

Comparative Analysis on Awareness of Community Based Events (Godhbharai, Annprashan) under ICDS System Strengthening and Nutrition Improvement Program amongst the family and community members of pregnant and lactating women in four states of India

UNDER GUIDANCE OF :

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DEAN RESEARCH

**THE IIHMR UNIVERITY,
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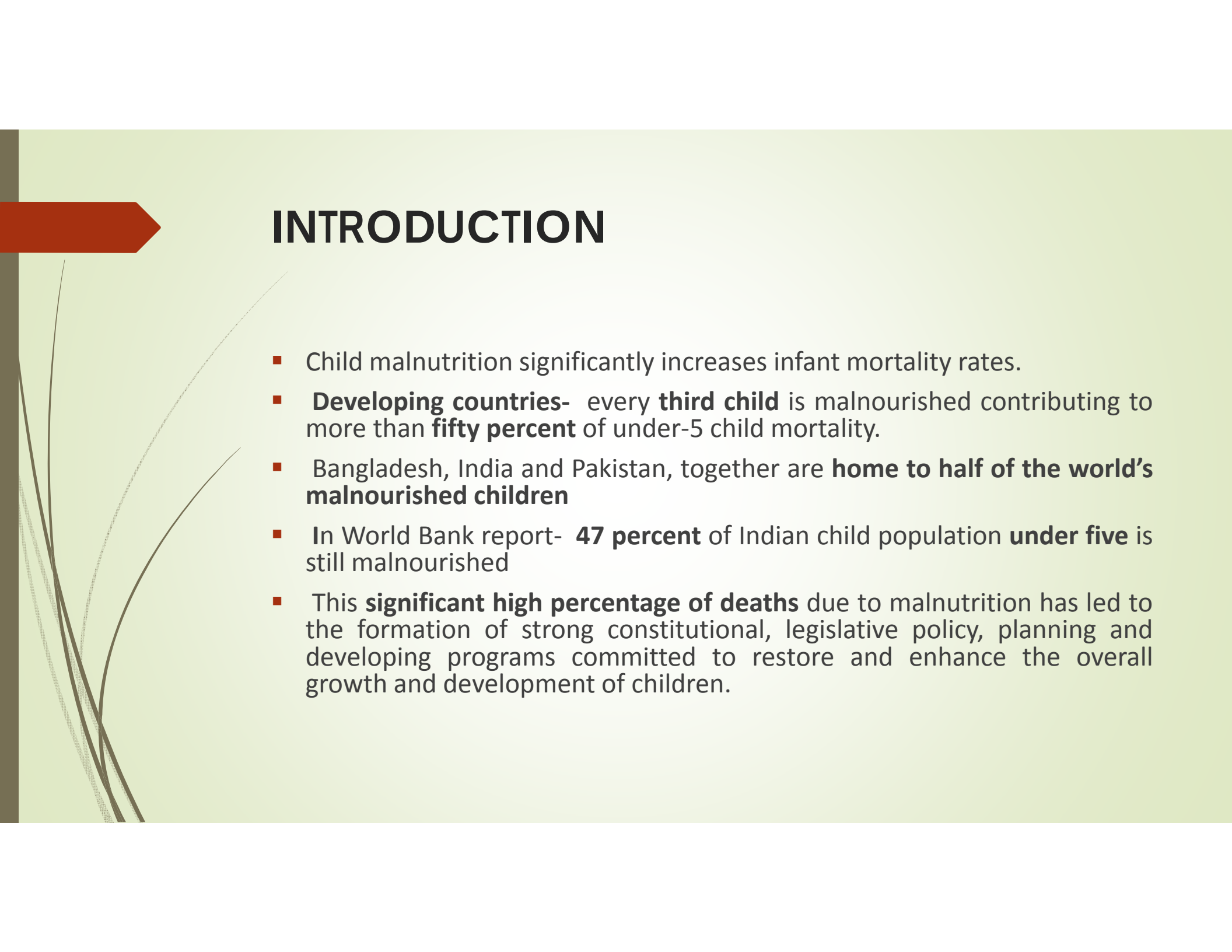
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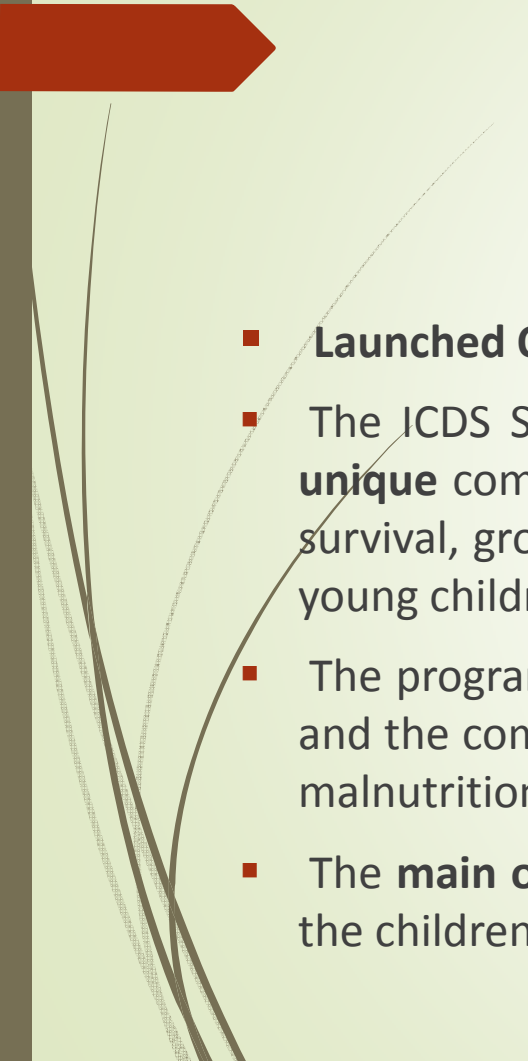
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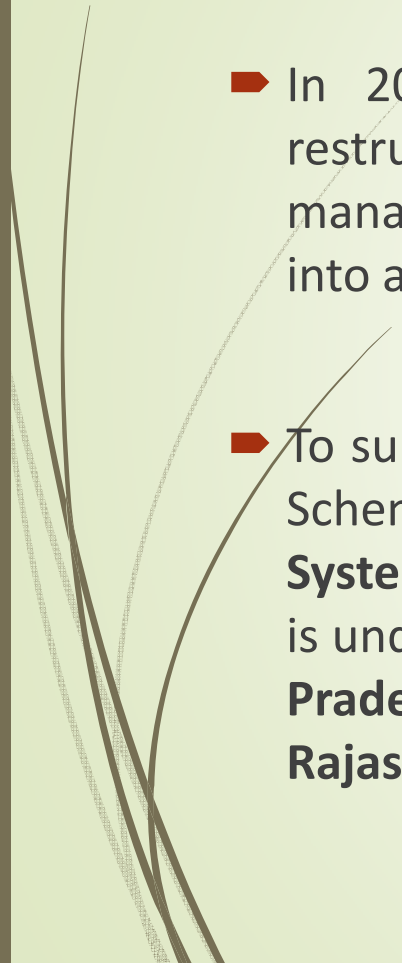
INTRODUCTION

