


Child Nutrition – Challenges and Perspectives

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Sustainable Development Goals

- Good health
- No hunger
- End poverty
- Clean water and sanitation



Child nutrition refers to the dietary needs of healthy children aged two through 11 years. A child diet should provide sufficient energy intake for proper growth and development.

Factors contributing to child nutrition

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graph TD; A[Factors contributing to child nutrition] --> B[Biological]; A --> C[Non-biological]; B --> B1[Age]; B --> B2[Gender]; B --> B3[Growth]; B --> B4[Genetic Makeup]; B --> B5[Disease state]; C --> C1[Socio economic]; C --> C2[Socio cultural]; C --> C3[Social status]; C --> C4[Environmental];
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Biological

Age

Gender

Growth

Genetic Makeup

Disease state

Non-biological

Socio economic

Socio cultural

Social status

Environmental

Strategies to improve

- **Overall improvement in household income**
- **Increase in education level**
 - ✓ The percentage of children who are under weight is almost five times higher among children whose mothers have no education compared to children whose mothers have 12 or more years of schooling
- **Consistent public policy**
 - ✓ 61% of children receive some kind of service from Anganwadi centres
 - ✓ 63% of mothers of children under 6 receive any service from Anganwadi during pregnancy
 - ✓ 61% of mothers received any service while breastfeeding

Strategies to improve

- **Low absorption rate for iron**
 - ✓ Focus on absorbable iron intake to reduce deficiencies.
 - ✓ Increase intake of vegetables
 - ✓ Increase dairy products as a source of calcium & intake of 'heme' iron.
 - ✓ Fruits & vegetables to increase vitamin A and C
- **Children's hemoglobin concentration indicates to importance of utilization of health care services**
- **Behavioral change intervention, nutrition and health counseling**
 - ✓ It is low cost
 - ✓ Studies in Andhra Pradesh and Rajasthan on nutrition counseling and hand washing showed that the cost of counseling for each women is Rs.1.17 and Rs.1.25. This resulted in 12% reduction in stunting. Return generated to the society worth Rs.61 and Rs.43 for every rupee spent.
- **To design educational programs and indirect tax on unhealthy processed food**

THANK YOU !