



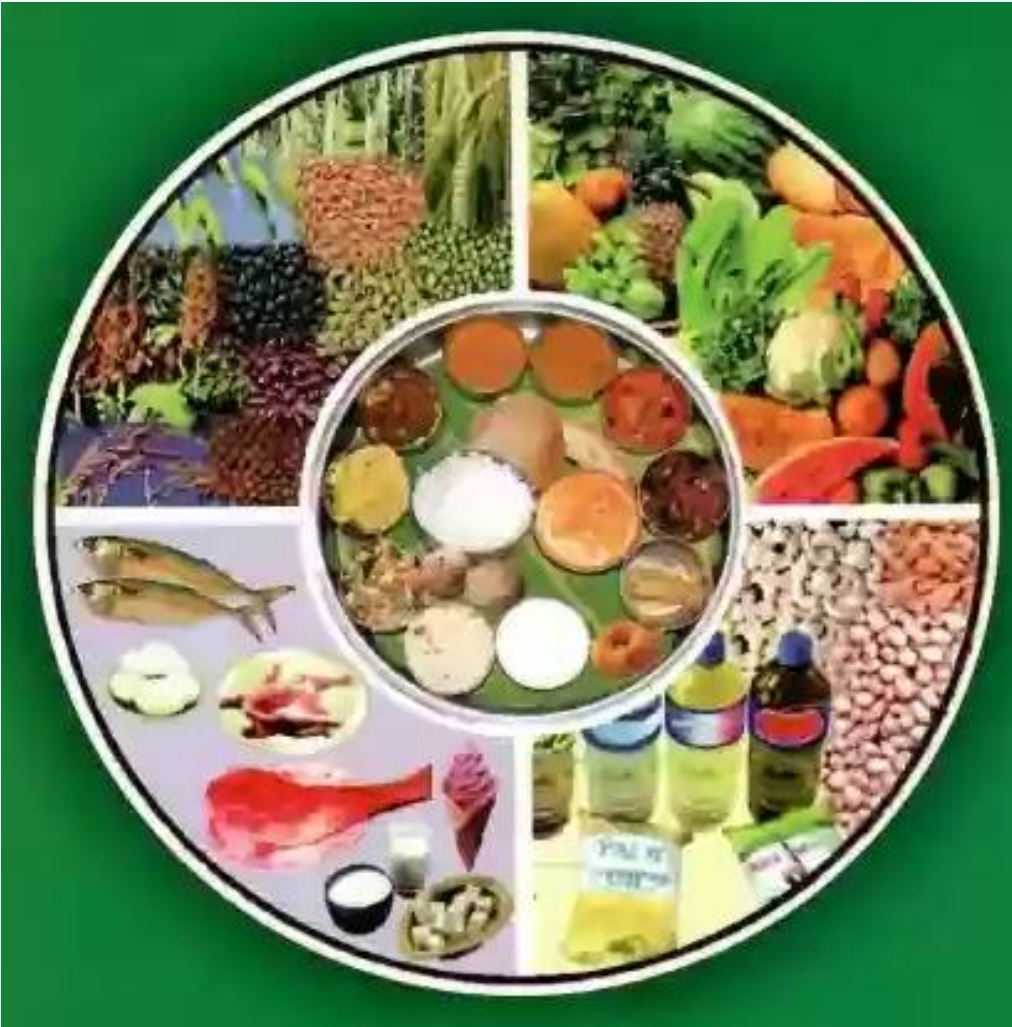
GUNTUR
Medical College

National Nutrition Policy and Programs in India

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Topics going to be discussed

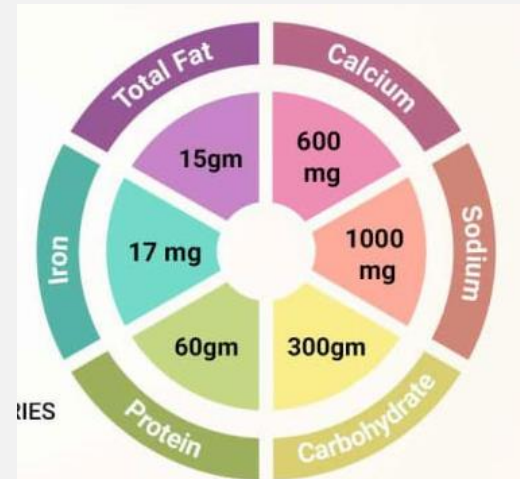
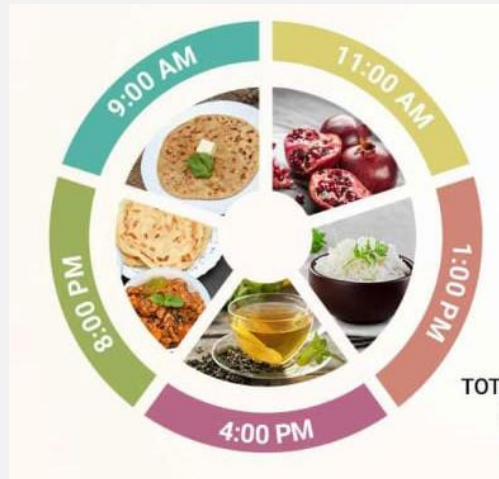
- 1. Introduction to National Nutrition Policy**
- 2. Why Nutrition Policy created by the government**
- 3. Objectives and Strategies of the Policy**
- 4. Key programs in the policy**

