

Internship Training at



**Integrated Child Development Services, Dahod
Women and Child Development Department, Gujarat**

**Knowledge assessment of Anganwadi Workers in
Supplementary Nutrition program and SABLA Scheme in
Dahod district of Gujarat**

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Background of study

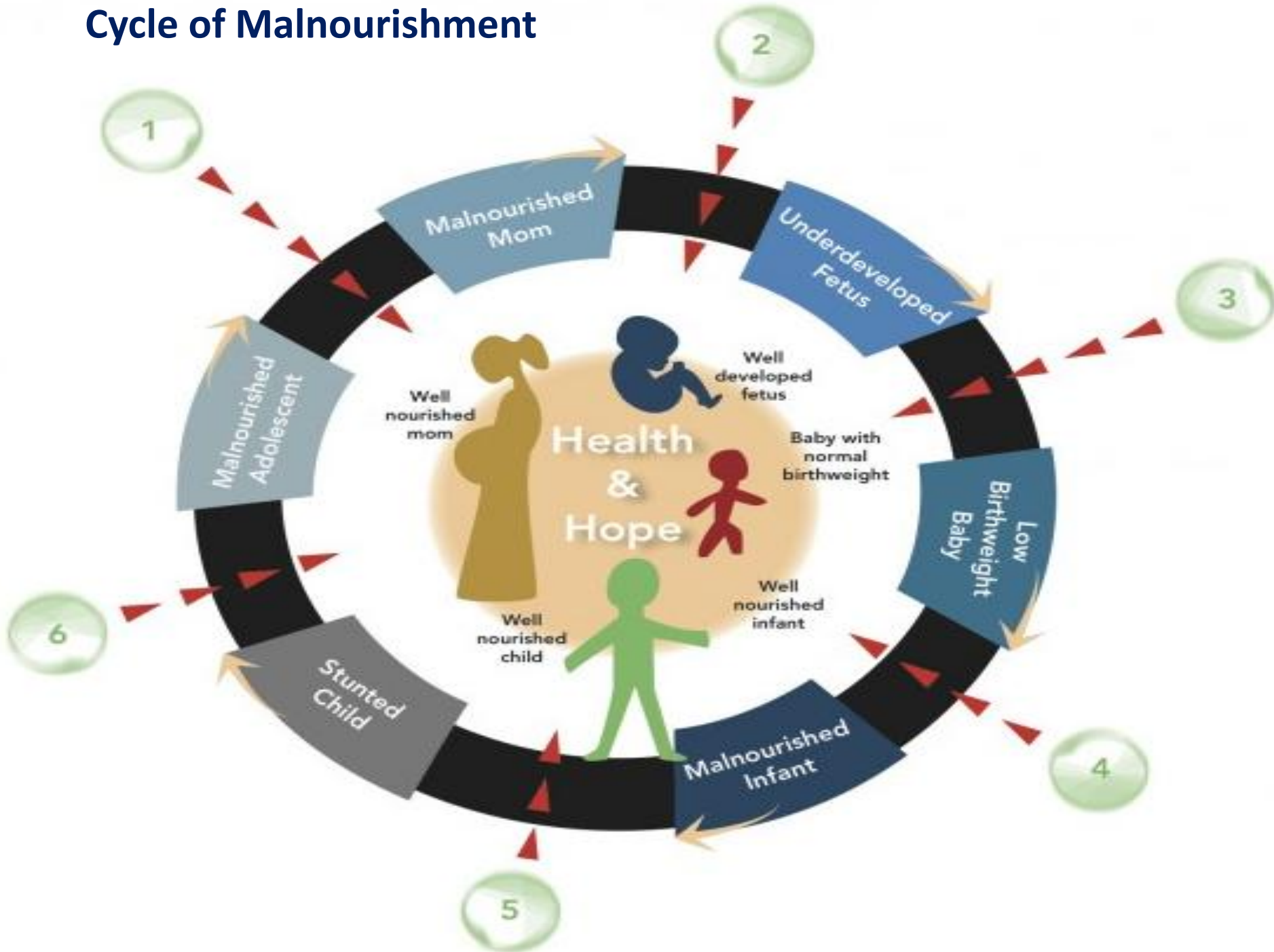
Malnutrition and children:

- Majority of children in India have underprivileged childhoods starting from birth.
- According to a survey in 2007, the number of malnourished children in Gujarat grew to 46 per cent as against 45 per cent in the previous years, similarly in MP the number increased to 60 from 54.

