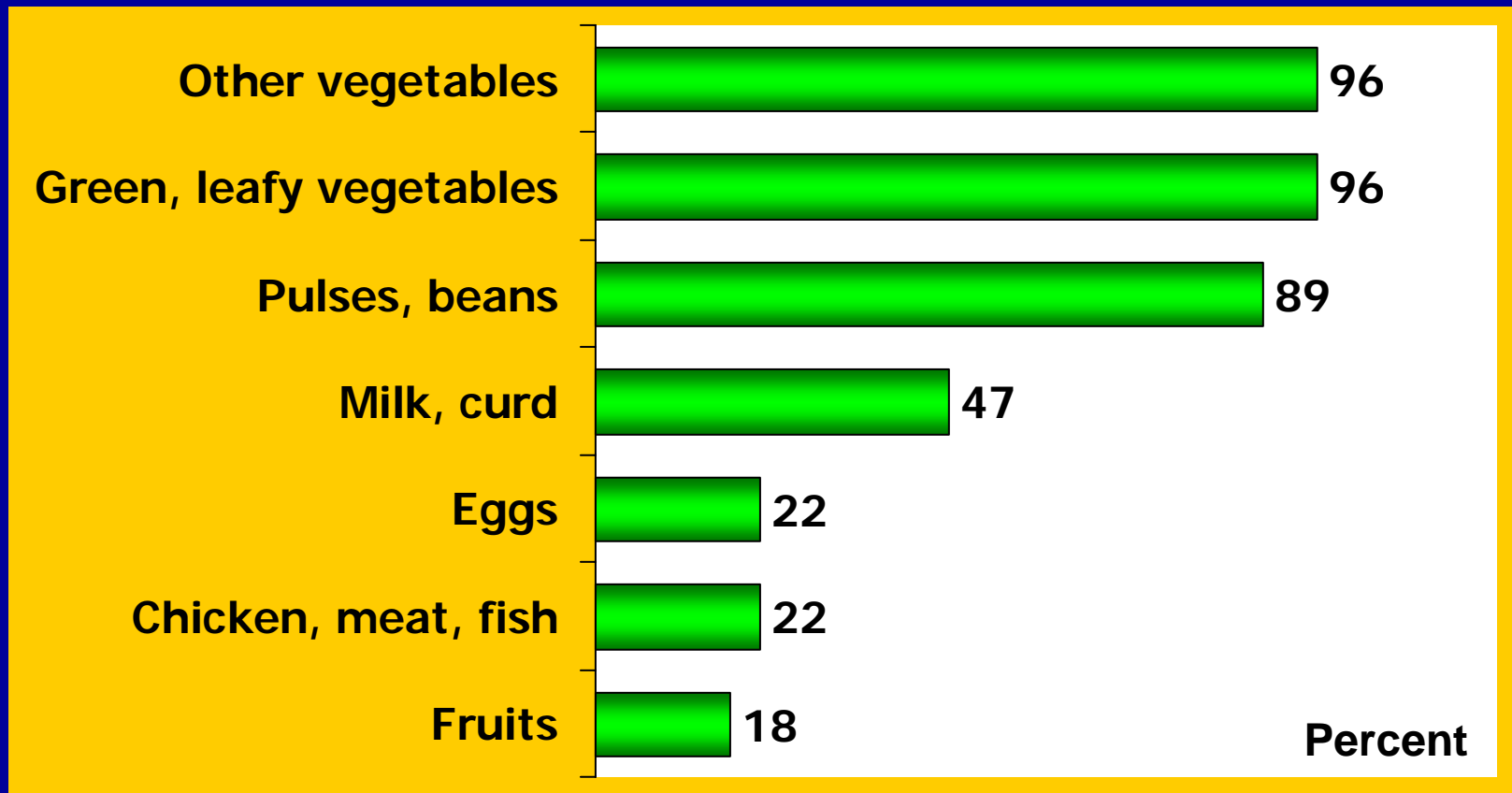
Contents of Presentation



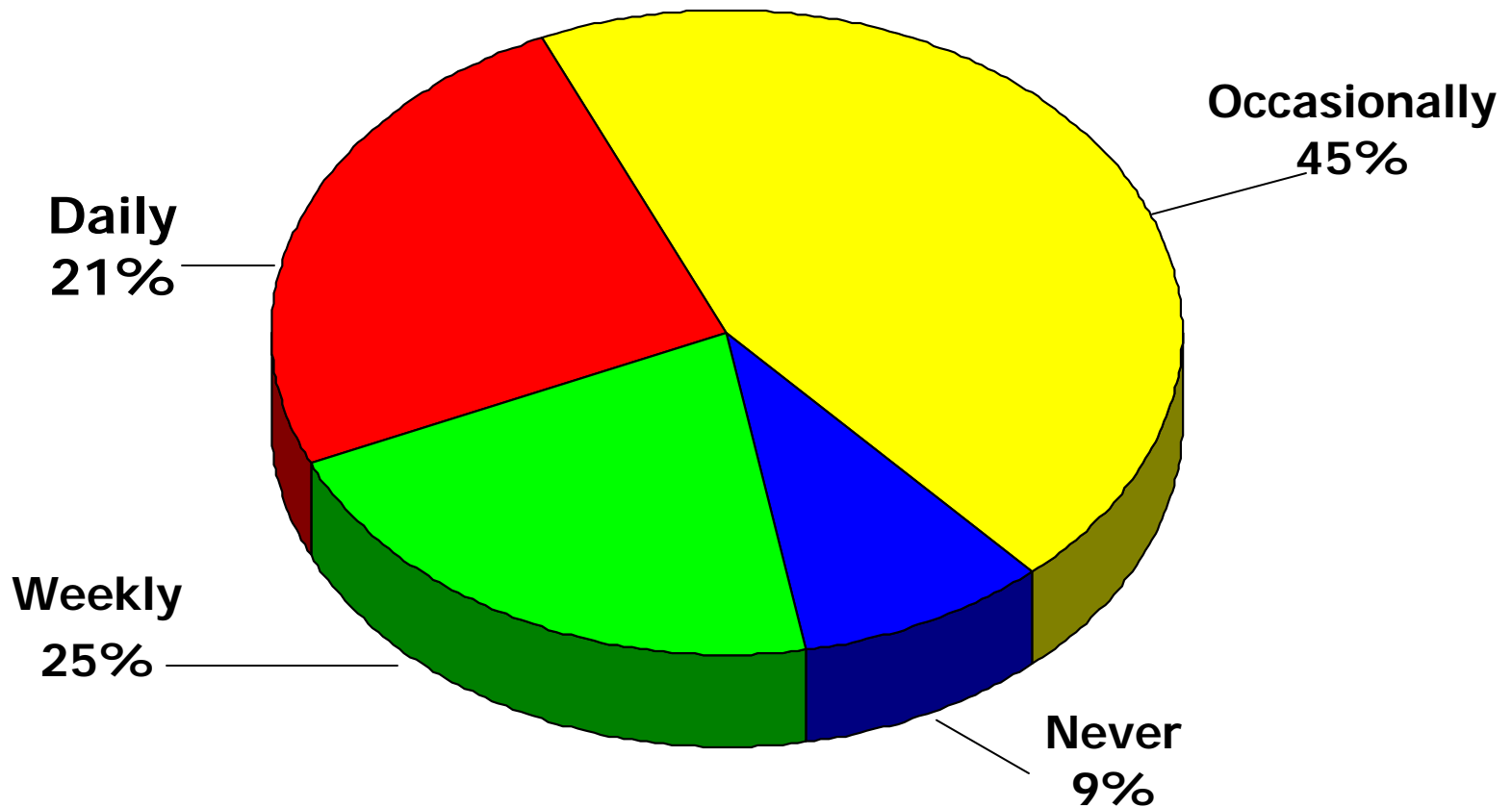
Food Consumption

- Nutritional Status of Women and Children
- Infant Feeding Practices
- Anaemia Prevalence