Introduction

What is Food? Food" refers to individual items that are eaten. A specific edible item like an apple, a piece of chicken, or a slice of pizza.

What is Diet? Diet refers to the overall pattern of food consumed by individuals regularly, including the types and quantities of food

What is Nutrition? Nutrition" focuses on the science of how the body uses the nutrients within that food, including its quality and impact on health



Introduction

What is Policy?

- A policy is a set of rules that help guide decisions and achieve goals.
- They can help guide decision-making and identify what actions are needed to achieve goals.

What is Program?

- A program is a set of activities that help people manage the effects of a policy.
- Program goals help determine the scope, nature, and priorities of the activities in a program.



Why Nutrition Policy created by the government



Pre- Independence era saw widespread famine and malnutrition due to colonial exploitation and neglect of local agricultural systems.



After independence, the government initiated several programs to address food scarcity, focusing on self-sufficiency and regional food security.



Key Turning Points

- **Green Revolution,**
- **Introduction of various public health programs, &**
- **Establishment of dedicated nutrition policies and departments.**

Objectives of the Policy

01

To Reduce Malnutrition

To reduce rates of [undernutrition, stunting, and wasting](#) in children and vulnerable populations.

02

To Improve Nutritional Status

Efforts to improve the [overall nutritional status](#) include promoting fortified foods & targeted supplementation

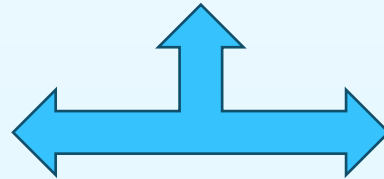
03

To Promote Healthy Dietary Practices

Promoting [healthier eating](#) involves public education campaigns, and to [make nutritious food more accessible](#)

Strategies to achieve objectives

Direct Strategies



Indirect Strategies



Direct strategies


Direct strategies are short-term strategies

- **Food fortification:** Adding essential nutrients like iodine and iron to foods
- **Nutrition programs:** Expanding programs for vulnerable groups like children, pregnant women, and adolescents
- **Growth monitoring:** Monitoring the growth of children, especially those between the ages of 0 and 3
- **Low-cost nutrition:** Providing affordable nutritious food
- **Micronutrient deficiency control:** Addressing deficiencies of nutrients like iron, vitamin A, folic acid, and iodine



Indirect strategies

Indirect strategies are long-term strategies

- **Food security**
 - **Nutrition education**
 - **Employment generation & Promoting Small businesses**
 - **Hygiene and sanitation**
 - **Social safety nets**
 - **Female education, etc...**
- 