Malnutrition and Adolescent girls:

- Large numbers of adolescent girls are malnourished and anaemic. Studies have shown that girls in rural areas take a mean of 1355 KCals/day in the 13-15 years and 1292 KCals/day in the 16-18 years which is much below the recommended age-groups.
- In India, many adolescent girls suffers from **iron-deficiency anaemia**, a condition that can be remedied relatively easily through diet changes but otherwise **increases risks for low body-mass index levels, health complications, and even death during and after pregnancy.**

Cycle of Malnourishment



Background of study

- **ICDS Programs to deal with these issues :**
 - **SUPPLEMENTARY NUTRITION PROGRAM:** With a view to combat malnutrition among children under 6 years, pregnant women, nursing mothers and adolescent girls State Government is implementing the Nutrition Programme.
 - **SABLA:** To deal with malnutrition among adolescent girls, Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (RGSEAG), better known as SABLA Scheme is running in tribal districts of Gujarat. This scheme not only focuses on supplementary nutrition and IFA but also have components like Life Skill Education (LSE) and vocational training for empowering the adolescent girls.
- For a successful implementation of these programs it is very important that the Anganwadi worker has a thorough knowledge regarding malnutrition, supplementary nutrition and schemes related to them.

Research Questions

- What is the level of knowledge about supplementary nutrition program among AWWs?
- What is the level of knowledge about SABLA among AWWs?

Objectives

- To assess the knowledge of supplementary nutrition program among anganwadi workers in Dahod.
- To assess the knowledge of SABLA among anganwadi workers in Dahod.

Methodology

Research design

- A Cross-sectional descriptive study was done.
- Study Area: The study was conducted in Dahod taluka of the District Dahod.
- Study Duration: 7, March 2015 to 10, May 2015.
- Study Participants: Aanganwadi workers

Sampling

- Sampling method: Purposive Sampling
- Sampling Size: 100 Anganwadi centers were selected. The selected centers were from Dahod taluka.
 - 25 centers- Dahod-1
 - 25 centers- Dahod-2
 - 25 centers- Dahod-3
 - 25 centers- Dahod-4

Research Instrument

- Source of data collection: Primary in nature. Secondary data was also used for reference.
- Data Collection Technique: Face to face interviews
- Data Collection Tool: A Structured Questionnaire

Data Analysis

- The data was compiled in SPSS.
- Data analysis on:
 - SPSS
 - Microsoft excel

Results

Knowledge of AWW regarding Supplementary Nutrition Program

Knowledge of AWW regarding Balbhog:

- Energy Dense Micronutrient Fortified Extruded Blended Food (Balbhog) is provided as Take Home Ration (THR) on Mamta Diwas.
- Each packet weighs 500 gram.

Beneficiaries		Packets per month	Quantity
Age	Grade		
Children 6 months to 3 years	Normal Weight	7	3.5kg
	Severely underweight	10	5 Kg
Children 3-6 years	underweight	4	2 Kg

Knowledge of AWW regarding Balbhog

Knowledge of AWW regarding Balbhog

S. no.	Indicators	Frequency	Percent	Valid Percent	Cumulative Percent
1	Full Knowledge regarding balbhog	57	57.0	57.0	57.0
2	Half Knowledge regarding balbhog	41	41.0	41.0	98.0
3	Very Little Knowledge regarding balbhog	2	2.0	2.0	100.0
4	Total	100	100.0	100.0	

*n=100

Extruded Fortified Blended Premix

- Dense Micronutrient Fortified Extruded Blended Take Home Ration (THR) is provided to pregnant women, nursing mothers and adolescent girls.
- Following are the types of EFBP given to the beneficiaries:

EFBP	No. of Packets	Quantity per packet
Sukhdi	1	1 kg
Sheera	3	500 gram
Upma	2	500 gram

Extruded Fortified Blended Premix

Knowledge of AWW regarding EFBP

S. no.	Indicators	Frequency	Percent	Valid Percent	Cumulative Percent
1	Full Knowledge regarding EFBP	93	93.0	93.0	93.0
2	Half Knowledge regarding EFBP	5	5.0	5.0	98.0
3	No Knowledge regarding EFBP	2	2.0	2.0	100.0
4	Total	100	100.0	100.0	

*n=100

Knowledge regarding Demonstrative feeding

- **Aim:** To enhance and ensure the consumption of Supplementary Nutrition among children of 6months to 3 years and to provide age appropriate nutrition counseling to mothers.
- **Beneficiaries:** Children of 6months to 3 years of age
- **Timings:** Timing 9:30am to 10:30am.
- **Food Given:**
 - Children 6months to 1 year: Raab (in semi liquid form)
 - Children 1-3 years: Sukhadi

Knowledge regarding Demonstrative feeding

Table 4.4: Knowledge of AWW regarding Demonstrative Feeding

S. no.	Indicators	Frequency	Percent	Valid Percent	Cumulative Percent
1	Full Knowledge regarding Demonstrative Feeding	14	14.0	14.0	14.0
2	Half Knowledge regarding Demonstrative Feeding	73	73.0	73.0	87.0
3	Very Little Knowledge regarding Demonstrative Feeding	13	13.0	13.0	100.0
4	Total	100	100.0	100.0	*n=100

