



drishti

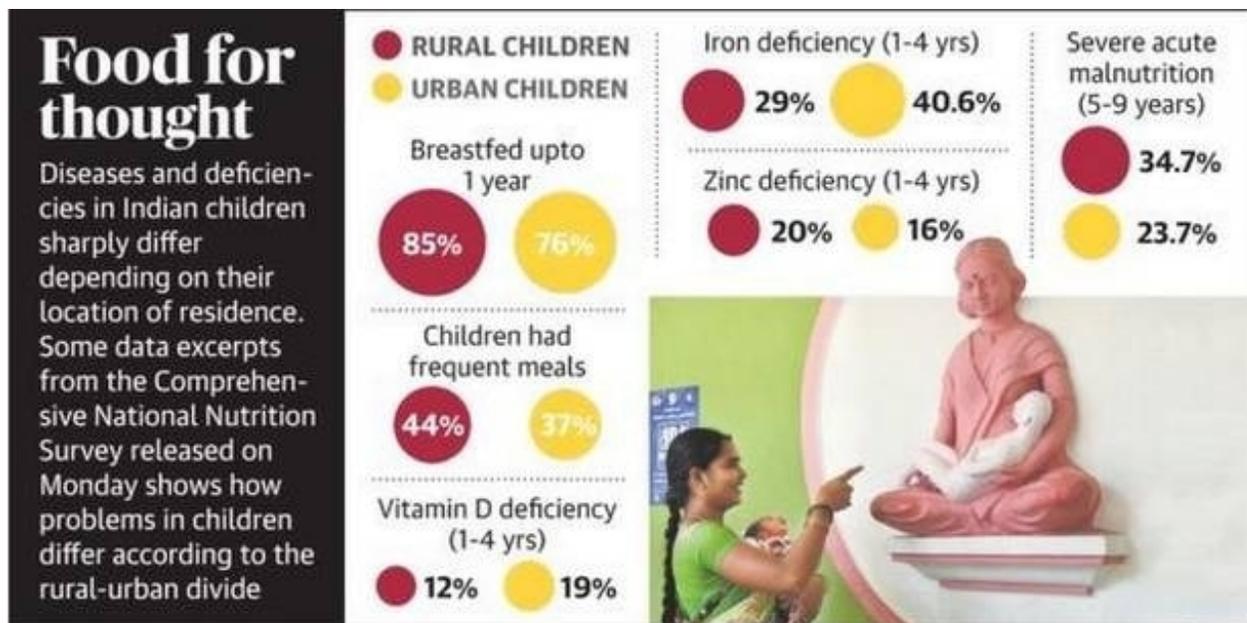
National Nutrition Survey

drishtiias.com/printpdf/national-nutrition-survey-1

The first-ever comprehensive National Nutrition Survey has been conducted by the Ministry of Health and Family Welfare and **the United Nations Children Fund (UNICEF)** to measure the level of malnutrition in India.

The **Comprehensive National Nutrition Survey** is the **largest** micronutrient survey implemented **globally** to assess nutrient deficiency among children for the **first time in India**.

Key Findings



- **Breastfeeding:**
 - 83% of children between 12 and 15 months continued to be breastfed in the country.
 - **A higher proportion of children (12-15 months) residing in rural areas are breastfed (85%) compared to children in urban areas (76%).**
 - Breastfeeding is **inversely proportional** to **household wealth**.
 - The **rural children receive meals more frequently** (44%) as compared to 37% of urban children.
 - **Higher proportion of children residing in urban** areas (26.9%) are **fed an adequately diverse diet** as compared to those in rural areas (19%).
- **Iron Deficiency:**

Children and adolescents **residing in urban areas** have a **higher** (40.6%) **prevalence of iron deficiency** compared to their rural counterparts (29%) due to a better performance of the government's health programmes in rural areas.
- **Vitamin D Deficiency:**

Higher deficiency of Vitamin D in urban areas (19%) is observed compared to rural areas (12%). This is despite 74% of children living in cities consume dairy products as compared to 58% in rural areas.
- **Zinc deficiency:**
 - The **rural children lag** in the intake of zinc which causes diarrhea, growth retardation, loss of appetite and impaired immune function.
 - Among children aged **1-4 years, zinc deficiency is more common in rural areas** (20%) compared to urban areas (16%).
- **Obesity:**
 - 14.5% of children in the age group of 5 to 9 years in urban areas have higher **Subscapular Skinfold Thickness (SSFT)** than 5.3% in rural areas.
 - Whereas 10.4% of adolescents surveyed in urban areas in the age group of 10-19 had higher SSFT than 4.3% in rural areas.
 - **Subscapular Skinfold Thickness (SSFT)** measurement is a reliable, cheap, simple, noninvasive method of body fat estimation at all ages including the neonatal period.
- **Stunting:**
 - Overall 35 % of Indian children aged 0-4 years were stunted.
 - Rural areas witnesses a higher prevalence of **stunting** (37%) versus 27% in urban areas.
 - Bihar, Madhya Pradesh, Rajasthan, and Uttar Pradesh have a high (37-42 %) stunting prevalence.
 - The lowest prevalence of stunting (16-21 %) was found in Goa and Jammu and Kashmir.

- **Severe Acute Malnutrition:**
 - 34.7% in rural areas for children in 5-9 years versus 23.7% in urban areas.
 - 32.4% in rural areas for adolescents in 10-19 years versus 27.4% in urban areas.
- Considering the overall scenario the **rural parts of the country** face a higher percentage of children suffering from stunting, underweight and wasting compared to urban parts of the country.
- The survey also reveals that **Indian children are facing the double burden of malnutrition** and **rising risk of non-communicable diseases** including diabetes, high cholesterol, chronic kidney disease, and hypertension.

Source:TH