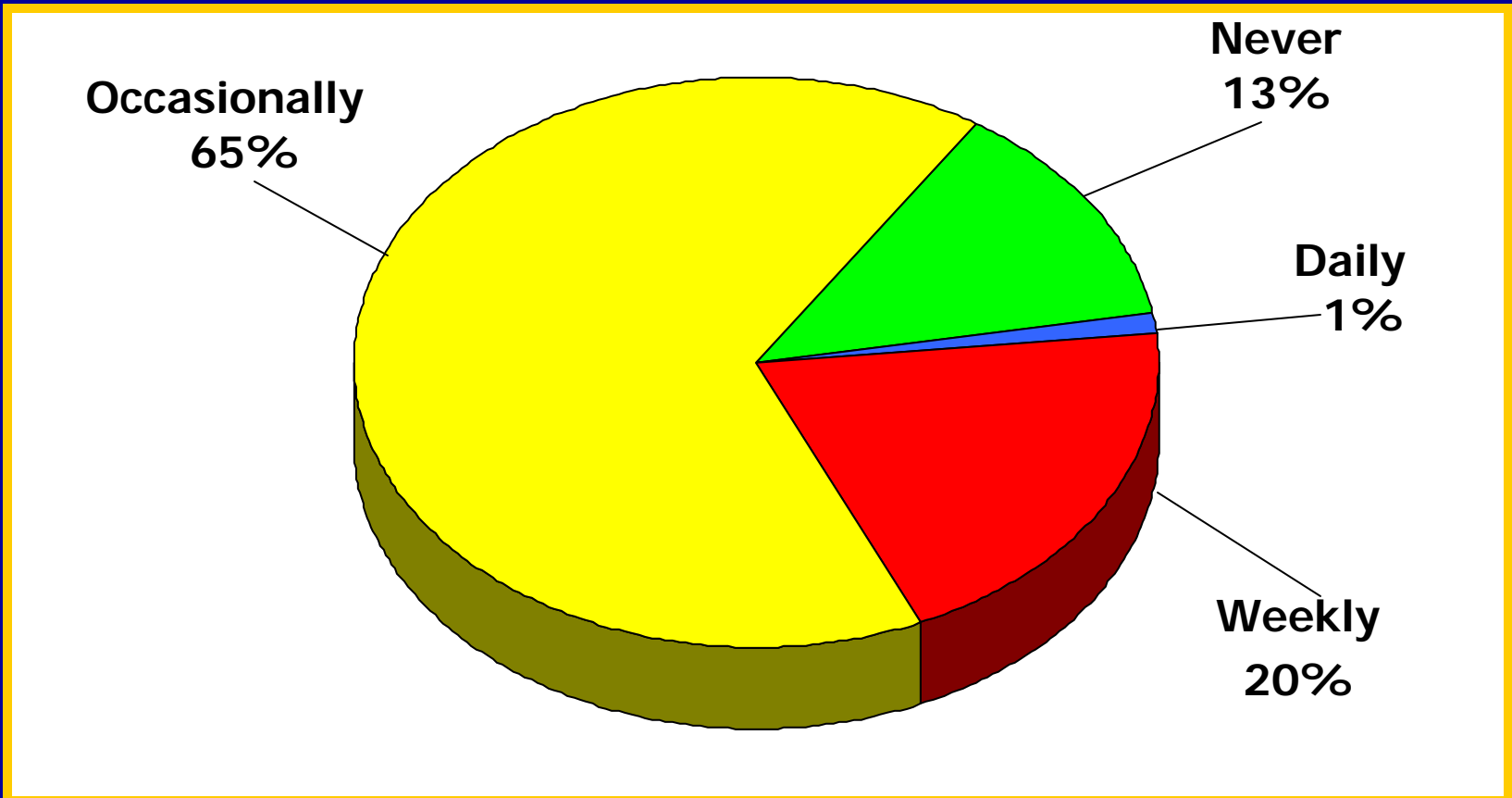
Items Women Consume at Least Once a Week



Women's Consumption of Milk/Curd

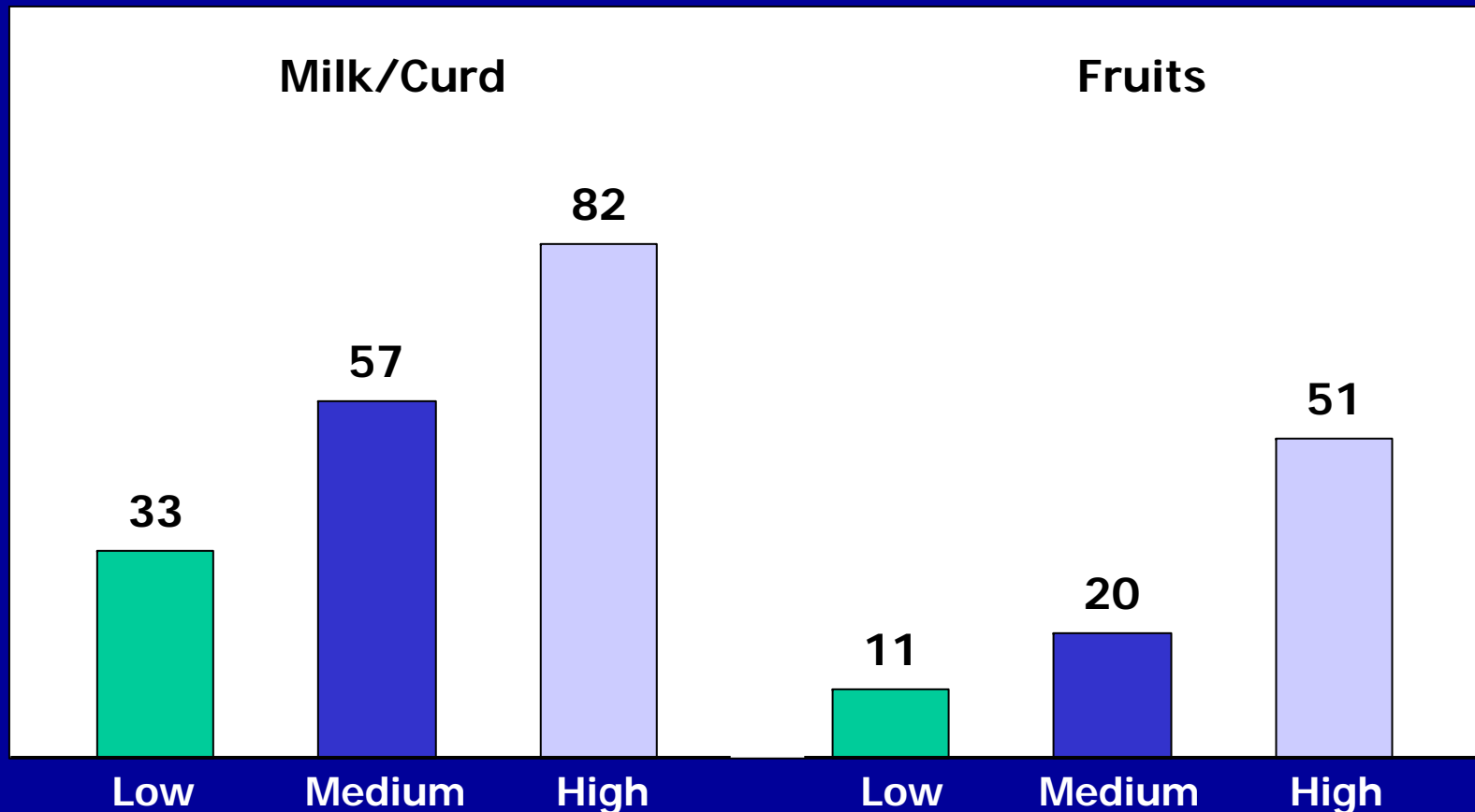


Women's Consumption of Chicken/Meat/Fish



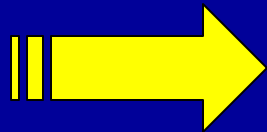
Women's Food Consumption Differs by Standard of Living

Percent (at least weekly)



Contents of Presentation

- Food Consumption



Nutritional Status of Women
and Children

- Infant Feeding Practices
- Anaemia Prevalence

Measuring Equipment

- ❖ Solar-powered digital scale with an accuracy of ± 100 grams
- ❖ Adjustable wooden measuring board specially designed for use in the field (accurate to nearest 0.1 centimetre)

