

Block 6

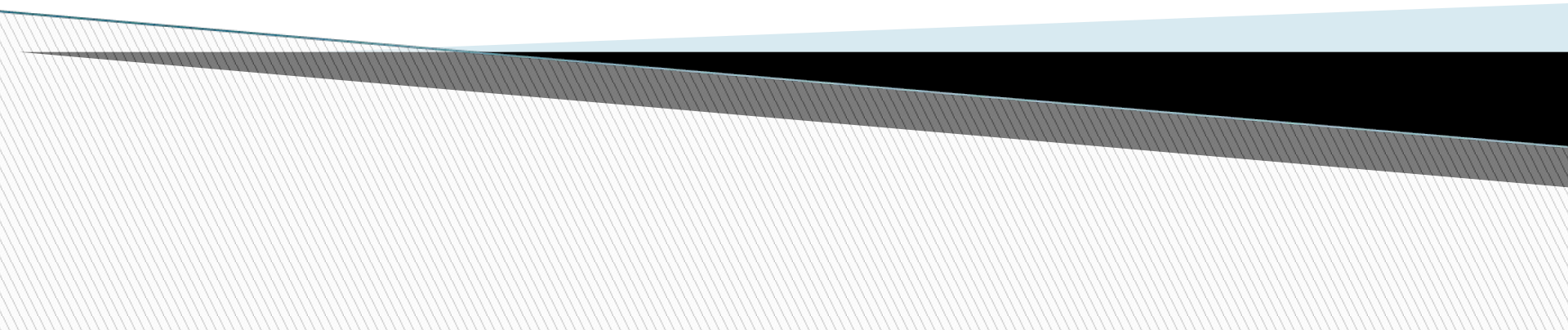
Nutrition and Health Programmes

BY: Prof. Rekha Sharma Sen

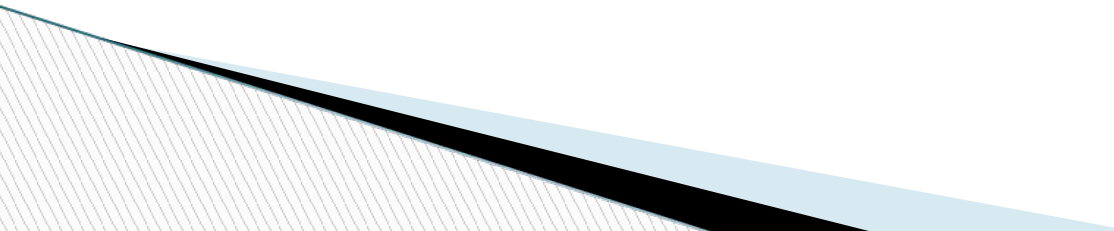


Unit 18

Major Nutrition Programmes



Objectives

- ❑ **Explain the basis of major nutrition programmes**
 - ❑ **Describe the objectives, target group and method of distribution of benefits of nutrient deficiency control programmes and food supplementation programmes, and**
 - ❑ **Discuss the importance of nutrition/health education for the success of nutrition programmes.**
- 

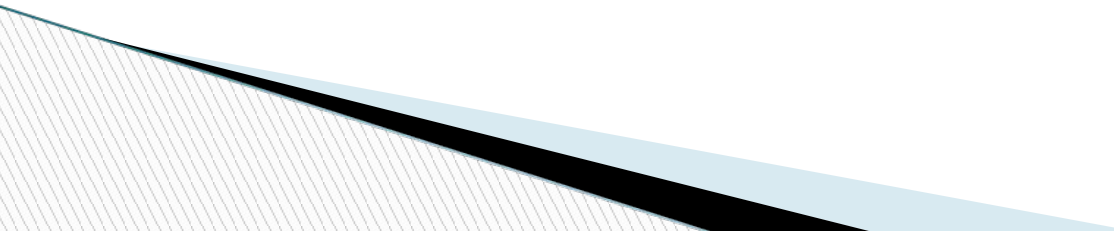
Nutrient Deficiency Control Programmes

- ❑ **National Prophylaxis Programme for Prevention of Blindness due to Vitamin A Deficiency:** for children aged 6 months-5 years. 2 ml of Vit A syrup containing 200,000 IU Vit A. A child must receive 9 doses of Vit A by fifth birthday.
- ❑ **National Nutritional Anaemia Control Programme:** for pregnant, lactating women and family planning acceptors and children of both sexes between ages 1 to 5 years. Iron-folic acid tablets: 1 big tablet per day for 100 days to pregnant women during 1st trimester. Lactating women and family planning acceptors- one tablet per day for 100 days. For young children, iron and folic acid syrup given.