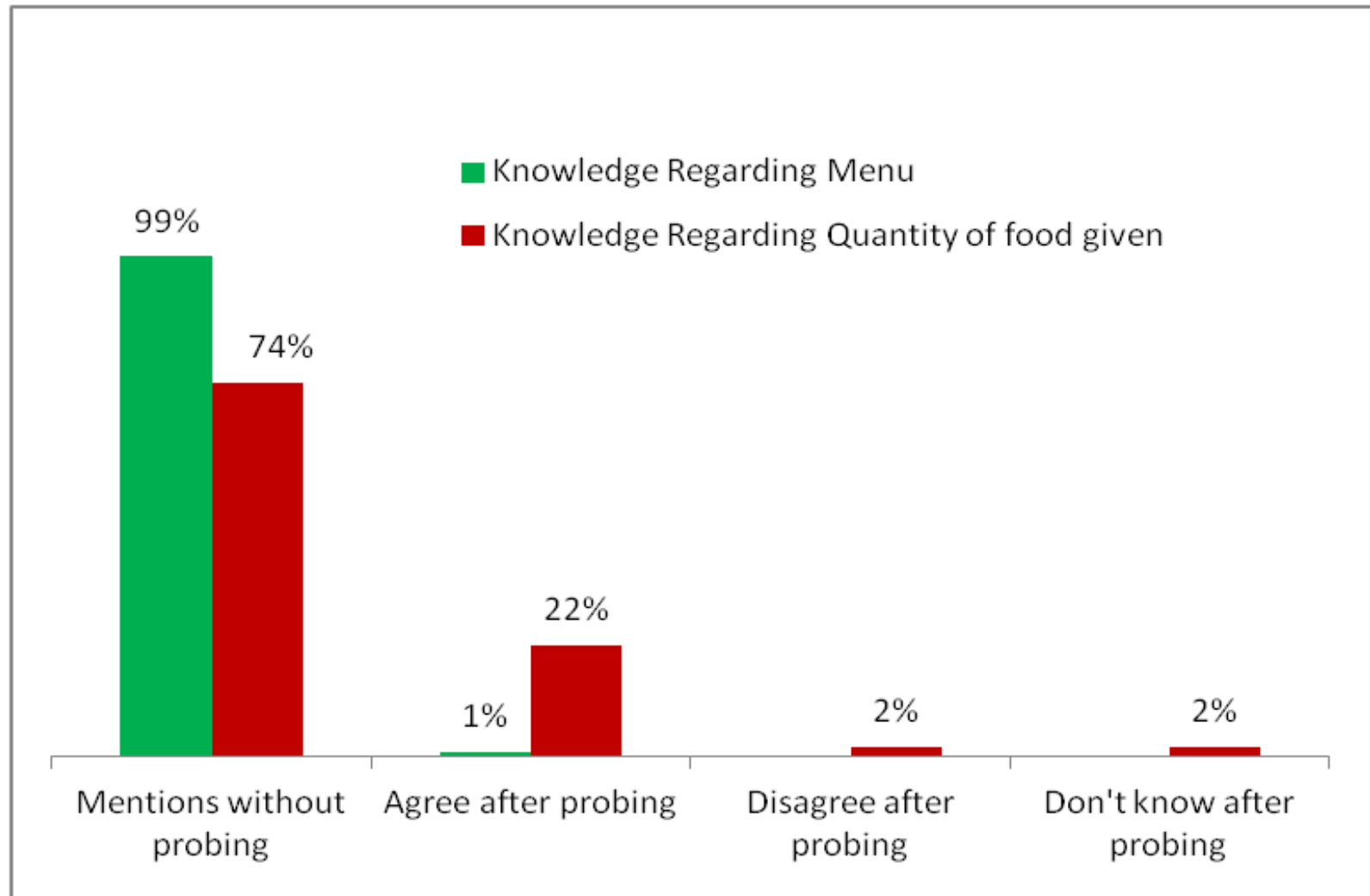
Breakfast by SHGs

- Hot cooked breakfast is provided through Matru Mandals and Sakhi Mandals to children in the age group of 3-6 years.

Table 4.5: Menu for Breakfast by SHGs

S. no.	Day	Menu
1	Monday	Masala Fada
2	Tuesday	Shira
3	Wednesday	Sukhadi
4	Thursday	Fada Lapsi
5	Friday	Vaghareli Idli
6	Saturday	Sweet pudala