Women's Height

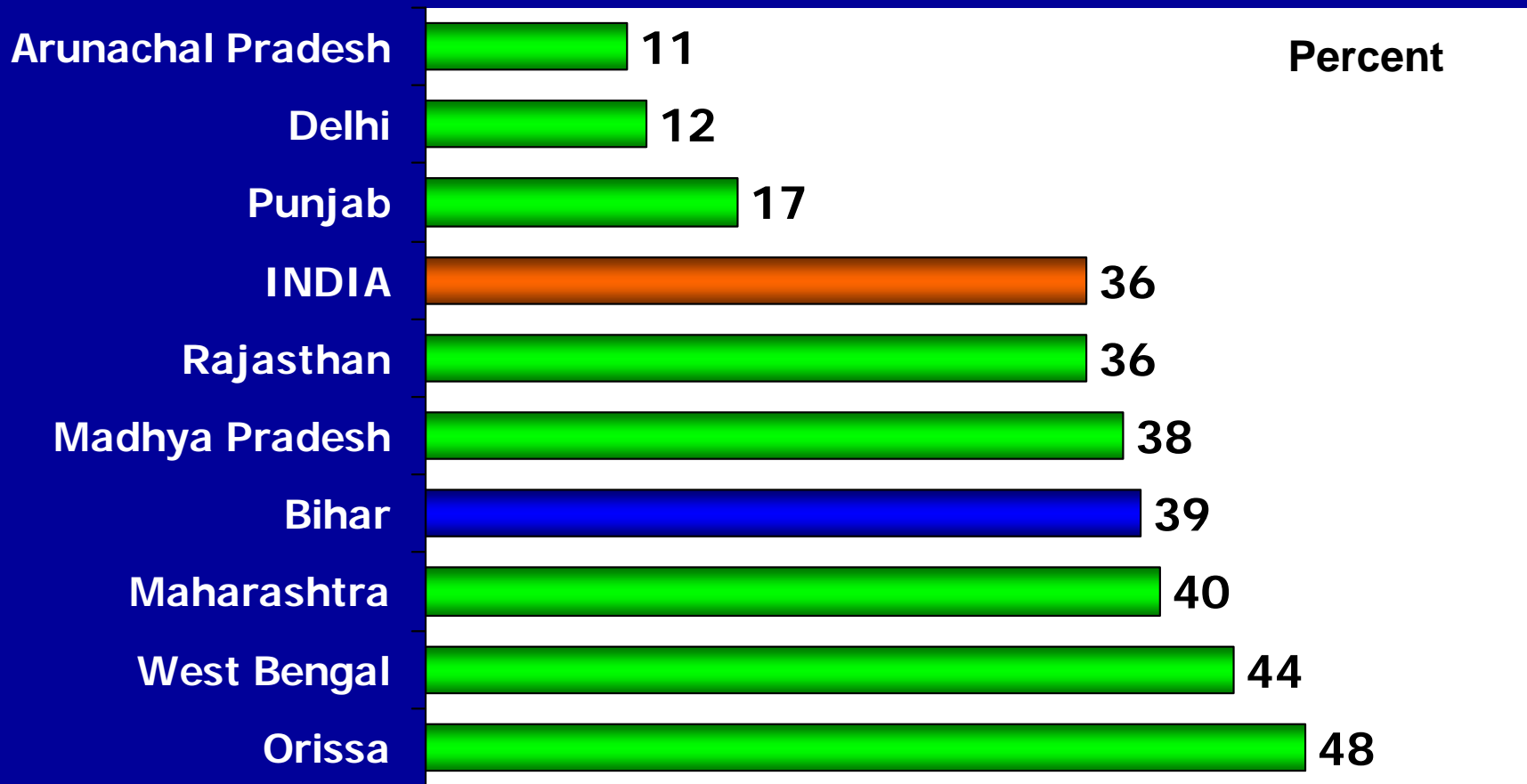
- Standard “nutritionally at health risk” height is less than 145 cm, with a range of 140-150 cm
- NFHS-2 mean height for women in Bihar is 150 cm
- 20 percent of women in Bihar are nutritionally at health risk

Body Mass Index (BMI)

- **Definition:** Weight in kilograms divided by height in metres squared (kg/m^2)
- Chronic energy deficiency if BMI less than 18.5

About two-fifths of Bihari women (39%)
have chronic energy deficiency

Percent of Women With Chronic Energy Deficiency by State

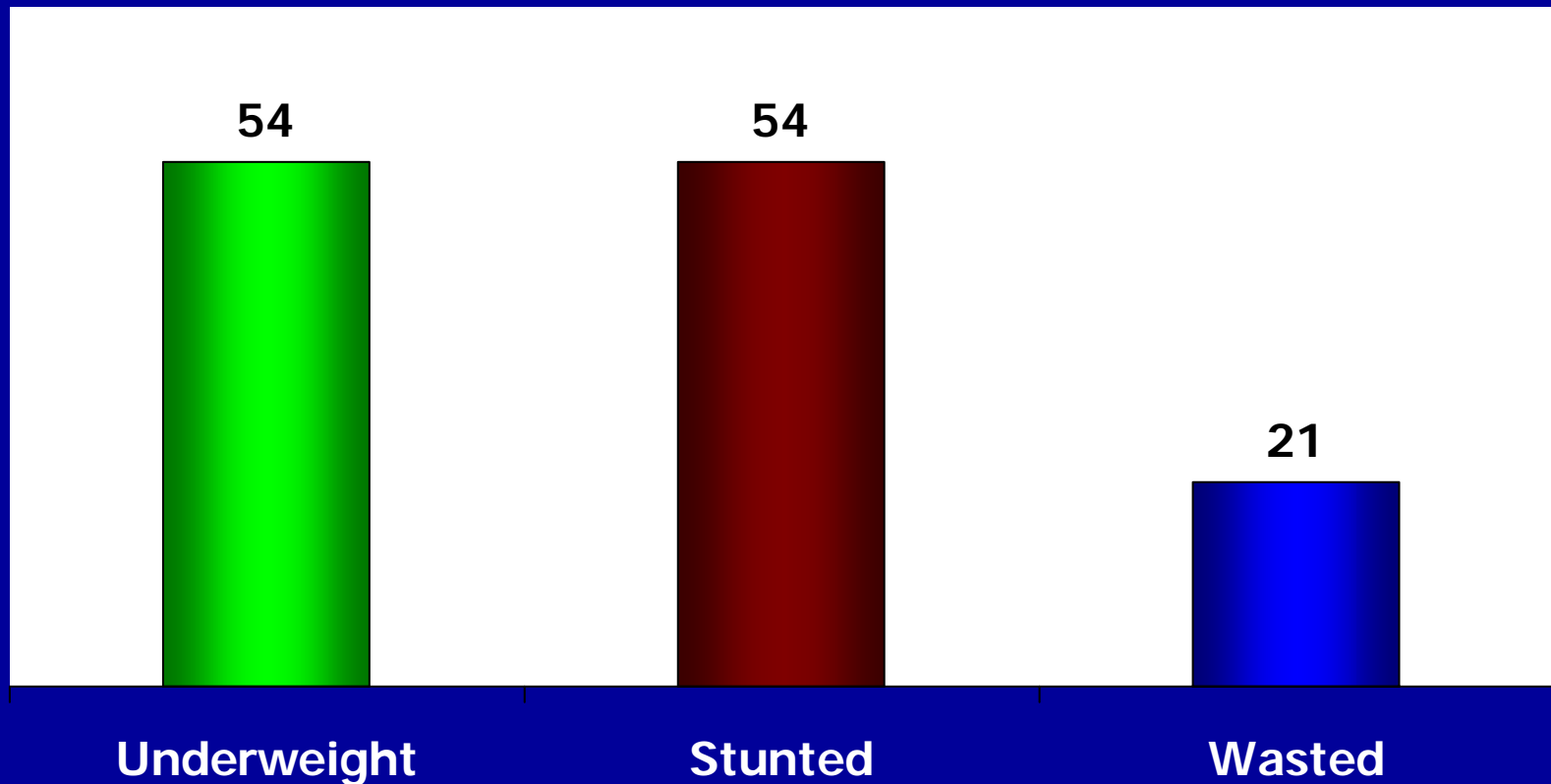


Indices of Children's Nutritional Status

- Height-for-age (stunting): measure of “chronic” undernutrition
- Weight-for-height (wasting): measure of “acute” undernutrition
- Weight-for-age (underweight): composite measure of both “chronic” and “acute” undernutrition