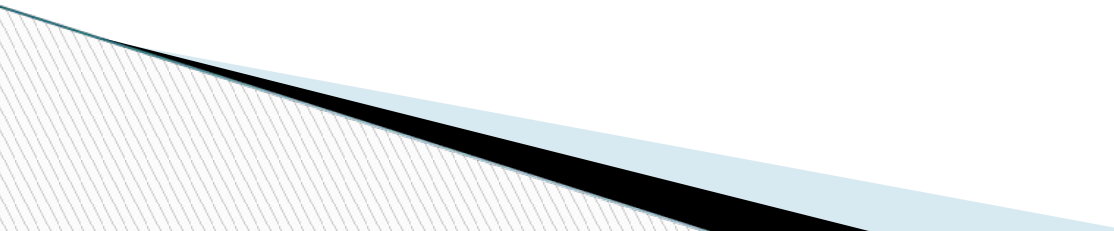
- ▣ **National Iodine Deficiency Disorders Control programme:** Iodized salt- essential article of diet, does not change appearance or taste of salt, technology of adding salt simple and less expensive.
- ▣ **Integrated Child Development Services (ICDS) programme:** ICDS programme started in 1975-76. all relevant services of health, nutrition and education combined and delivered as a package to children and their mothers.

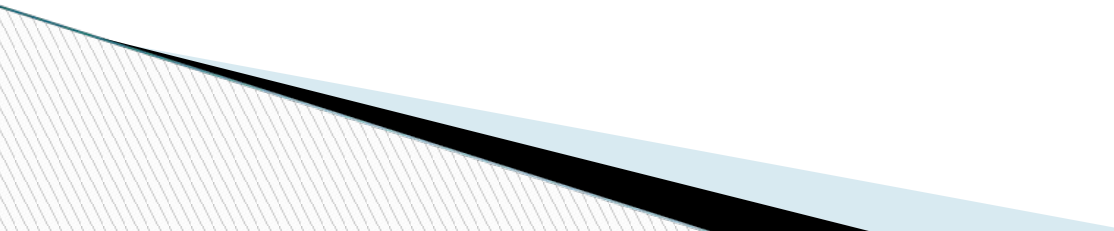
Focal point 'Anganwadi'. Covers a population of 1000 in urban slum and rural areas and of 700 in tribal area.

Services

- ❑ **Supplementary Nutrition: 300 days a year supplementary food (prepared from cereals, pulses, oil and sugar) prepared and distributed at the anganwadi. Vit A, iron, folic acid and iodine supplementation also taken care of. About 300 Kcal a day provided by snack.**
 - ❑ **Immunization**
 - ❑ **Health check up, treatment of minor ailments and referral services: by Lady Health Visitor and ANM.**
 - ❑ **Growth Monitoring done**
- 

- ❑ **Non- formal preschool education**
 - ❑ **Nutrition and Health Education for Women and Adolescent girls**
 - ❑ **Beneficiaries- infants, children upto age 6 years, pregnant and lactating women, all women upto 45 years and adolescent girls**

 - ❑ **Mid Day Meal programme: school lunch programme. Food supplementation. Feeding children upto the age of 10 years. Providing one third of the nutritional requirement. Improving school attendance, fostering sound social behaviours, narrowing down differences, inculcating good food habits.**
- 

- ❑ **Special Nutrition Programme:** launched in 1970-71. for children and pregnant and lactating women 300 days a year. Provides 300 Kcal and 10 g of protein to children and 500 Kcal and 25 grams of protein to pregnant and lactating women. Immunization and health check ups also included. Now combined with ICDS.
 - ❑ **Composite Nutrition programme:** nutrition education through mahila mandals. Encouraging economic activity of MM. training of associate women workers. Failed due to improper orientation of women groups and lack of close monitoring.
- 

- ❑ **Balwadi Nutrition programme: started in 1970-71, through balwadis and day care centres. 300 kcal and 10g proteins to child and 500 kcal and 20 g protein to the expectant and nursing mothers. Regular health check ups, immunization, habit formation and socialization through games and recreation.**

Thank You