Key Initiatives and Programs

ICDS

POSHAN

Mid Day Meal Program

Antyodaya Anna Yojana

Annapurna Scheme

Applied Nutritional Program

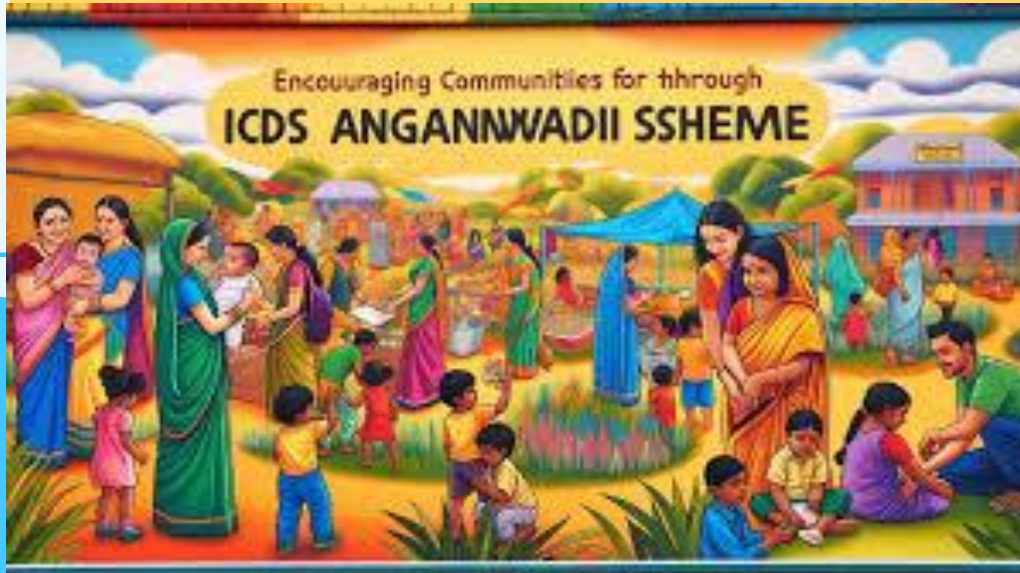
Vitamin A Prophylaxis

Anemia Mukth Bharath

Iodine Deficiency Control

ICDS (Integrated Child Development Services)

A comprehensive program that includes health, nutrition, and education interventions.



Target Population

- Children under six years of age,
- Pregnant women,
- Lactating mothers, and
- Adolescent girls

***** Anganwadi workers will provide ICDS Services to the beneficiaries**

POSHAN (PM's Overarching scheme for Holistic Nourishment)

Targets

- 1) Prevent and reduce stunting in children @ 2% per year
- 2) Prevent and reduce undernutrition in children @ 2% per year
- 3) Reduce low birthweight @ 2% per year
- 4) Reduce the prevalence of anaemia among children, adolescent girls and women (15-49 years) @ 3% per year



Mid-Day Meal Scheme



Implementation

Implemented in government and government-aided schools



Impact

Enhancing school attendance and child nutrition



Nutritional Objectives

Aims to provide a balanced diet with **adequate calories and essential nutrients** to support the physical and cognitive development of school children.



Mid-Day Meal Menu Example

S. N.	WEEK DAY	MENU
1	Monday	Chapati - Vegetable & Dal
2	Tuesday	Dal, Vegetable-Rice
3	Wednesday	Chapati - Dal
4	Thursday	Khichdi (Dal, Rice, Vegetable etc)
5	Friday	Chapati - Dal
6	Saturday	Chapati - Vegetable Mixed
Seasonal fruit once in a week		

Antyodaya Anna Yojana

What does AAY provide?

- AAY provides rice and wheat at a subsidized rate of ₹3 per kg for rice and ₹2 per kg for wheat.
- AAY households receive 35 kg of foodgrains per month.



Who is eligible for AAY?

- AAY is for families below the poverty line (BPL).
- AAY is also for households headed by widows, terminally ill people, disabled people, or people aged 60 or more.

Annapurna Scheme

The Annapurna Scheme is a government-sponsored program in India that provides food security to senior citizens who are eligible for the National Old Age Pension Scheme (NOAPS) but are not covered by it:

Benefits: The scheme provides 10 kg of food grains per month free of cost to eligible beneficiaries.



Vitamin A Prophylaxis



Target Groups

Prophylactic dosages are administered orally to all children aged 9 months to 5 years.



Supplementation Strategies

Total 9 doses . 1st dose 100000 i.u at 9 months along with MR vaccine, later 200000 i.u. once in 6 months till 5 years



Anemia mukth Bharath



Goal: To reduce the prevalence of anemia in children, adolescents, and women

Target groups

- Children aged 6–59 months
- Children aged 5–9 years
- Adolescents aged 10–19 years
- Women of reproductive age (15–49 years)
- Pregnant women
- Lactating women

Interventions

- Prophylactic Iron Folic Acid Supplementation
- Periodic deworming
- Behavior Change Communication Campaign
- Testing of anemia using digital invasive hemoglobinometer
- Point of care treatment
- Mandatory provision of Iron Folic Acid fortified foods in public health programs

National Iodine deficiency control

Target Groups

Prevent goiter, Prevent physical and mental disorders like cretinism and deaf mutism, Reduce the prevalence of IDD in the country, Ensure households consume 100% iodated salt.