Graph showing Knowledge of AWW regarding Breakfast



*n=100

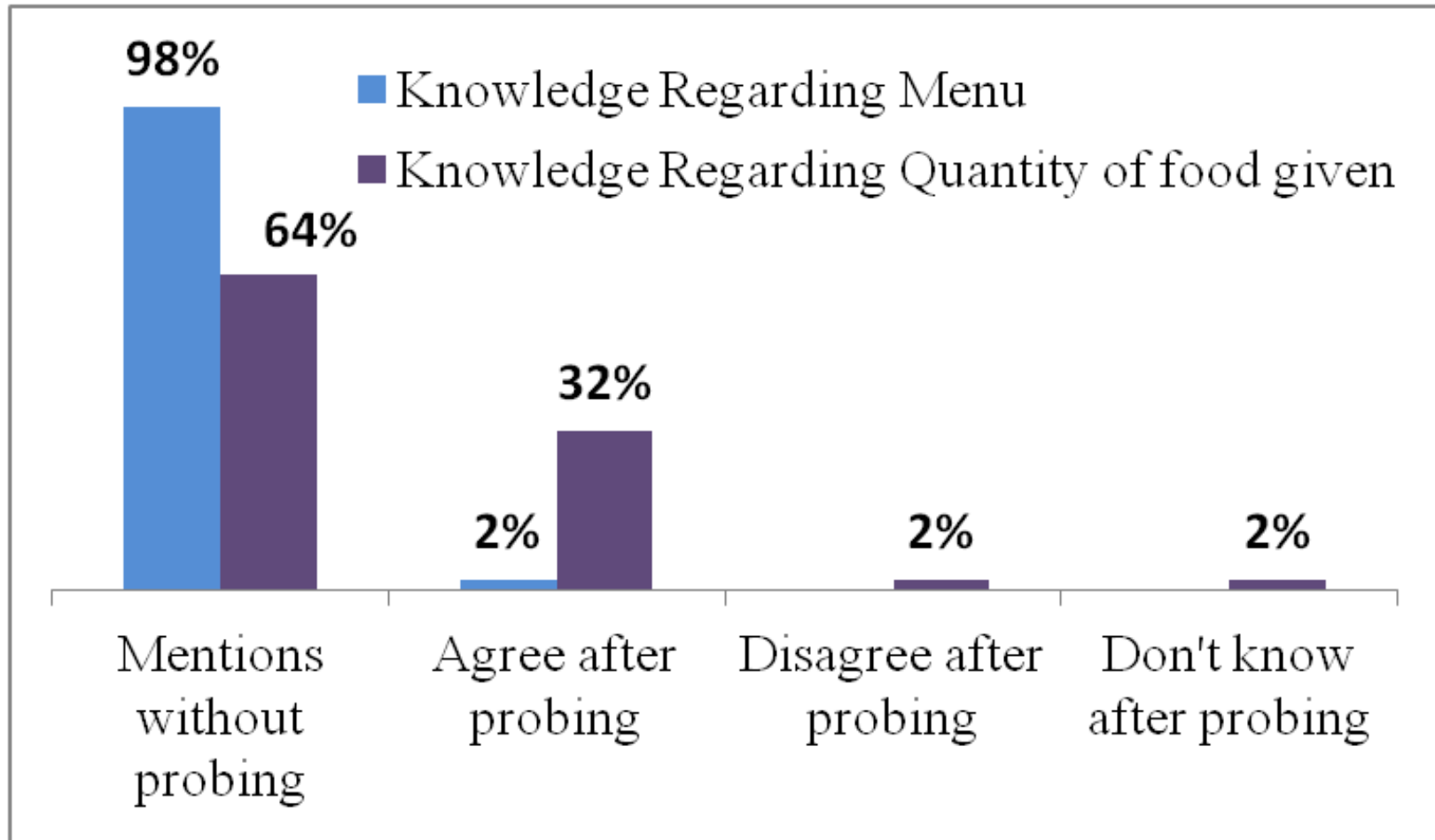
Hot Cooked After Noon Meal

- Freshly prepared hot cooked meal is prepared by AWW and AWHs.
 - Quantity: 80 gram
 - Beneficiaries: 3 – 6 years children

Table 4.6: Menu for Afternoon Meal

S. no.	Day	Menu
1	Monday	Masalawali Bhakhri/ Thepla with Tomato Chutney and Tuar Daal
2	Tuesday	Thepla with Tomato Chutney and Doodhi Chana Daal
3	Wednesday	Vegetable Pulav and sprouted Bengal Gram
4	Thursday	Rice with Daal and Vegetables
5	Friday	Bottle gourd dhebara with Tomato Chutney and sprouted Bengal Gram
6	Saturday	Vegetable Khichadi