- Child malnutrition significantly increases infant mortality rates.
- **Developing countries-** every **third child** is malnourished contributing to more than **fifty percent** of under-5 child mortality.
- Bangladesh, India and Pakistan, together are **home to half of the world's malnourished children**
- In World Bank report- **47 percent** of Indian child population **under five** is still malnourished
- This **significant high percentage of deaths** due to malnutrition has led to the formation of strong constitutional, legislative policy, planning and developing programs committed to restore and enhance the overall growth and development of children.



INTEGRATED CHILD DEVELOPMENT SERVICES (ICDS)

- **Launched On:** 2nd October 1975
- The ICDS Scheme is globally recognized as one of the **world's largest and most unique** community based outreach systems for promoting early childhood care for survival, growth and development, holistically addressing the inter related needs of young children, adolescent girls and women
- The program draws on the resources of the Centre, States, voluntary organizations and the communities to meet its objectives of reduction in mortality, morbidity and malnutrition among children, by improving their nutritional and health status
- The **main objectives** of the scheme: To improve the nutrition and health status of the children aged between 0-6 years

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- In 2012, the **Ministry of Women and Child Development (MWCD)** restructured the scheme introducing a number of programmatic, management and institutional reforms aimed at transforming the Anganwadi into a “**vibrant ECD centre**” through a revised package of services
 - To support this transformation, additional support is being provided to ICDS Scheme through a specific project with World Bank assistance **called ‘ICDS Systems Strengthening and Nutrition Improvement Project (ISSNIP)’** which is under implementation in **162 selected districts in eight States viz., Andhra Pradesh, Bihar, Chhattisgarh, Jharkhand, Madhya Pradesh, Maharashtra, Rajasthan and Uttar Pradesh**



COMMUNITY BASED EVENTS

- Community participation is one of the pillars of ICDS.
- **Critical Determinants Of Under-nutrition:** Maternal and child caring and feeding behaviors
- **To reduce under nutrition:** Essential to enhance the awareness of care givers and community members on maternal care and nutritional needs of children
- Community Based Events serve as Platforms for providing these messages, and building community support to enable the practice of related behaviors to improve nutrition need to be created and where they exist, need to be strengthened..
- These events primarily capitalize on celebration of traditional events linked to key milestones around pregnancy, childbirth, young child feeding etc



PROBLEM STATEMENT

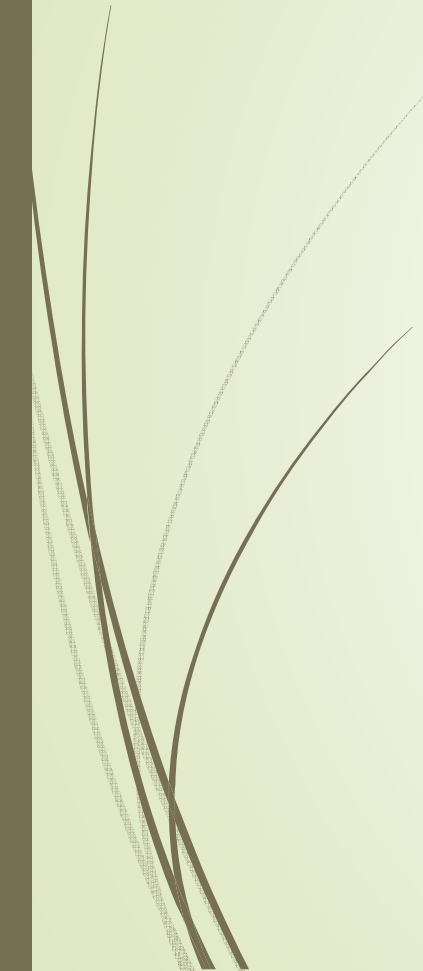
- **Despite the successful achievement by ICDS scheme, there remain some major challenges with regard to the high burden of child malnutrition in the country.**
- NFHS-4 (2015-16) reveals that about 36 percent children below five years in the country are still underweight (as per the WHO New Growth Standards; $<-2SD$) and out of these, about 16 percent are severely malnourished ($<-3SD$).
- At the country level, child malnutrition has barely declined at all in a decade and anemia among women and children has actually risen.
- **Poor nutrition during antenatal period resulting in intra uterine growth restriction and inadequate lactation are significant contributory factors.**
- Thus, education of pregnant women and their family members regarding adequate nutrition during the antenatal, postnatal and lactation periods is of paramount importance.