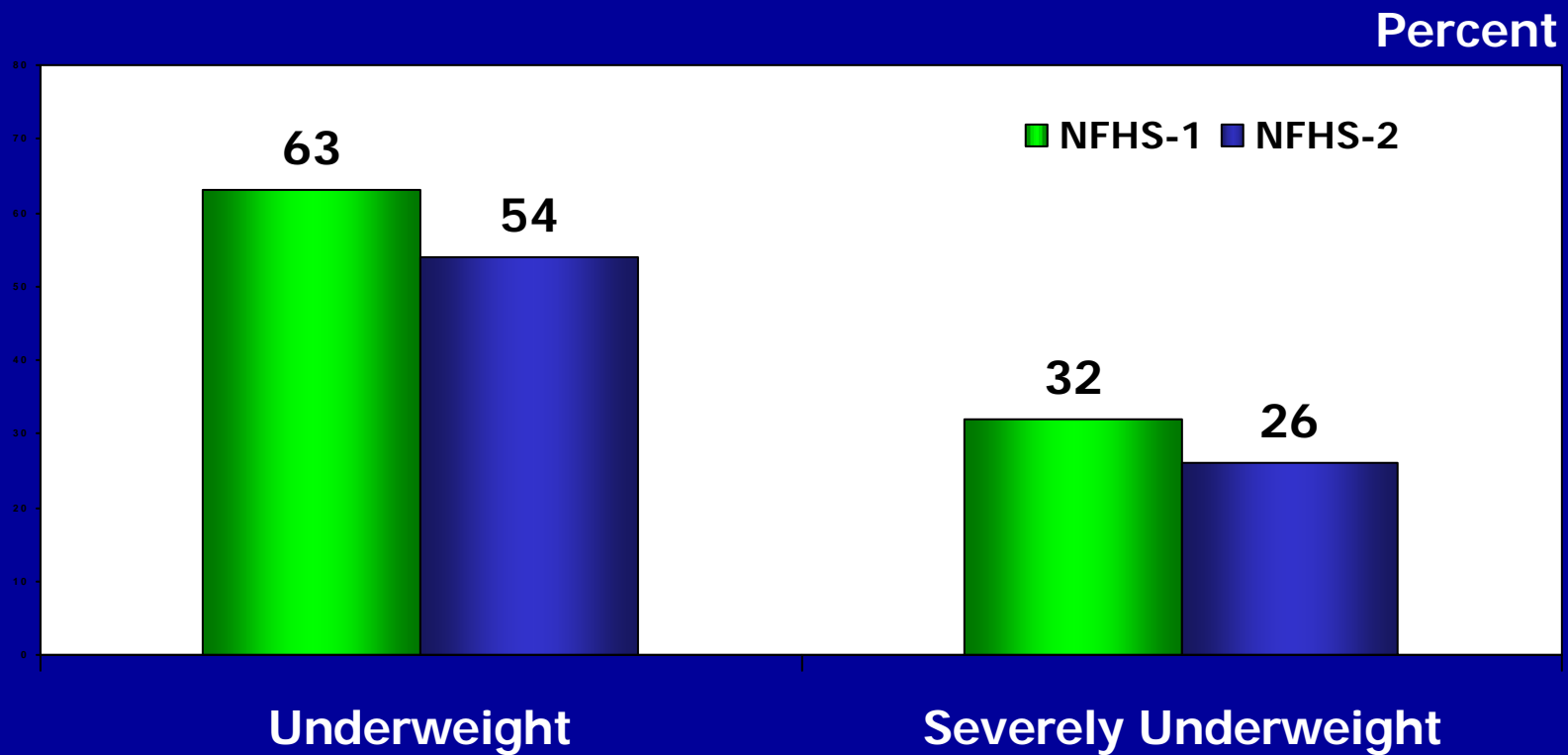
Malnutrition Among Children

Percent



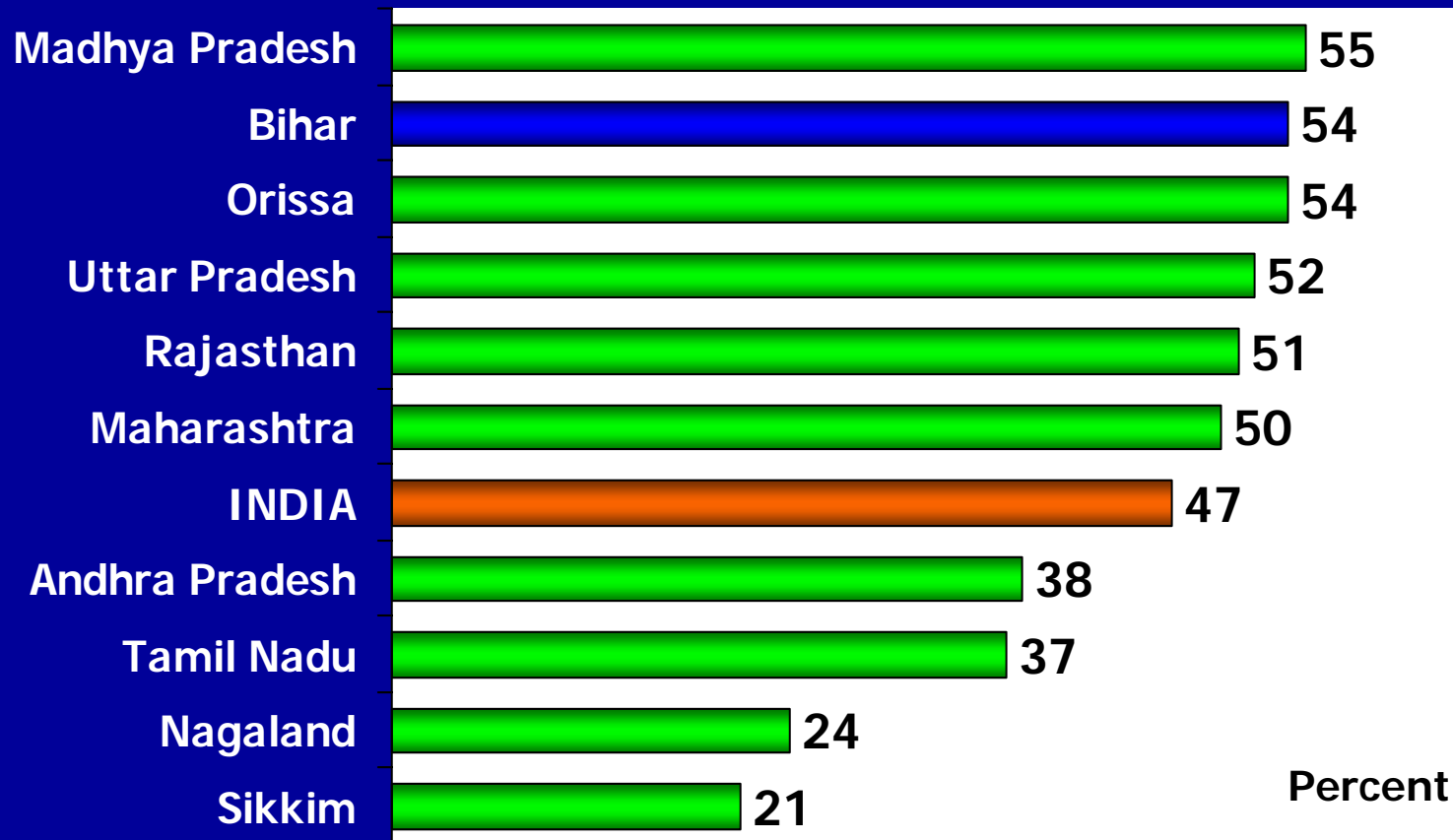
Children under age 3

Underweight and Severely Underweight Children (NFHS-1 and 2)

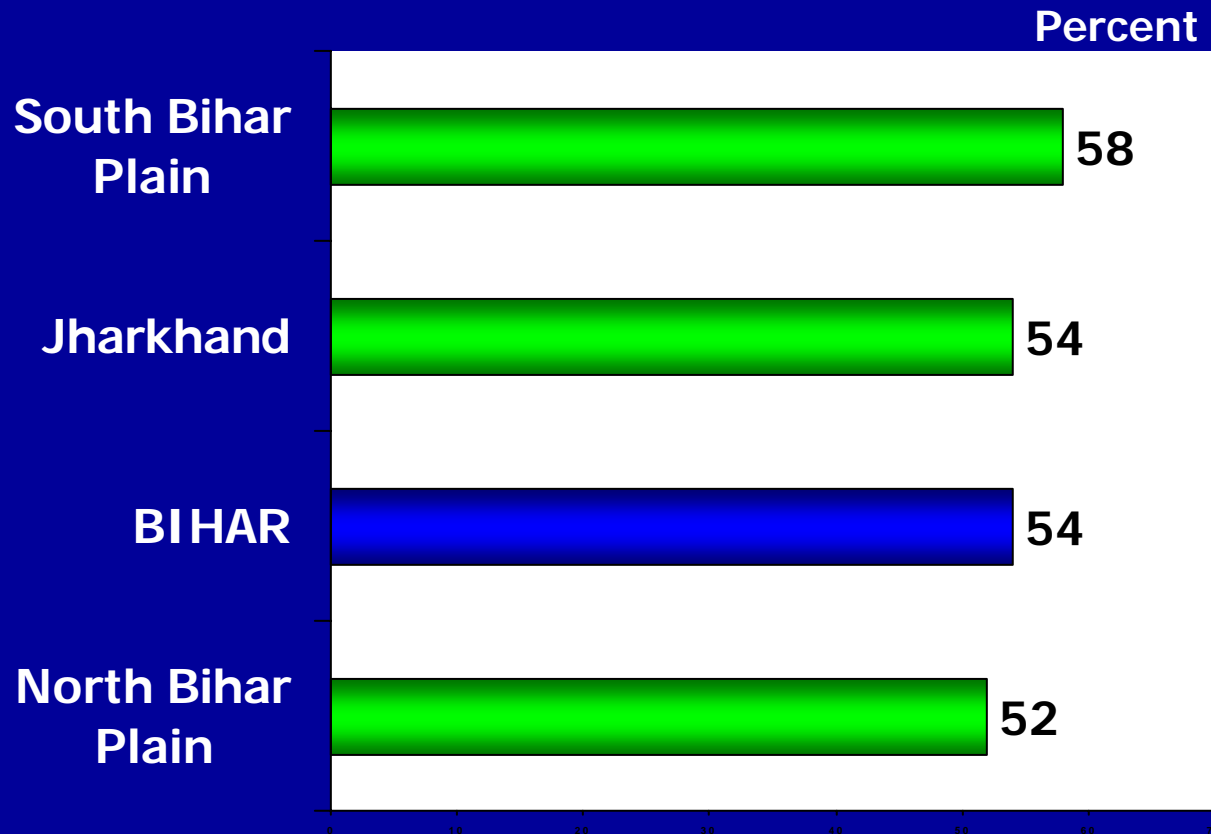


Children under age 3

Percent of Children Underweight by State



Percent of Children Underweight by Region

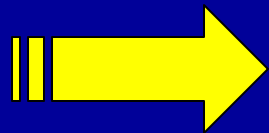


Malnutrition Is a Critical Problem

- Over half of children under three years of age are underweight. This proportion is one of the highest in the country.
- The proportion of underweight children declined from 63% in the early 1990s to 54% in NFHS-2.
- In addition, the proportion of severely underweight children (26%) is the highest of any state in India, although it has declined from 32% since NFHS-1.