Graph showing Knowledge of AWW regarding After Noon Meal

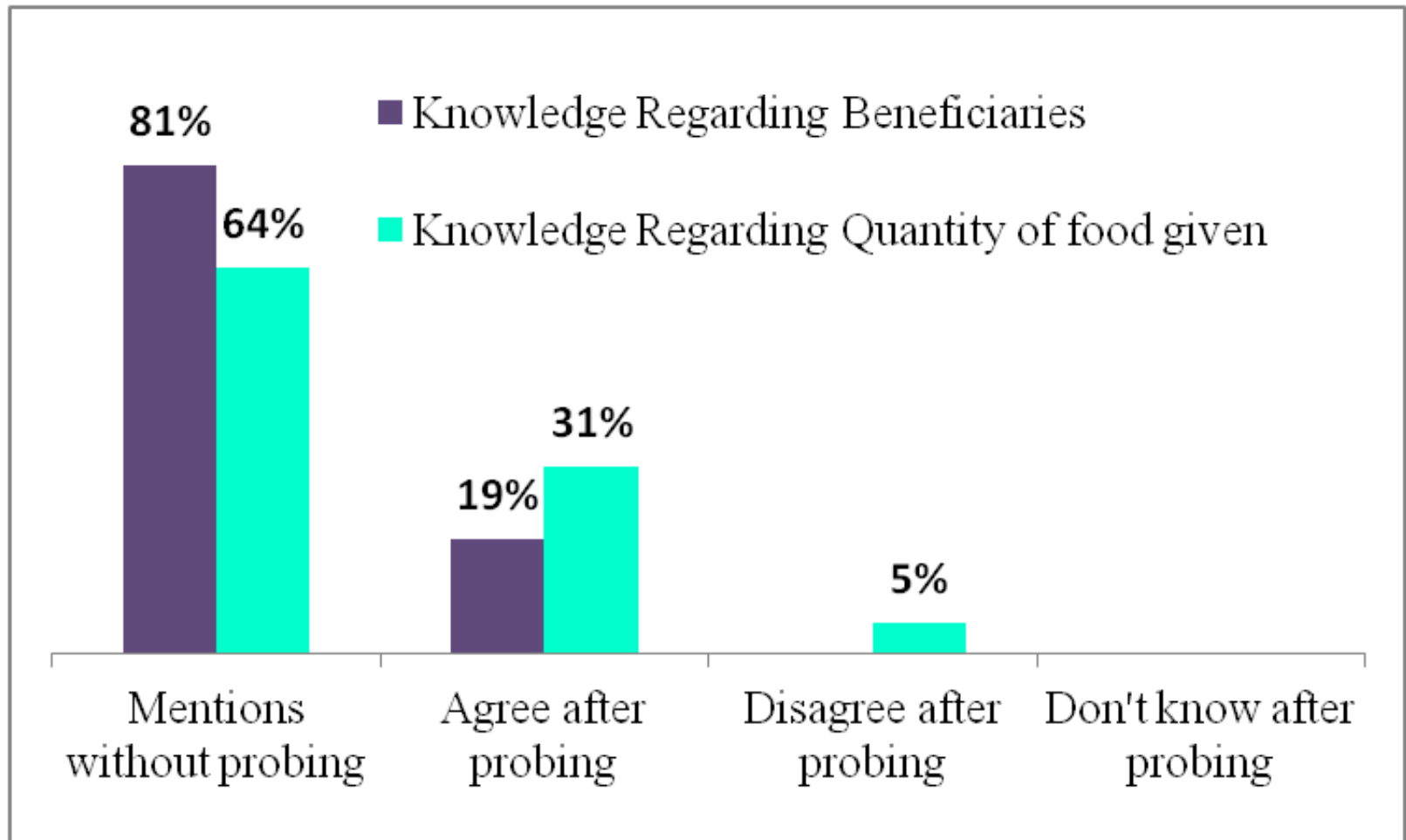


*n=100

Third Meal

- Third Meal' as 'Carry Away Meal' in form of laddus are given for weight gain
- Beneficiaries: moderate and severely underweight children among 3-6 years
- Quantity of third meal is 50 grams per child.

Graph showing Knowledge of AWW regarding Third Meal



*n=100

Knowledge assessment index of supplementary nutrition program for AWW

- This index was developed to see the overall knowledge of AWW regarding SNP.
- For calculating the score 24 indicators were taken.

Table 4.8: Range for Knowledge assessment index of supplementary nutrition program for AWW

S. No.	Computed score	Assigned Range
1	144	Excellent Knowledge regarding SNP
2	143 to 132	Very Good Knowledge regarding SNP
3	131 to 122	Good Knowledge regarding SNP
4	121 to 114	Fair Knowledge regarding SNP
5	Below 113	Poor Knowledge regarding SNP

Table 4.9: Knowledge assessment index of supplementary nutrition program for AWW

S. No.	Indicators	Frequency	Percent	Valid Percent	Cumulative Percent
1	Excellent Knowledge regarding SNP	4	4.0	4.0	4.0
2	Very Good Knowledge regarding SNP	65	65.0	65.0	69.0
3	Good Knowledge regarding SNP	25	25.0	25.0	94.0
4	Fair Knowledge regarding SNP	5	5.0	5.0	99.0
5	Poor Knowledge regarding SNP	1	1.0	1.0	100.0
6	Total	100	100.0	100.0	