RESEARCH QUESTION

- What is the level of **awareness of community members and the family members** of pregnant and lactating women about community based events under ICDS Systems Strengthening Nutrition Improvement Program?
- What are the changes adopted **by pregnant and lactating women of the community after attending the community based events?**

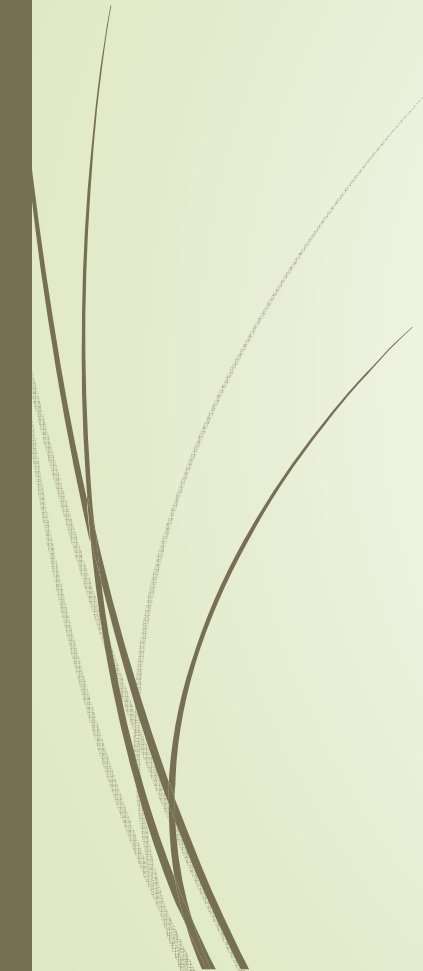


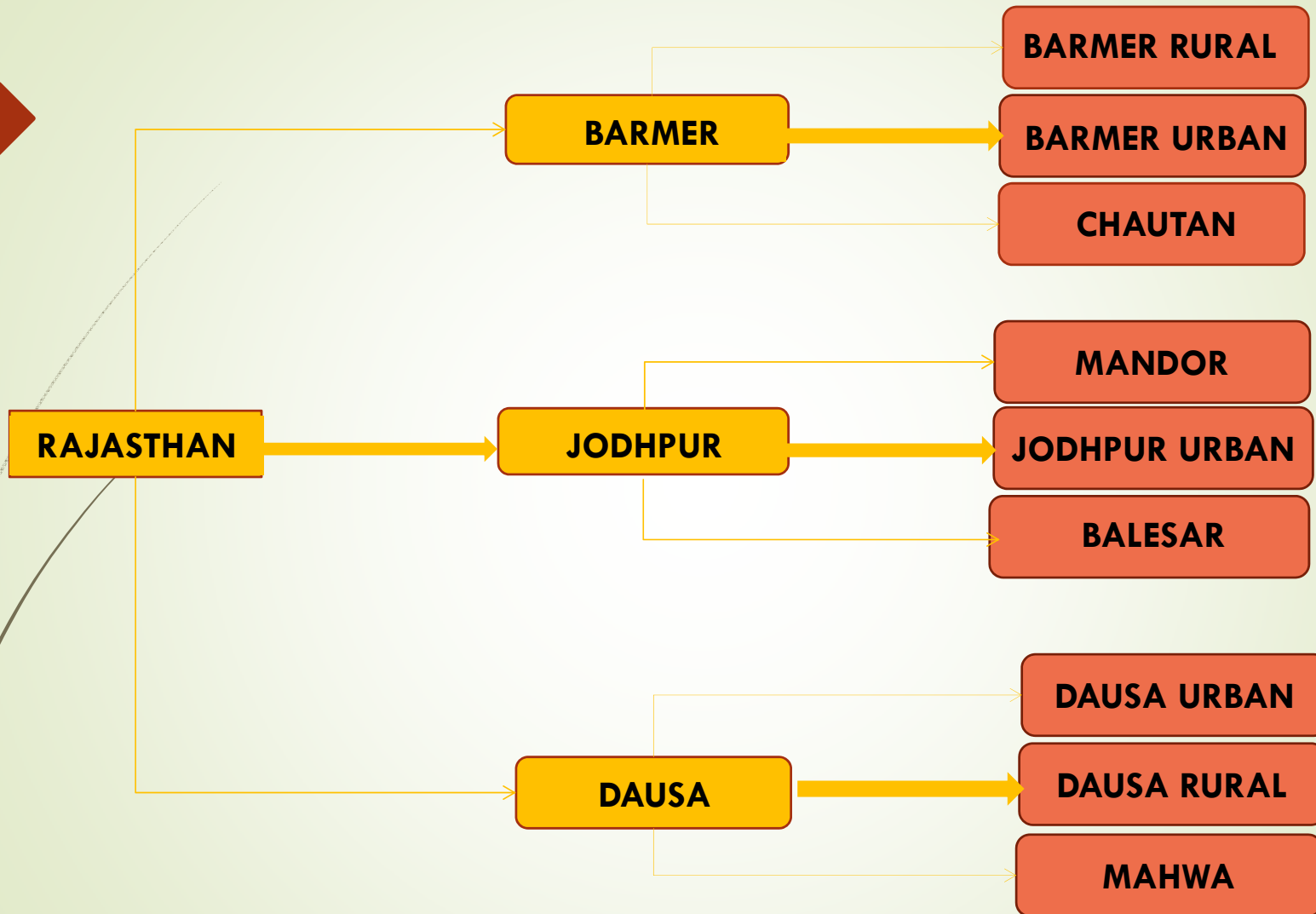
OBJECTIVE

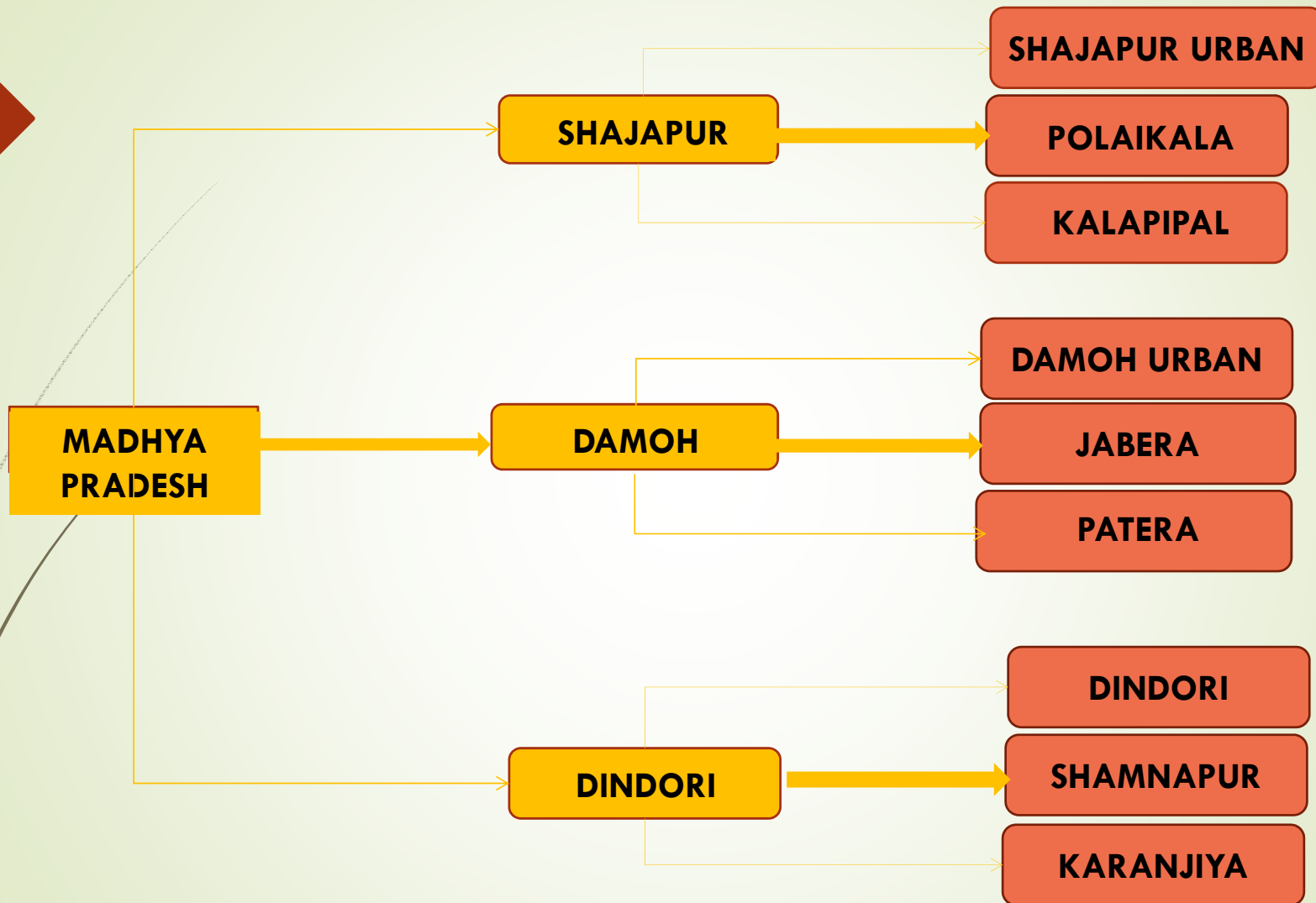
- To assess the awareness about community based events amongst the family members of the pregnant and lactating women
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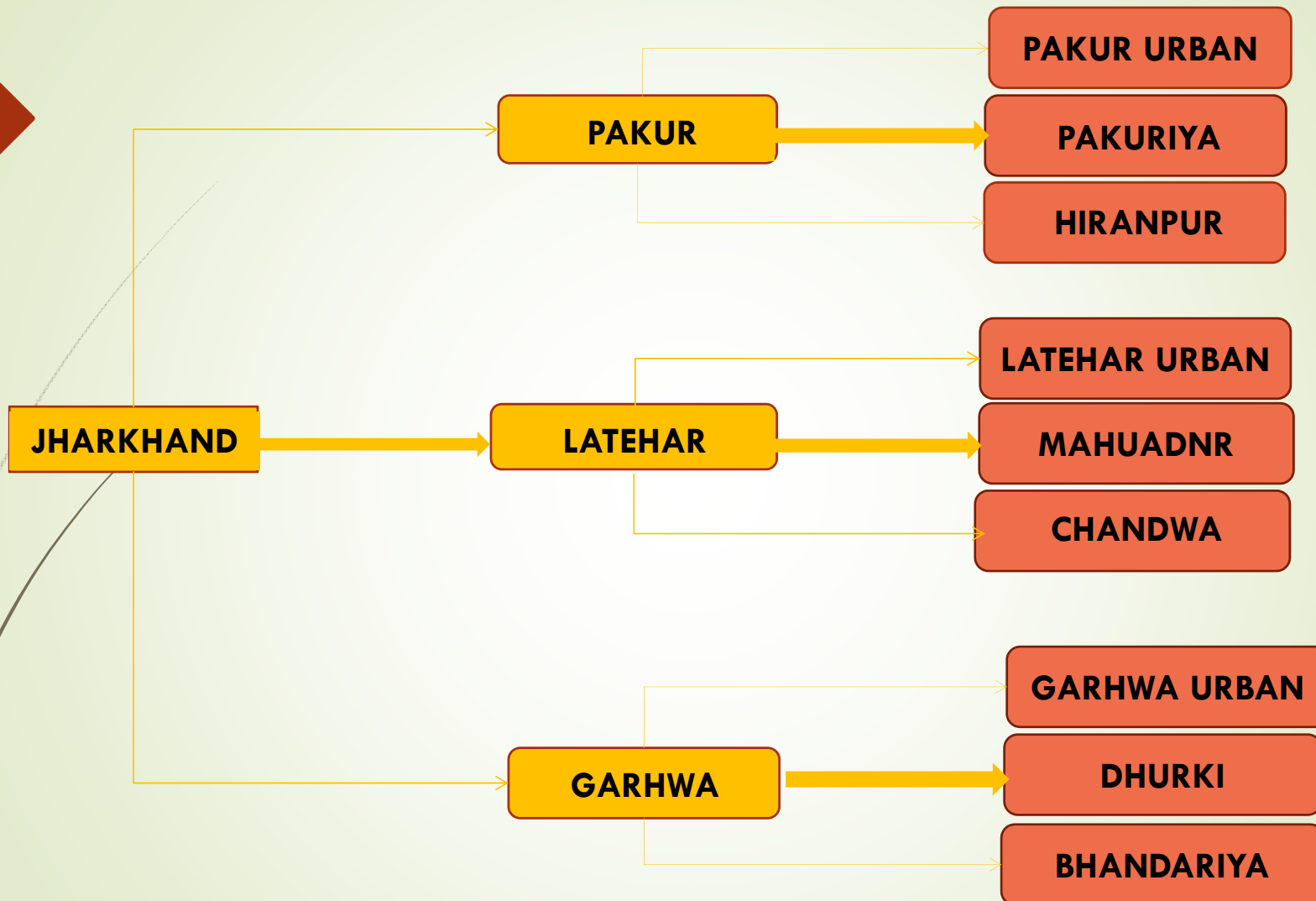