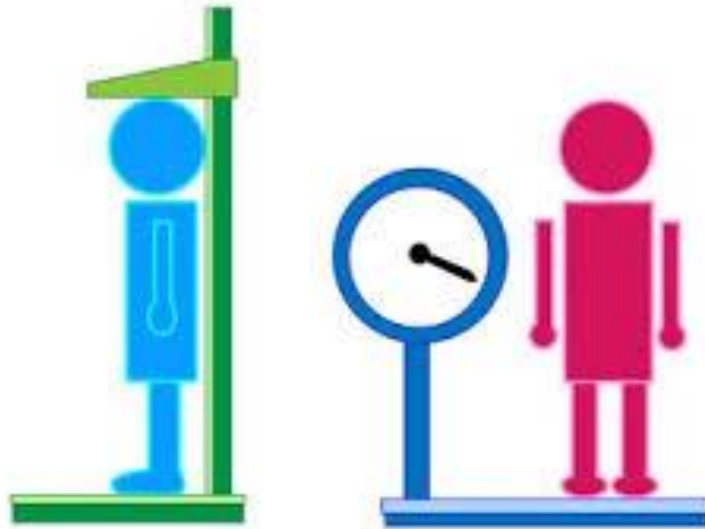
Supplementation Strategies

Assess the prevalence of IDD in districts, Supply iodized salt instead of regular salt, Resurvey districts to assess the impact of iodized salt, Educate the public about the benefits of iodized salt.

Nutrition Surveillance

Data Collection

Gathering information on dietary intake, nutritional status, and health outcomes to assess nutrition-related trends and identify areas needing intervention.



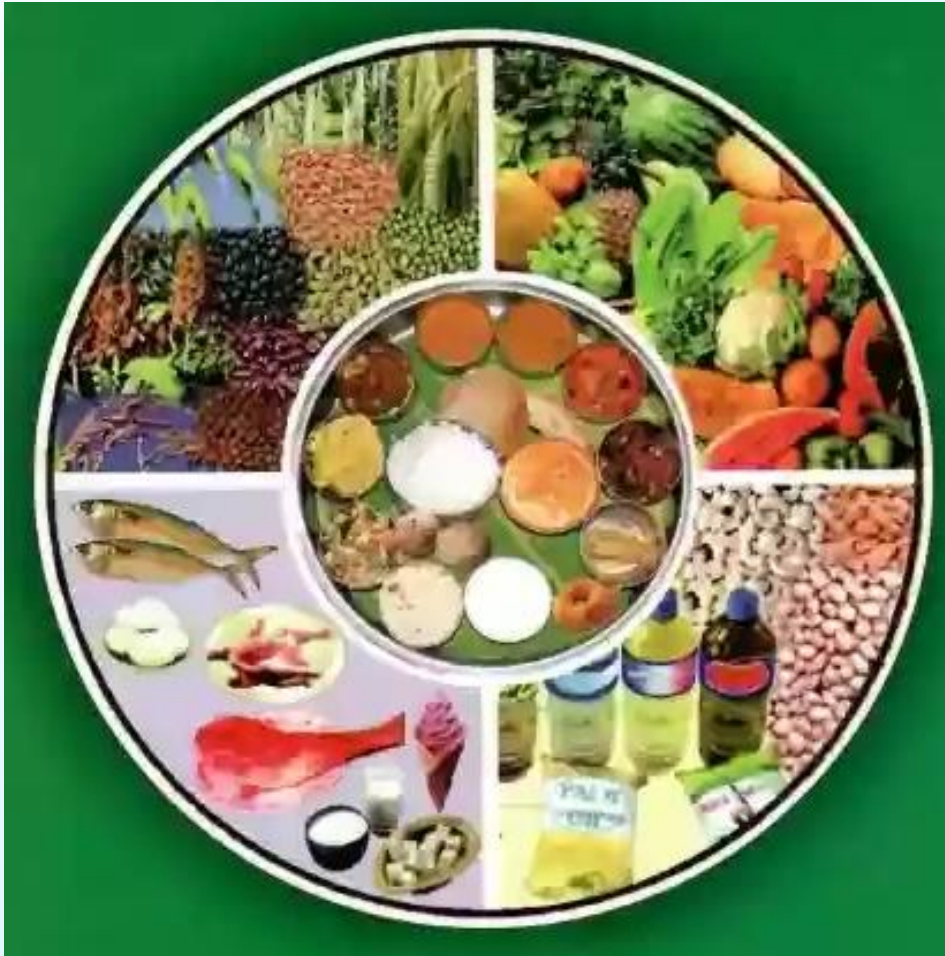
Monitoring Mechanisms

Monitoring mechanisms track the effectiveness of nutrition programs through regular assessments.

BMI	Category
< 16.0	Severely Underweight
16.0 - 18.4	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 - 34.9	Moderately Obese
35.0 - 39.9	Severely Obese
≥ 40.0	Morbidly Obese



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Thank you..