Table 4.10: Reliability Statistics

Cronbach's Alpha	N of Items
.731	24

*n=100

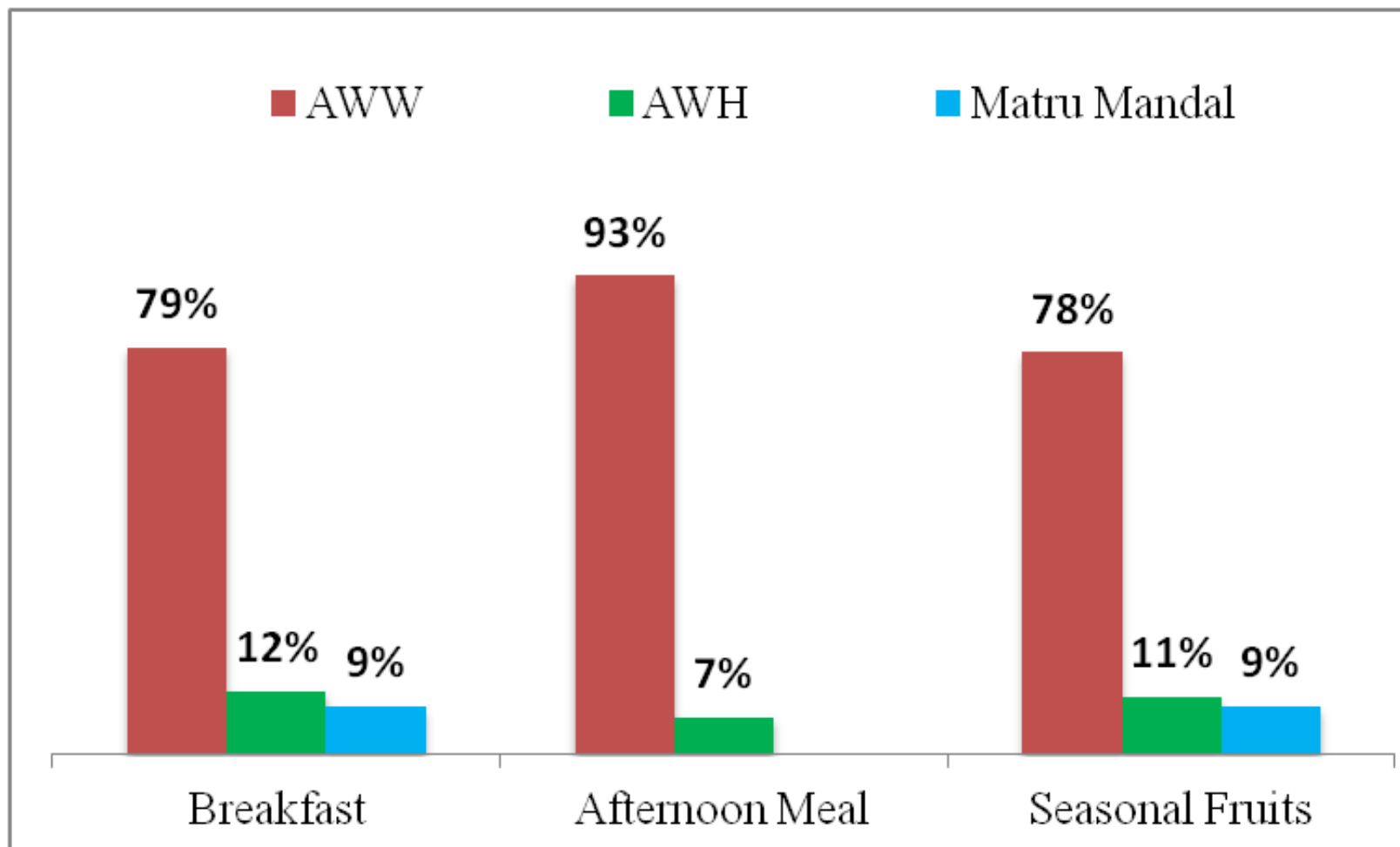
Implementation of Supplementary Nutrition Program

Table 4.11: Implementation of Supplementary Nutrition Program in percentage

S.No.	Services Provided	Yes	No
1	Balbhog given	100	0
2	EFBP	100	0
3	Breakfast	100	0
4	Hot cooked afternoon meal	100	0
5	Third Meal	90	10
6	Seasonal fruits	98	2