Contents of Presentation

- Food Consumption
- Nutritional Status of Women and Children



Infant Feeding Practices

- Anaemia Prevalence

WHO Feeding Recommendations

- ✓ Breastfeed children for at least 2 years
- ✓ No bottle feeding
- ✓ Start breastfeeding immediately after birth
- ✓ Exclusive breastfeeding for first 6 months
- ✓ Introduce solid/mushy foods at 6 months together with breastfeeding

Duration of Breastfeeding

- Median duration of any breastfeeding is more than 36 months
- Median duration of any breastfeeding is about 12 months shorter in urban areas, as compared to rural
- Boys and girls are breastfed for an equal duration, ≥ 36 months

Bottle Feeding for Children Under 12 Months

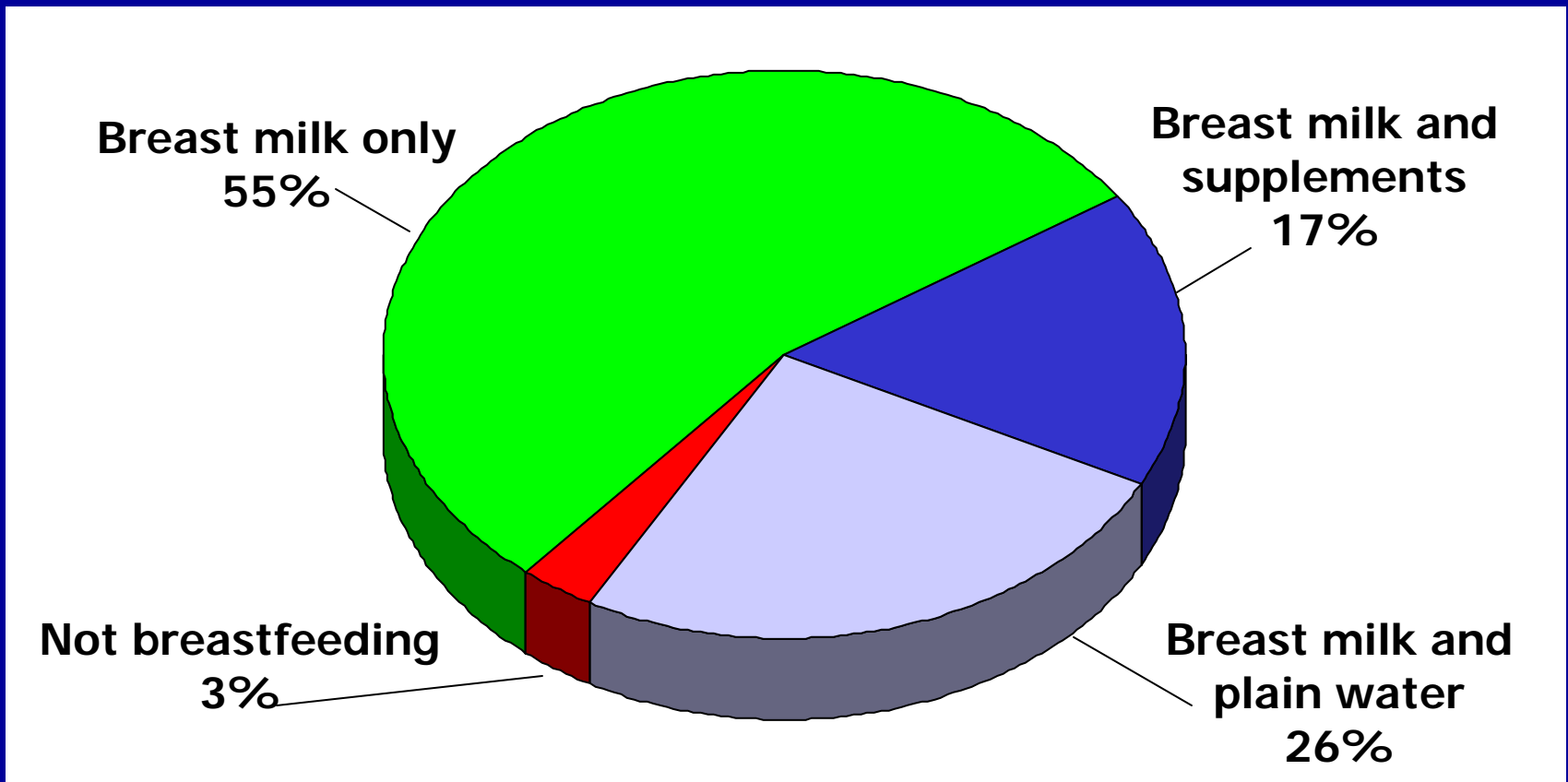
Less than 13 percent of breastfeeding children in any age group are bottle fed

Initiation of Breastfeeding

- Only 6 percent of newborns are breastfed within one hour of birth, and 21 percent are breastfed within the first day
- 42 percent of mothers do not feed the first milk (colostrum) to their infants

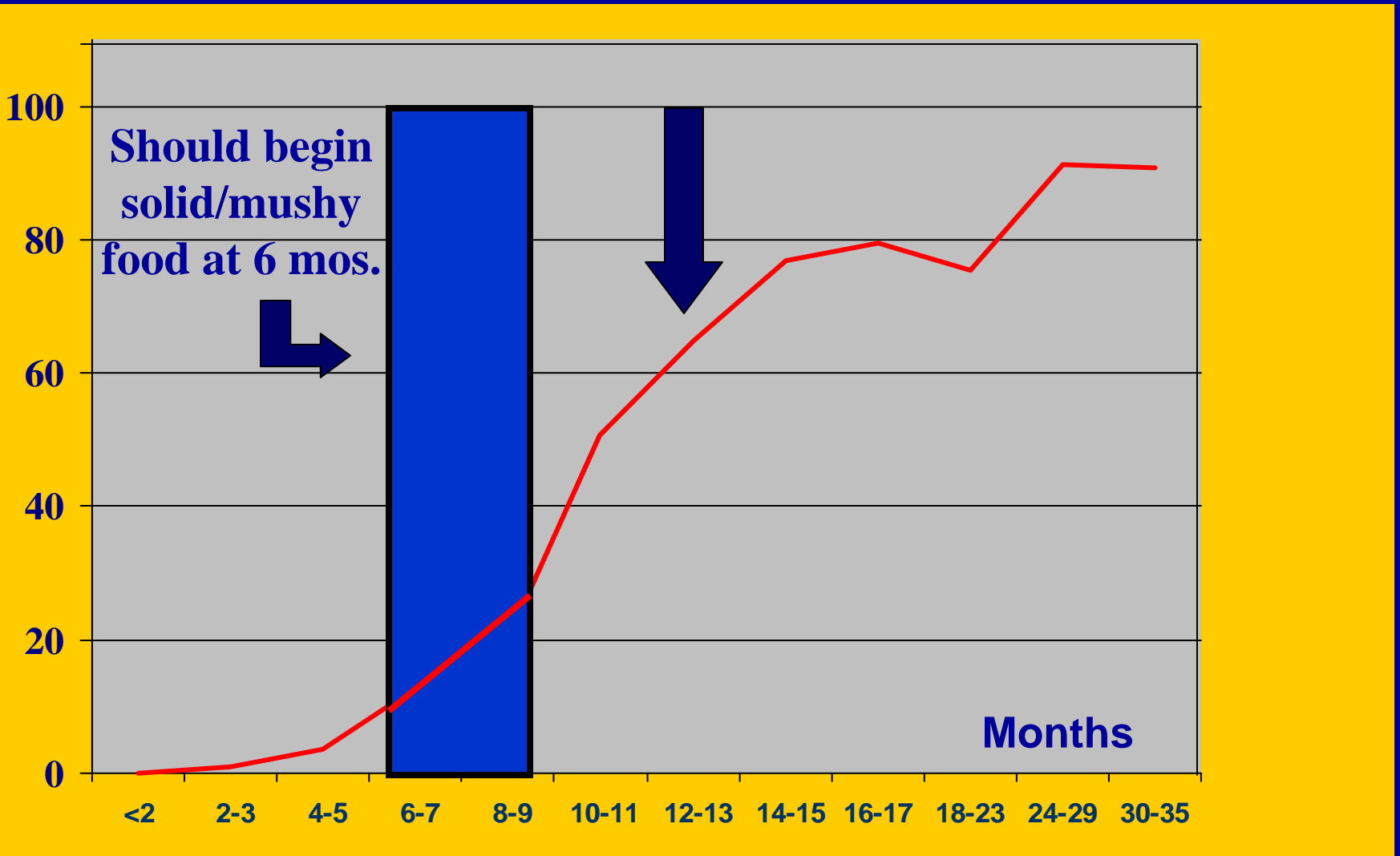
Are Mothers Following Exclusive Breastfeeding Recommendations?