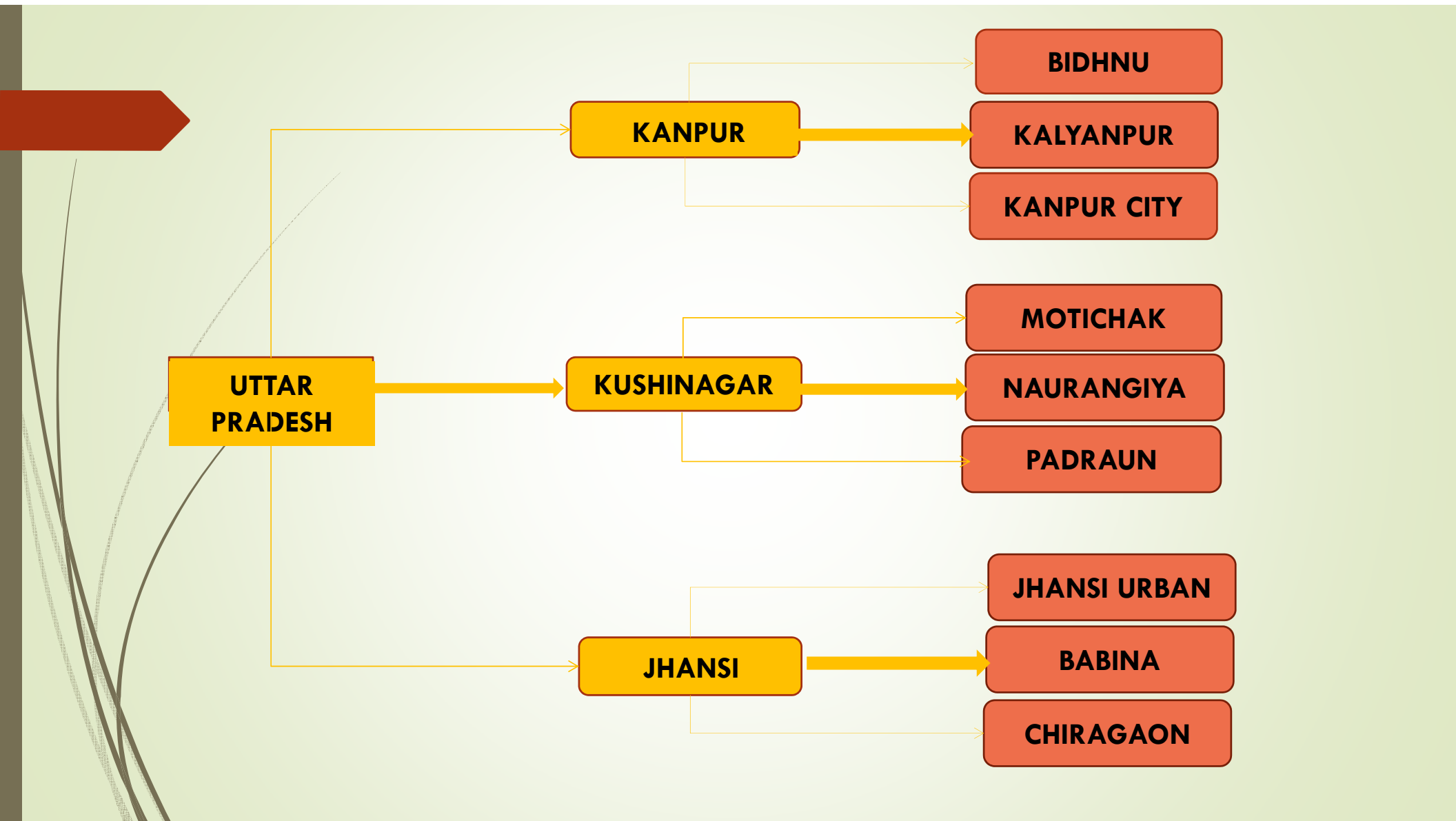
METHODOLOGY

- ▶ **Type of Study:** A Qualitative Ethnographic Study
 - ▶ **Study Population:** -Husbands of pregnant and lactating women
-Mother in Laws of Pregnant & Lactating women
-Community members
 - ▶ **Study Duration:** Two Months
 - ▶ **Study Area:** Four states of India under ICDS Systems Strengthening and Nutrition Improvement Program (ISSNIP)
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DATA COLLECTION & DATA CODING

DATA COLLECTION

- Focused Group Discussion- 2 FGD per state , per section of group
- Number of Participants : **8-10 in each group**
- Recorded on Tape Recorder

DATA CODING

- ATLAS Ti software – All the recordings were converted into written transcripts.
- Transcripts were coded with the help of ATLAS Ti 8.0.



THEMES FOR CODING

- AWARENESS ABOUT THE COMMUNITY BASED EVENTS
- OBJECTIVE OF THE COMMUNITY BASED EVENTS
- PARTICIPATION
- EXPERIENCE SHARED
- INFORMATION RECEIVED
- CHANGES APPLIED
- EXPECTED FREQUENCY
- BENEFITS OF COMMUNITY BASED EVENTS
- SUGGESTIONS



RESULTS

STATES

AWARENESS

RAJASTHAN

HUSBANDS: Engrossed much in providing for their family, hence are not much aware about these events

MOTHER IN LAWS: Talked about the items given to a pregnant lady during Godhbharai during the event

COMMUNITY MEMBERS: knew the **correct age of celebrating these events** and the could tell about the healthy eating habits the pregnant and lactating women should have.

MADHYA PRADESH

HUSBANDS: “**Mangal Diwas**” while mentioning talked about “Godhbharai and Annprashan”

MOTHER IN LAWS: Could describe Godhbharai well but for Annprashan, they were slight aware

COMMUNITY MEMBERS: Could describe nicely what all is done during these events.. **Discussed about food they ask every pregnant and lactating women to eat.**