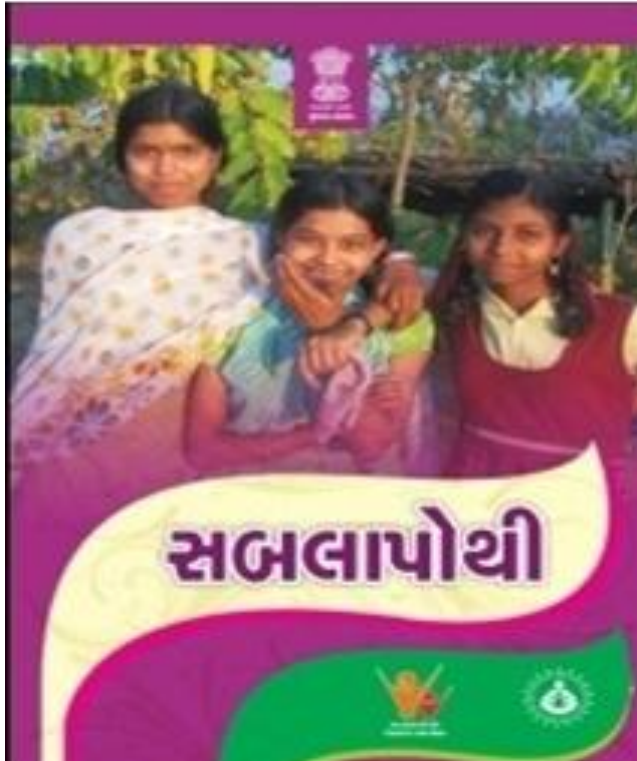
*n=100

Graph showing service providers of SNP in percentage



*n=100

Knowledge of AWW regarding SABLA



- The scheme focuses on all out-of-school adolescent girls and school-going girls, in age group 11-18 years.
- Under this scheme AGs receive life skills education, nutrition and health education, awareness about socio-legal issues, etc. This provides an opportunity for mixed group interaction between school-going and out-of-school girls, motivating the latter to also join school and help the school going to receive the life skills.

Basic knowledge about SABLA

- Six indicators were taken to measure the knowledge of anganwadi worker regarding balbhog. Following were the indicators:
 - Beneficiaries of SABLA Scheme
 - Nutrition Beneficiaries
 - Non Nutrition Beneficiaries
 - Sakhi Mandal
 - BMI Calculation
 - BMI Interpretation

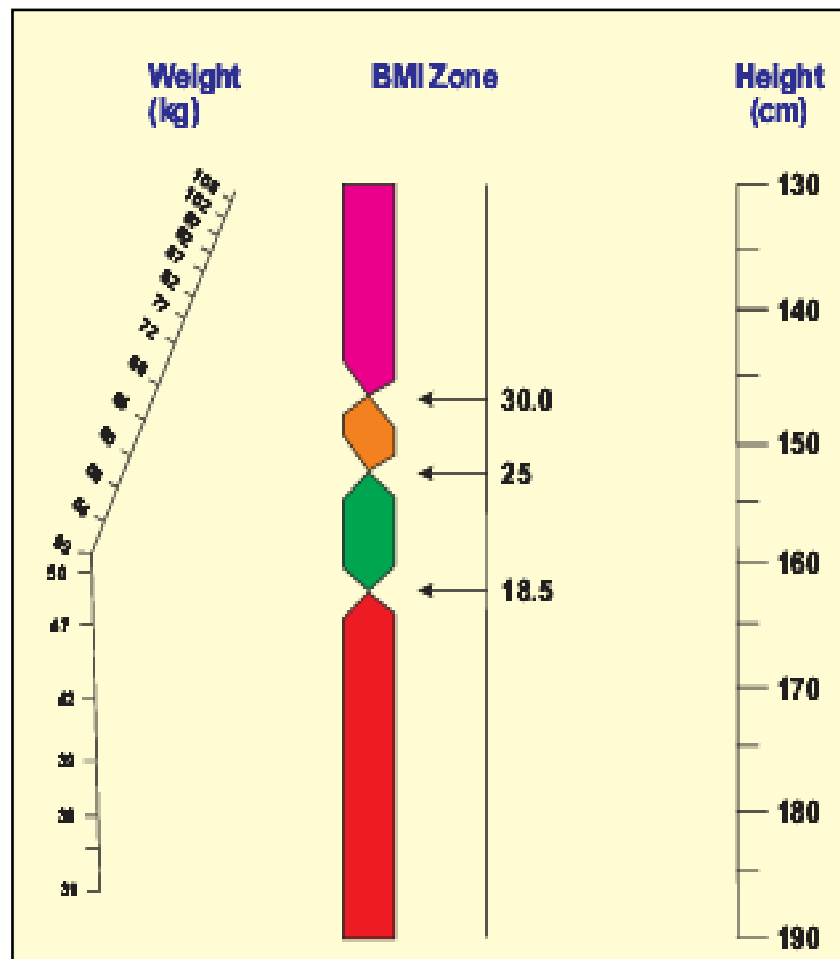
Basic knowledge about SABLA

Table 4.12: Knowledge regarding Basic Parameters of SABLA

S. No.	Indicators	Frequency	Percent	Valid Percent	Cumulative Percent
1	Excellent Knowledge regarding Basic Parameters of SABLA	34	34.0	34.0	34.0
2	Good Knowledge regarding Basic Parameters of SABLA	50	50.0	50.0	84.0
3	Fair Knowledge Basic Parameters of SABLA	14	14.0	14.0	98.0
4	Poor Knowledge regarding Basic Parameters of SABLA	2	2.0	2.0	100.0
5	Total	100	100.0	100.0	