Here is how children under the age of 4 months are fed:



Percent of Breastfed Children Given Solid/Mushy Food

Percent



Summary of Infant Feeding Practices

- Prolonged breastfeeding is quite common
- Initiation of breastfeeding is late
- Bottle feeding is not common
- About half of infants below 4 months are breastfed exclusively, as recommended
- Introduction of solid or mushy food is much later than recommended for a majority of children

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 Anaemia Prevalence

Anaemia

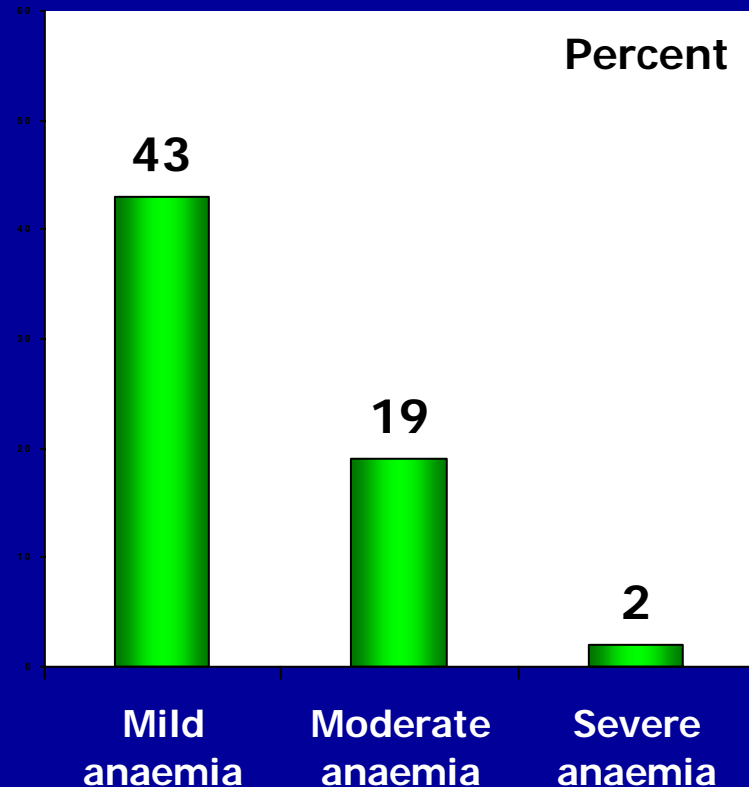
Iron deficiency anaemia is the most widespread form of malnutrition in the world, affecting more than 2 billion people

Method of Testing Anaemia

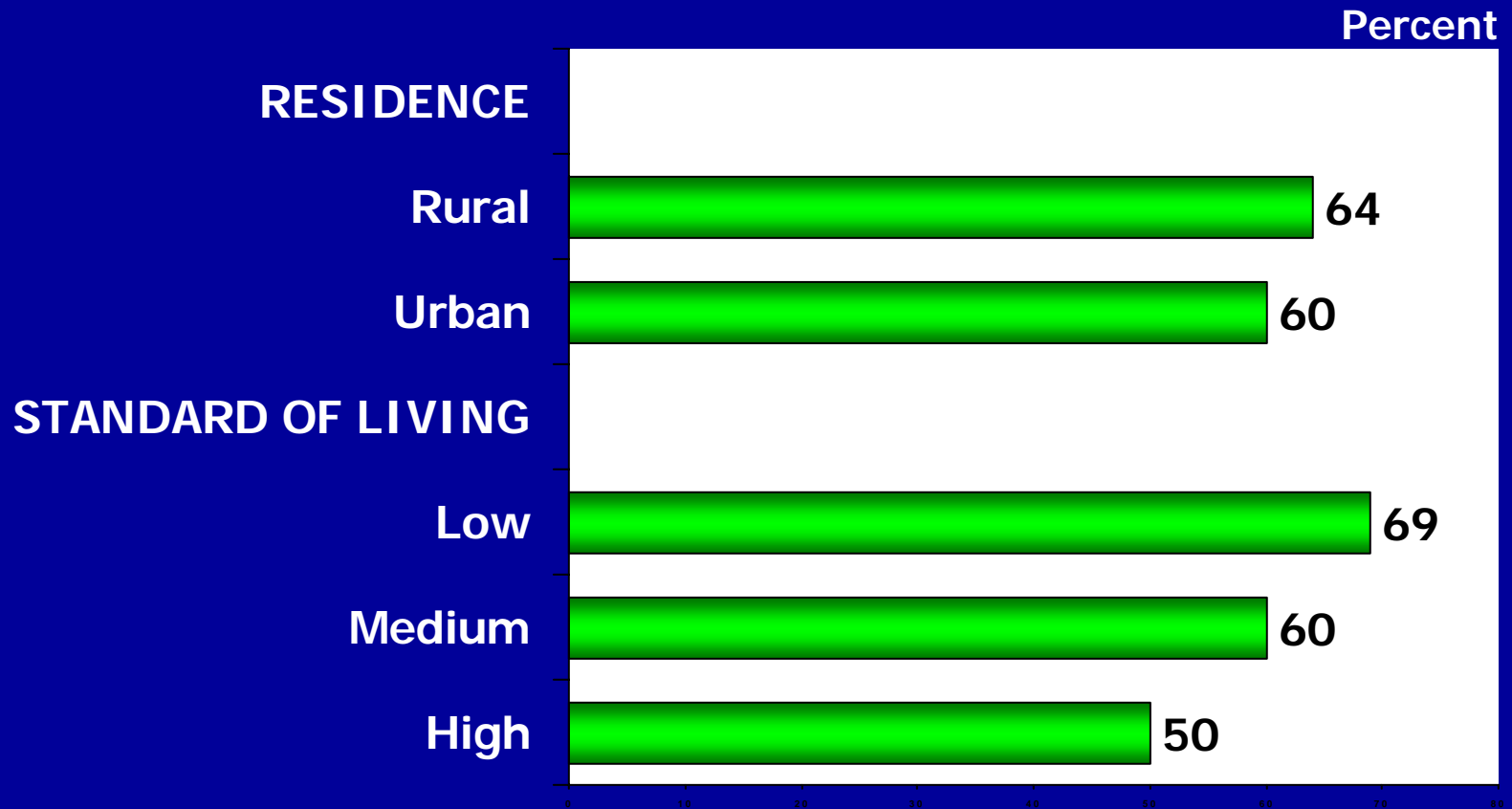
- Used portable, battery-operated HemoCue instrument in the field
- Health investigators trained by AIIMS and IIPS
- Test requires a single drop of blood from a finger prick
- In less than one minute, haemoglobin level indicated on a digital read-out
- Results given to women at the time of the test

Anaemia Among Women in Bihar

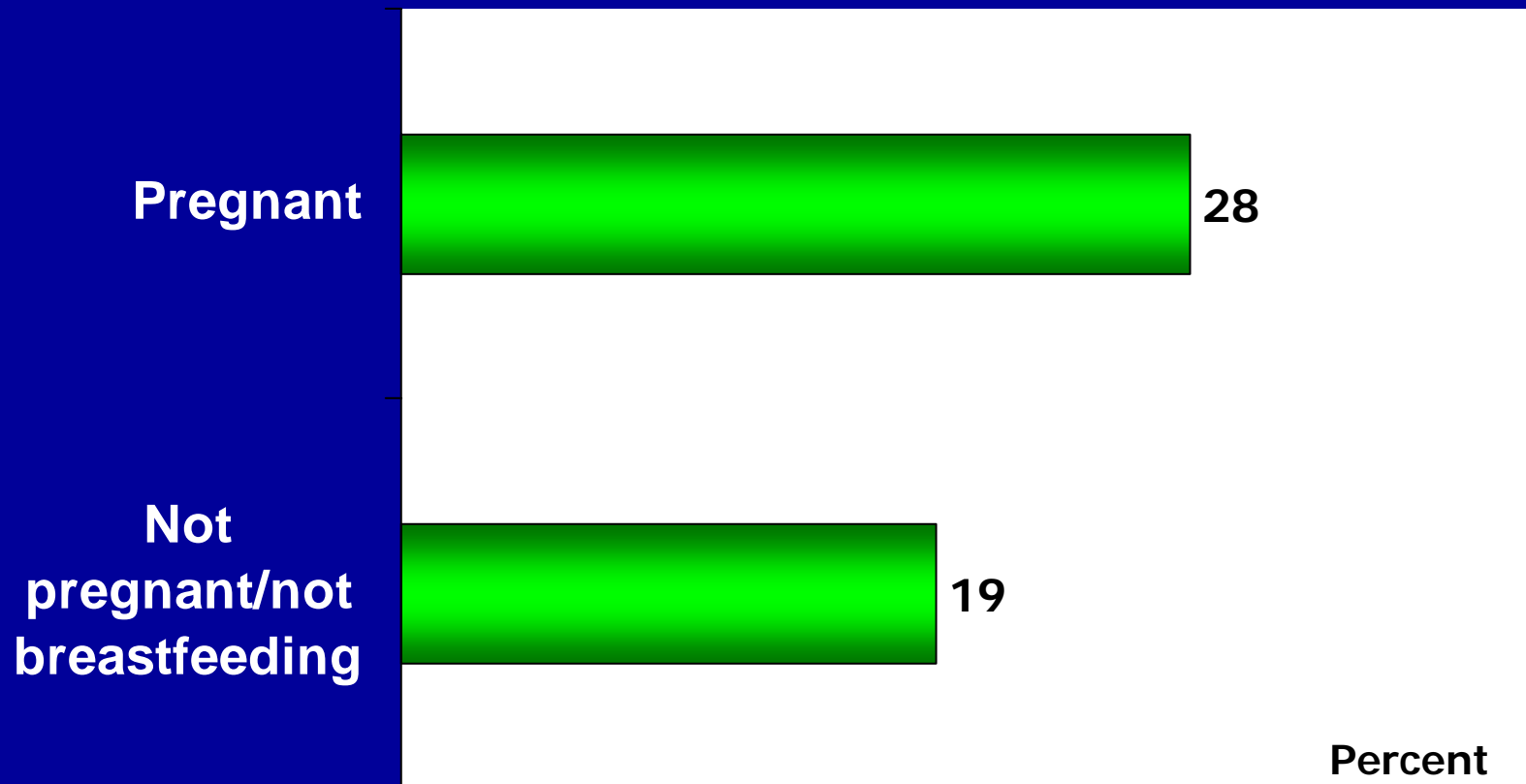
- In all, 88% of women surveyed were tested. Of these women, 63% were found to have some degree of anaemia
- Anaemia levels were substantial for all population groups



