

3.3 Improving Health and nutritional status of vulnerable segment of population by implementing multi-component health & nutrition education intervention as a sustainable model of intervention

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OBJECTIVES

Primary Objective: To improve health and nutritional status of vulnerable segment of population by implementing multi-component health and nutrition education intervention, focusing on dietary counseling and modification keeping in view the cultural and socio-economic status of population

Secondary Objectives: -

During Phase 1 (Formative Research) Study: -

1. To assess the awareness about the current and existing national/state nutrition programmes targeted for various segments of population;
2. To identify strengths and weaknesses in implementation and monitoring of existing national/state nutrition programmes;
3. To assess health seeking behavior and practices among adolescents, women of reproductive age (especially pregnant and lactating women as well as mothers of pre-school children) group and children
4. To assess knowledge and practice of pregnant, lactating mothers, functionaries of ICDS/MDM about nutrition, food safety and hygiene;
5. To estimate hemoglobin and serum levels of ferritin, folic acid, vitamin B12, CRP, Vitamin A, Vitamin E, Zinc, Selenium, Copper among children (<5 years), pregnant women and adolescent girls, and
6. To estimate urinary iodine excretion levels and iodine levels in household salt samples.

During Phase 2 (Intervention) Study: -

1. To identify the gaps in implementation and monitoring of the current national/state level nutrition programmes and promote inter-sectoral convergence for its effective implementation
2. To formulate low-cost balanced diets based on locally available foods which are acceptable to the community;
3. To assess personal and environmental simple hygiene measures to prevent diarrhoeal infections and infestations;
4. To develop an appropriate and sustainable health and nutrition education intervention for disseminating the same to all stakeholders

During Phase 3 (Impact evaluation) Study: -

1. To assess the impact of the multi-component health and nutrition intervention on –
 - a. Improvements in the coverage of beneficiaries for various national/state nutrition programmes
 - b. Improvement in delivery of various national nutrition programmes,
 - c. Improvement in nutrition knowledge and practices of beneficiaries of the programmes and functionaries,
 - d. Changes in dietary and hygiene practices of beneficiaries
 - e. Changes in nutritional status

PROGRESS

Under the study five districts of Rajasthan namely Chittorgarh, Churu, Jodhpur and Kota and Jaipur have been chosen. During reporting period from 1st April 2015 up to 31st March 2016 remaining subjects were covered in these districts, under base line study.

Table 1. Coverage of sample during reporting period in different districts

S. No.	District	Pregnant women	Lactating women	Infants	1-5 years age	Adolescent girls
1.	Chittorgarh	-	01	03	10	06
2.	Churu	-	60	31	68	79
3.	Jodhpur	-	07	09	30	15
4.	Kota	19	18	20	28	24
5.	Jaipur	80	-	15	11	24
Total		99	86	78	147	148

After baseline study, collected data was entered in computer. Data cleaning is going on. Some preliminary results out of these baseline study are reported herewith.

Table 2. Ante Natal Services utilization by women who delivered in last 12 months

S. No.	District	Received ANC	Received 3 ANC's	Dietary advice received	Received 100 IFA tablets	Consumed 100 IFA tabs
1.	Chittorgarh (n=80)	73 (91%)	43 (54%)	58 (72%)	32(40%)	31(39%)
2.	Churu (n=153)	115(75%)	91(59%)	112(73%)	6(4%)	4(3%)
3.	Jodhpur (n=135)	117(87%)	29(21%)	63(47%)	28(21%)	22(16%)
4.	Kota (n=79)	74(94%)	40(51%)	53(67%)	33(42%)	30(38%)
5.	Jaipur (n=102)	93(91%)	75(81%)	-	83(89%)	61(32%)
Total (N=549)		472(86%)	278(50%)	286(64%)	182(33%)	148(26%)

Table 3. Feeding practices among infants

S. No.	District	6-12 months old infants with 6 months exclusively Breast feeding	Started complementary feeding before 6 months age among all infants
1.	Chittorgarh	4/4=100%	2/108=2%
2.	Churu	2/7=29%	6/128=5%
3.	Jodhpur	1/2=50%	1/139=1%
4.	Kota	3/5= 60%	1/99=1%
5.	Jaipur	4/6=66%	7/102=6%
Total		14/24=58%	17/526=3%

Intervention phase of the study is initiated in all the four districts. At the initial level, Household intervention is started. One village in each district is covered in household intervention.