JHARKHAND

HUSBANDS: could just mention the name of an event being organized at the Anganwadi center . Not well Aware

MOTHER IN LAWS: Refused to agree that these events are being organized at the centre, but they do celebrate these events at their home as a tradition

COMMUNITY MEMBERS: The community members were **not so familiar with these events.** Apart from name of these events , they had no idea about events being organized

AWARENESS- HUSBANDS

“hum to kaam pe rehte hai, auratein hi bachoo ko leke jaati hai”
(husband, Barmer, Rajasthan)

*“Wo to sir, bacche aate hai mrs aati hai, hum
to karkhane mei lage rehte hai*
(husbands, Damoh, Madhya Pradesh)

*“Wife btati hai ki godhbhrai mei mahila ko godh mei fal- val diya gaya, jo jo
postik ahar hai diya.
Aur dhatri mahila koe bachoo ko kheer khilate hai aur bachoo ko saath mei
Katori bhi dete hai”*(Husbands, Pakur, Jharkhand)

“Ek aur program hota hai, usmei vo bacha ko kheer khilata hai aur “Katori-Chamach” bhi deta hai” (Mother-in-laws, Jodhpur, Rajasthan)

“karyakarta behenji usko aashirwaad deti hai, Poshahar deti hai, dalia aur iron ki dawai bhi deti hai. Kabhi kabhi jab garbwati mahila saat mahine ki ho jati hai to wo uski godhbhrai krvati hai, nariyal deti hai, phool mala chadhati hai aur chawal aur mauli se humara swaagat krti hai” (Mother-in-Laws, Barmer, Rajasthan)

MOTHER IN LAWS

“Saat mahine mei , aanganwadi karyakarta godhbhrai karate hai. Wo bahut kuch btati hai, garbhawati mahilao ko ikatha karti haim greh bhent bhi karti hai” (community members, Jodhpur, Rajasthan)

Godhbharai manaya jata hai, mausam mei job hi fal lagta hai, jaise kela, santra, gajjar sab ek thali mei sajate hai aur garbhwati mahila ki jholi mei daal dete hai aur Panjeeri sab bhi diya jata hai (Community members, Kanpur, Uttar Pradesh)