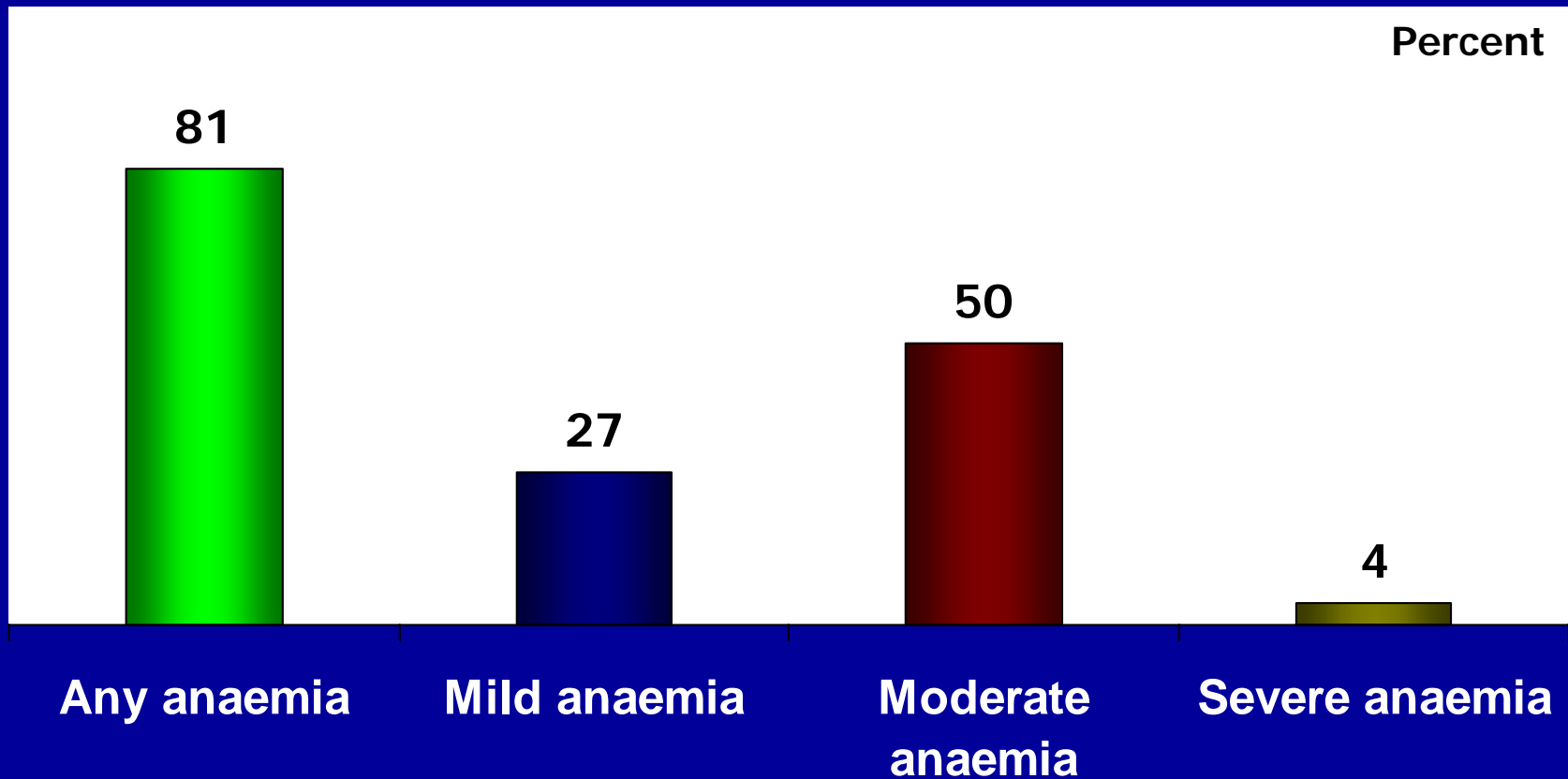
Anaemia in Women



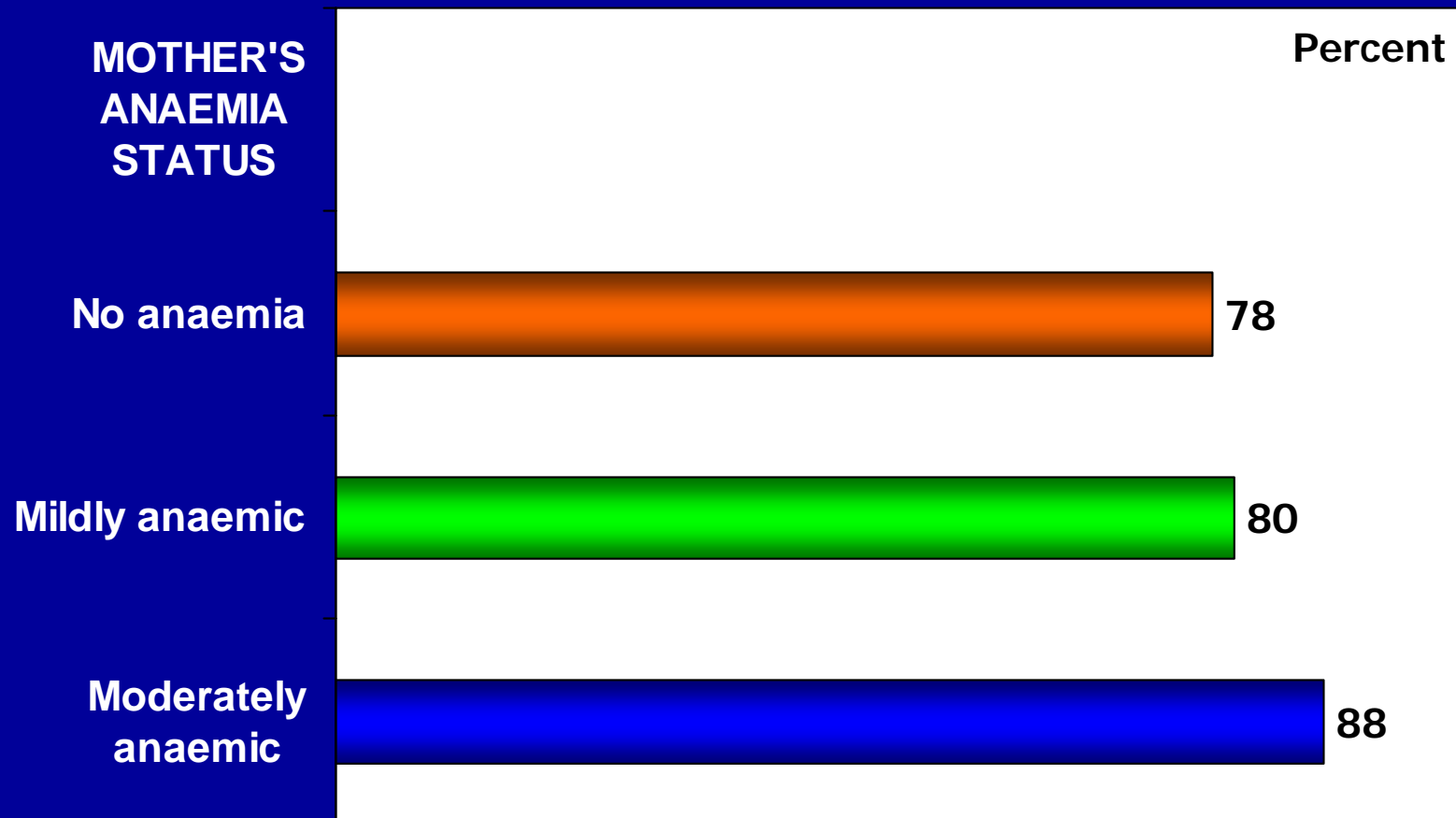
Anaemia in Pregnancy (Moderate and Severe Levels)



