



Healthy Mother: Healthy Child – Breaking the Cycle of Malnutrition

Observing National Nutrition Week
1st to 7th September 2016

Introduction:-

Every year, the first week of September is observed as the National Nutrition week. This was conceived in 1982 by the Food and Nutrition Board, Government of India and observed since then. This is an annual event to intensify awareness on nutrition and its impact on productivity, economic growth and ultimately on development.

On the eve of National Nutrition Week, National Association of Man for Mankind (NAMM) organized a series of events in all the project villages. The objective was to create awareness among the key stakeholders especially mothers, adolescent girls and children on basic nutrition and healthy practices. The slogan of this awareness campaign was “Healthy Mothers: Healthy Child – Breaking the cycle of Malnutrition”. As part of this week long programme series of activities like anaemia screening camp, training of volunteers, community meetings, door to door counselling were held in all the project villages. Local Anganwadi workers, ANMs were invited and participated in these programmes. Focus has been given on disseminating information on what is malnutrition, how it is affecting the life cycle of women and children, how to identify malnutrition and what can be done to prevent it.

An Awareness meeting on Nutrition with Mothers and Women at Kuldiha Village





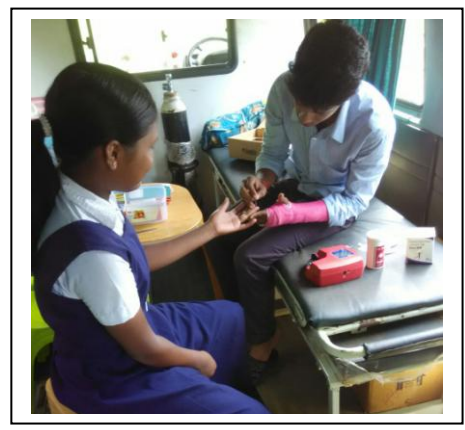
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Out Reach through different Programmes

Activity	No of Persons Reached
Anaemia screening camp	20
Awareness programme on malnutrition and need of balanced diet	10
Training of Volunteers and Health Workers	1
Community Meetings	15
Door to Door Counselling	225

Anaemia screening camp:

During the week, 20 number anaemia camps were held in project villages to check the status of anaemia among children and mothers. The anaemia screening digital tool used for this purpose which gave an instant report. A total of 254 children and 123 mothers were tested anaemia.





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Awareness programme on malnutrition and need of balanced diet:

Previous screening camps were held to identify the status of anaemic children and mothers. As a follow up activity NAMM has conducted ten awareness programmes in ten villages focusing on the aspects of building understanding on malnutrition as well as on building understanding of balanced diet. Meetings were held with the selected groups in this regard. Local ANM and anganwadi workers participated in this programme and shared about different government schemes like Janani Surakhya Yojana, Supplementary Nutrition Programme etc. which will help in preventing malnutrition.

NAMM team members facilitated discussion on the prevention aspects of nutrition. Information was provided how malnutrition affects the life cycle and why there is a need to break the cycle. Focus has been given on educating parents regarding nutritional value of different locally available vegetables, food items, green leafs etc. It has emphasised in the meeting that there is a need to select colourful foods, especially three types of colourful items including white, green and saffron or red. These coloured food items are highly required to promote better nutrition.



Training of Volunteers and Health Workers:

Before the commencement of the programme, a one day orientation was conducted for the volunteers and health workers. Discussion was held on the importance of nutrition week and the purpose of organizing an event around the week. The volunteers and health workers were oriented on the aspects of malnutrition, different government schemes and on the aspects of dietary diversity. A total of 20 volunteers and health workers participated in this programme.

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Community meetings:

Discussions were facilitated with the community to make them understand the food and nutritional value of the locally available food items. The participants listed out different locally available food items available in the community and then our health workers and coordinator described them what are the nutritional value of these items in their own language.

Previously it came to our notice that most of the village people whether rich or poor have a small land attached to their home and mostly unutilized. While working previously with some families our health workers were able to convince them to develop a small garden in their back yard which can provide some of the needs for their family and it will decrease their spending on vegetables as well as it will add to their daily savings. Hence in these meetings we proposed them to develop small back yard gardens.

The nurse and the health workers present in the community meeting discussed with parents and adolescent girls regarding the proper age of marriage and what are the bad implications of underage marriage.



Dr. Balakrushna Panda, Dr. Sirish Pradhan, Dr. Alok and Mr. Binay carrying out focused group discussion with women's group on malnutrition.



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Door to Door Counselling:

During the anaemia screening camp, we had identified 254 anaemic children and 123 mothers. In order to address the problem our team members reached to the households and conducted one to one as well as meeting with the whole family members. The focus was on counselling the women and all other members of the family on how anaemia is a problems and how that can be addressed. We have also informed about this to the local anganwadi workers so that they can give special attention to these children and mothers and provide them proper supplementary nutrition.

Dr. Balakrushan Panda and Mr. Binaya Kumar Sahoo visiting a family during the Week as part of Door to Door Counselling