COMMUNITY MEMBERS

STATES

OBJECTIVES

RAJASTHAN

HUSBANDS: Mainly these events are to give **some information on health**, give vitamin and protein to the child so that he remains healthy

MOTHER IN LAWS: Some of them believed that government organizes these events to keep a head count for pregnant women and newborns others have no clear views

COMMUNITY MEMBERS: To **enhance the knowledge** of the pregnant and lactating women

MADHYA PRADESH

HUSBANDS: Give information on healthy eating habits

MOTHER IN LAWS: They spoke about giving **nutritive food, sharing knowledge about breastfeeding practices and complementary feeding**

COMMUNITY MEMBERS: To communicate about keeping environment clean and providing nutritious food in form of 'Poshahar'(Take Home Ration) packets.

JHARKHAND

HUSBANDS: mainly these events are organized to give information about the health status of India

MOTHER IN LAWS: The **child should be healthy in the womb** itself so the women delivers safely

COMMUNITY MEMBERS: To celebrate the joy and make the **pregnant women feel happy** because of the celebrations.

Objectives - Husbands



“Karyakarta saab yehi bolte hai ki bacha swasth rahe hai, bachoo ko vitamin protien do , jacha bacha swasth rahe, isiliye manate hai yeh karyakram”

(Husbands, Rajasthan)

PARTICIPATION LEVEL

Husbands, InLaws, Community Members

HUSBANDS

“Hum to mazdoor aadmi hai , jinke ghar mei candidate hai wo jate bhi hai , aur jinke ghar mei nahi hai to garbhwati mahila hi jati hai” (Rajasthan)

MOTHER IN LAWS

Mostly mother in laws accompanied along with their daughters- In-laws

In Rajasthan, it was sister –in-laws who accompanied pregnant women for these events

COMMUNITY MEMBERS

Majority said they went along with the pregnant women, so people everywhere are more aware about Godhbhrai

INFORMATION RECIEVED



COMMUNITY MEMBERS

Fal phool job hi aas paas mil jaye, use thali sajate hai, Anganwadi centre per sabko bulate hai aur fir wo garbhwati mahila ko bithate hai. Fir eke k karke fal dete hai usko aur uska mahatv kya hai vo btate hai"(Community member, Latehar, Jharkhand)

MOTHER IN LAWS

Humko karyakaram mei Yeh jankari diya ki, delivery hasptal mei hona chahiye"(Mother_in_law, Barmer, Rajasthan)

" Karyakarta humko bolti hai, unko kela khilao, nimbu aur kadu ,mungi yeh sab khilao, yeh sab idhar hi ugta hai, mil jata hai aram se"(Mother in laws, Dindori, Madhya Pradesh)

STATES

DIETARY/OTHER CHANGES

RAJASTHAN

HUSBANDS: Previously, they were not aware about nutritious food.

MOTHER IN LAWS: Previously we use to give 'Gutti' to the child, but now we do not give it after receiving the information from the Anganwadi worker. Prepare 'Halwa' from the THR packets. Give Saag

COMMUNITY MEMBERS: At Anganwadi centre, they give Take Home Ration packets and vaccination to children, people have become aware about all this now.

MADHYA PRADESH

HUSBANDS: Encourage pregnant women to have more of fruits.

MOTHER IN LAWS: We give 'Pomegranates, green leafy vegetables, now the mothers know the proper way of breast feeding. We now know how to bathe the child and fed the child

COMMUNITY MEMBERS: Yes, now people give-'khichadi', 'daal ka paani' tablets to the mother regularly

JHARKHAND

HUSBANDS: The events have helped a lot, now the in laws have become more active about the medicines to be give and vaccinating the child. Whatever the wives tell us to bring from the market, we bring that food item

MOTHER IN LAWS: Now we know that **colostrum is important for the child** and so we give it, previously we use to throw it away.

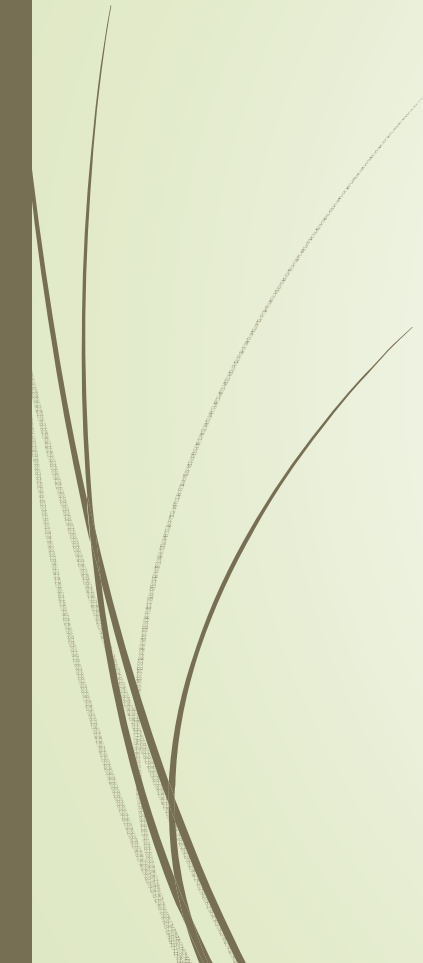
COMMUNITY MEMBERS: We have been able to help the women in the community to become more aware about the importance of nutrition and health for their children. We have been able to help them to understand the importance of taking their children to the Anganwadi centre for regular check-ups and vaccinations.