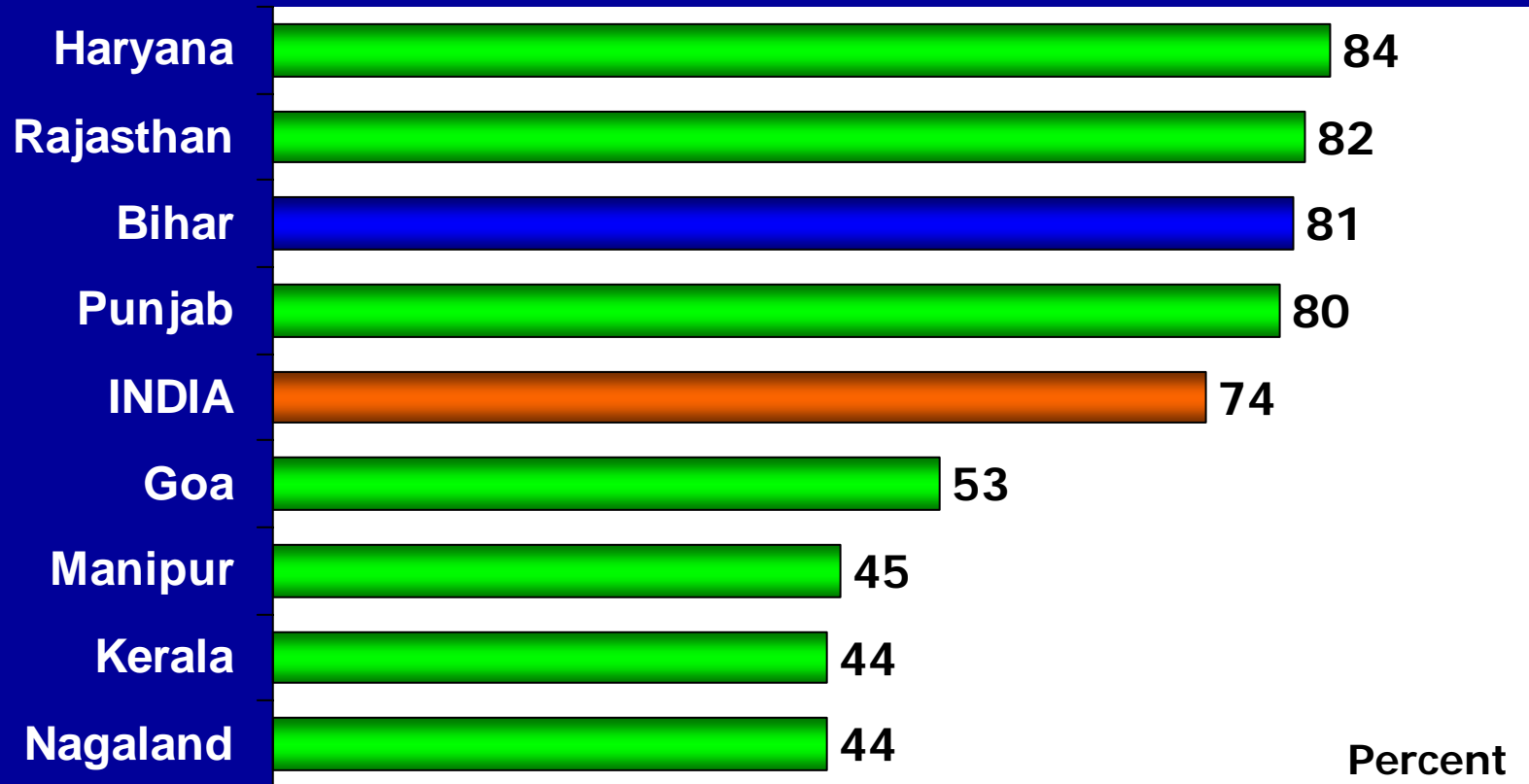
Anaemia Among Children Age 6-35 Months



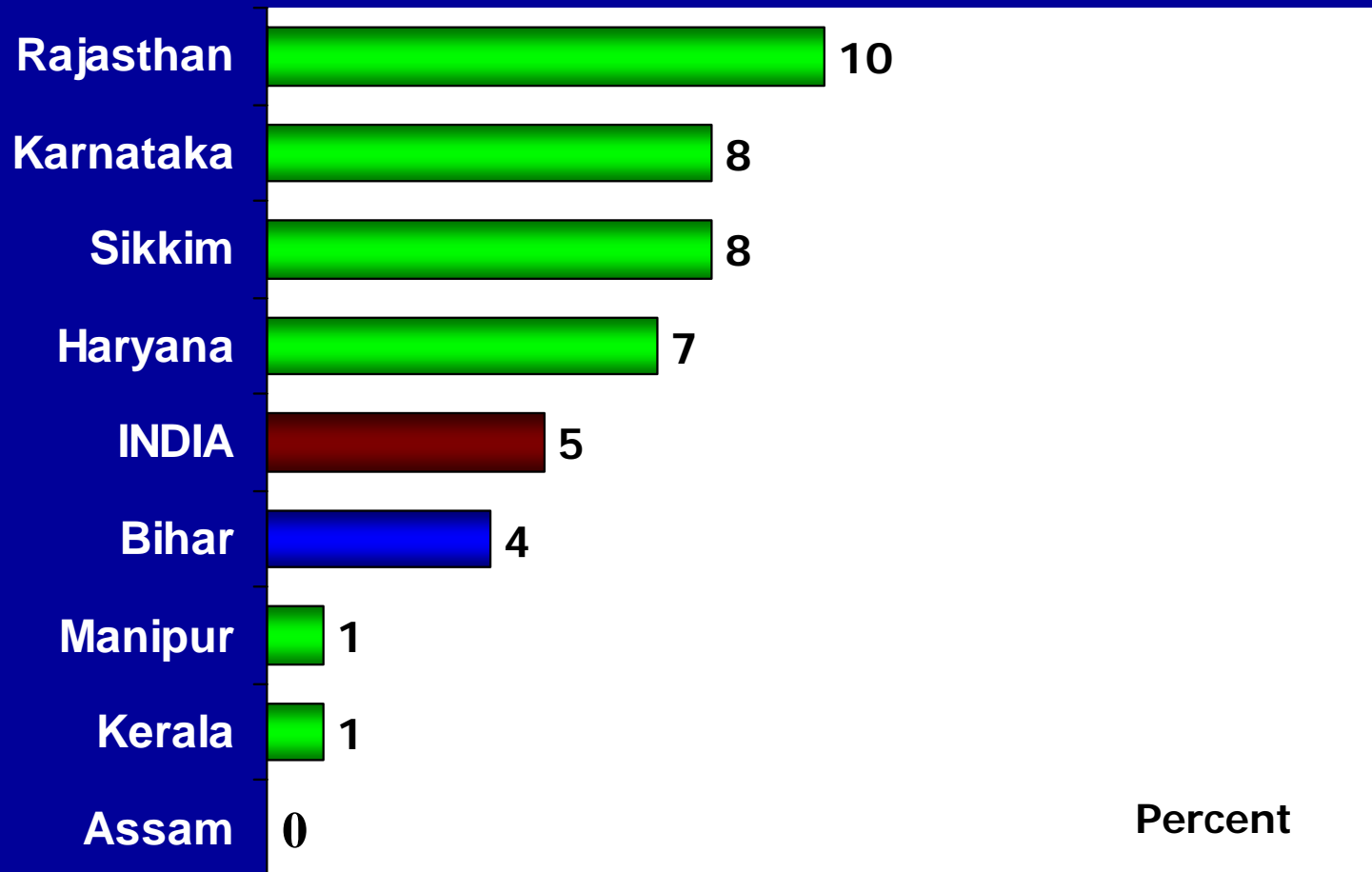
Anaemia Among Children by Mother's Anaemia Status



Anaemia Among Children by State



Percent of Children With Severe Anaemia by State



Summary of Anaemia

- Two-thirds of women tested were anaemic
- 28 percent of pregnant women suffer moderate to severe anaemia, compared to 19 percent of non-pregnant, non-breastfeeding women
- Four-fifths of children 6-35 months have some form of anaemia -- the third-highest level among all states
- Even when mothers are not anaemic, half of children have moderate or severe anaemia