



National Nutrition Survey

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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 malnutrition**.

The survey recorded not only **micronutrient deficiencies** but also **details of non-communicable diseases** such as diabetes, hypertension, cholesterol and kidney function in **children and adolescents**.

Key findings

- Nearly **10%** of children in the **age group of 5-9 years** and **adolescents** in the age group of 10-19 years are **pre-diabetic**.
- Also, **5% are overweight** and another **5% suffer from blood pressure** in the age groups mentioned above.
- The first time **hard evidence of the coexistence of obesity and undernutrition**, among school-going children has been recorded.

Nutrition woes

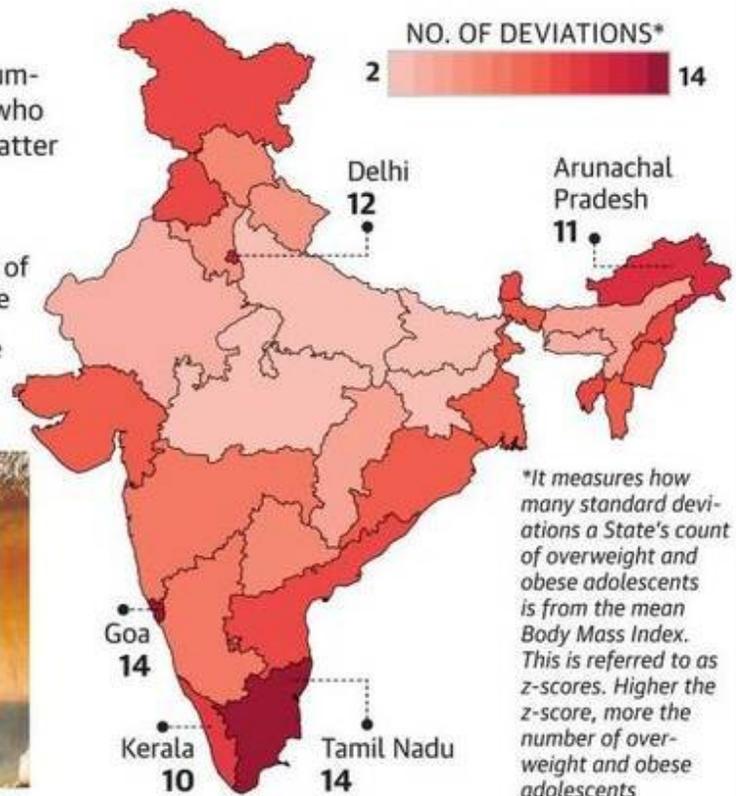
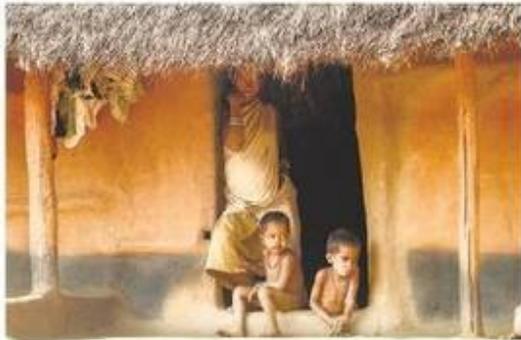
Goa and Kerala had the highest number of adolescents (aged 10-19 years) who were either overweight or obese. The latter had the most obese adolescents

10% children and adolescents are pre-diabetic

7% children and adolescents have risk of chronic kidney disease

4% adolescents have high cholesterol

5% adolescents were found to have high blood pressure



The National Nutrition Survey is **different** from the **National Family Health Survey (NFHS)** as,

- NFHS collects data to measure the **prevalence of stunting, wasting and underweight and household dietary intake to measure deficiencies.**
- Moreover, the survey collects data only for the age groups of 1-5 years and adults, and **not for school going children between the age of 5 and 19 years.**

Steps Taken by Government of India to curb incidences of Malnutrition

- Under the **Pradhan Mantri Matru Vandana Yojana (PMMVY)**, Rs.6,000 is transferred directly to the **bank accounts of pregnant women** for availing better facilities for their delivery.
- **POSHAN Abhiyaan**, launched in 2017-18, aims to reduce stunting, under-nutrition, anaemia and low birth weight babies through synergy and convergence among different programmes, better monitoring and improved community mobilisation.
- **The National Food Security Act (NFSA), 2013**, aims to ensure food and nutrition security for the most vulnerable through its associated schemes and programmes, making access to **food a legal right.**
- **Mid-day Meal (MDM) scheme** aims to improve nutritional levels among school children which also has a direct and positive impact on enrolment, retention and attendance in schools.

Malnutrition and Undernutrition

- **Malnutrition** refers to deficiencies, excesses or imbalances in a person's intake of energy and/or nutrients.
- The term malnutrition covers **two broad groups** of conditions.
 - **Undernutrition**—which **includes stunting** (low height for age), **wasting** (low weight for height), **underweight** (low weight for age) and **micronutrient deficiencies** (a lack of important vitamins and minerals).
 - **Obesity**— which includes overweight and diet-related **noncommunicable diseases** (such as heart disease, stroke, diabetes, and cancer).

Source:TH