CONCLUSION

- **Huge knowledge deficit regarding antenatal care and feeding of infants among the population in these four states.**
- Pregnant women and their family members : **Not well aware of the exact objectives** of these community based events.
- **Elderly mother-in- laws-** believed these events were conducted to **celebrate the pregnancy as a part of tradition.**
- **Extremely low participation of husbands-** Attributed to the family system in low-income groups
- Males are predominantly involved in labour to arrange money for feeding their families.



CONCLUSION



- Despite the **poor level of participation** in these events and the **limited awareness** about their objectives, the information imparted by the Anganwadi workers has had **a significant impact on the dietary and general care patterns of these families.**
- The **pregnant women and their mother-in-laws** have made **appropriate changes** in their family dietary patterns to **incorporate more nutritious foods** for the mother during pregnancy and lactation.
- The family tries to support the lactating mother to **ensure adequate breastfeeding and addition of healthy complimentary feeding to the infant.** The husbands though support the pregnant women but direct participation of male members of the family in these events is lacking.
- One domain of antenatal care knowledge that is **still deficient** in this population is **adequate antenatal checkups.**

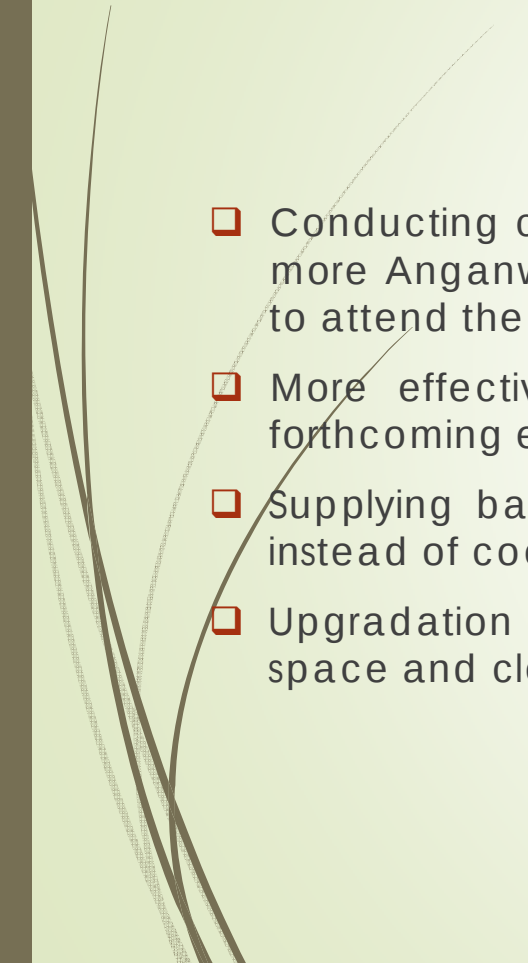


LIMITATION

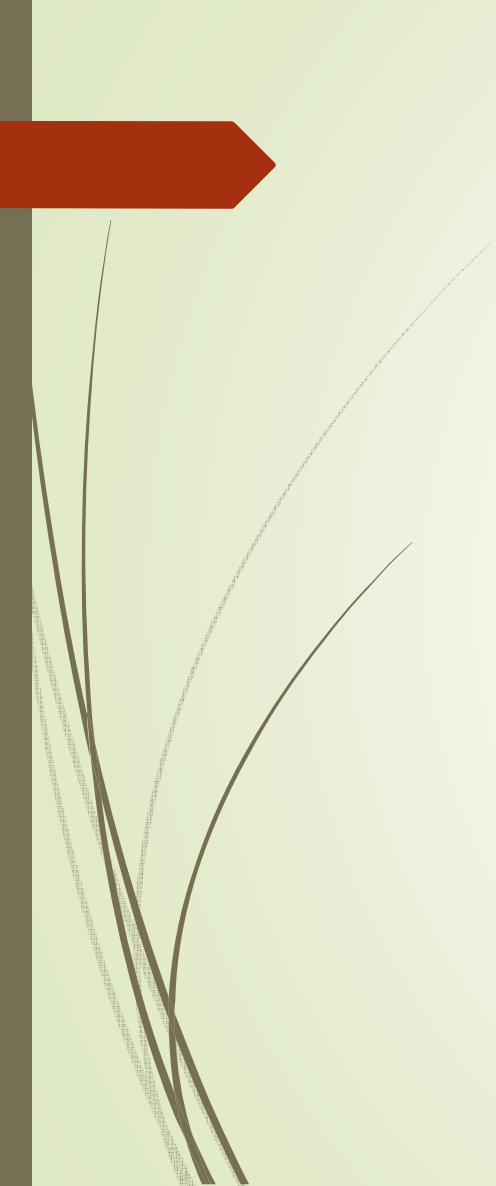
- ☐ As part of an official project , cannot mention other components of the study in detail
- ☐ Travel plan was pre-decided by the organization, due to time constraint I could conduct very few focused group discussion.



RECOMMENDATIONS



- ❑ Conducting community based events at more frequent and regular intervals and at more Anganwadi centre in order to decrease the need for travelling long distances to attend the same.
- ❑ More effective means of conveying information to the community about any forthcoming events to increase attendance.
- ❑ Supplying basic delivery kits to the pregnant women as a gift during Godhbharai instead of coconut that is currently given.
- ❑ Upgradation of the infrastructure at Anganwadi centers including availability of more space and clean toilets for children



THANK YOU