*n=100

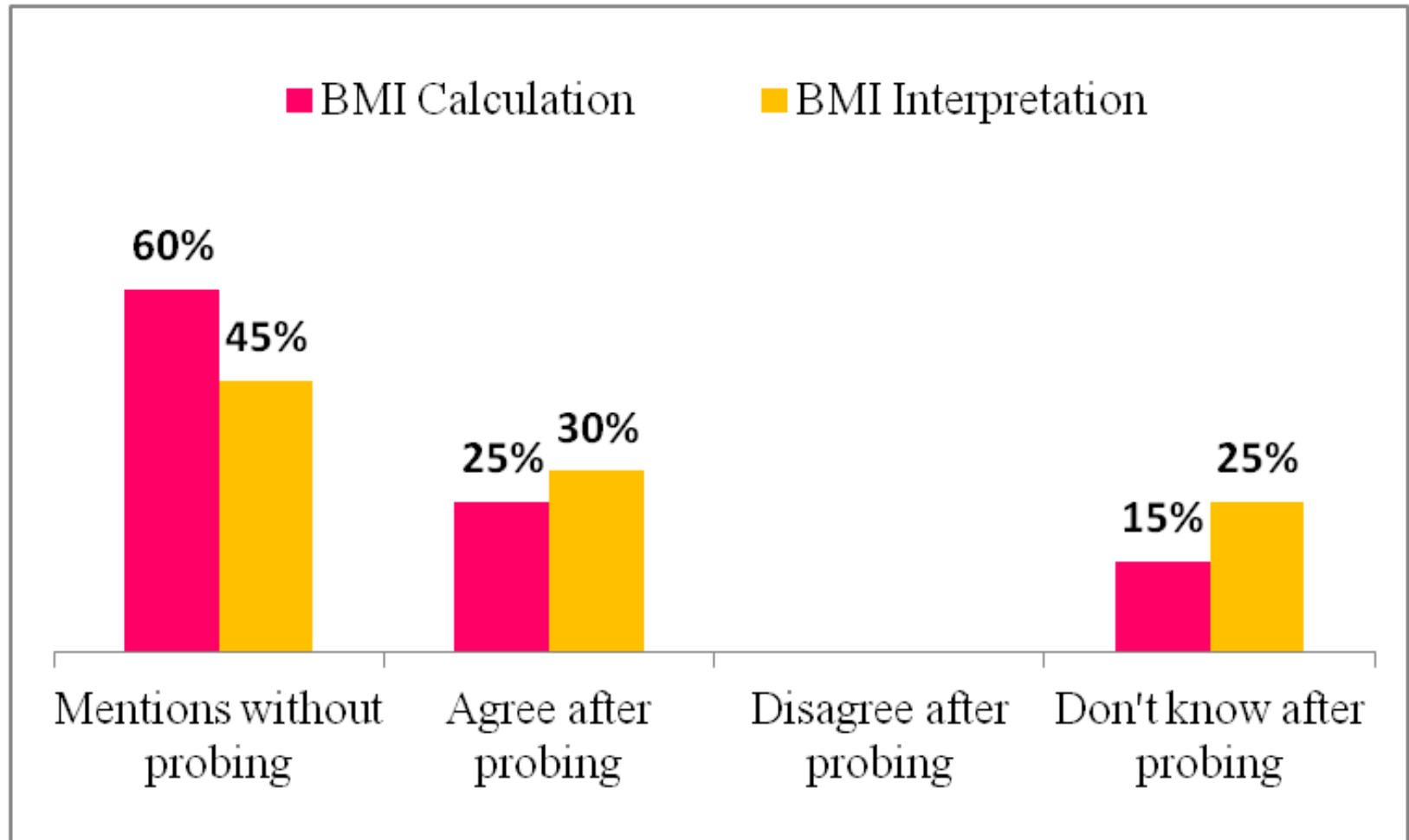
BMI Calculation and its interpretation



Correlation between BMI Zone and Nutritional Status

Red	: Less than 18.5	: Malnourished
Green	: 18.5-25	: Normal
Orange	: 25-30	: Mildly Overweight
Pink	: 30 or more	: Overweight

Graph showing knowledge of AWW regarding BMI Calculation and its interpretation



*n=100

Knowledge of AWWs regarding the Non nutritional components of SABLA

- Non Nutrition Component: 14 -18 years AGs : All girls
- For Out of school AGs :
 - a) 11-18 years
 - Nutrition provision,
 - IFA supplementation,
 - Health check-up and Referral services,
 - Nutrition & Health Education (NHE),
 - Counseling/Guidance on family welfare, ARSH, child care practices,
 - Life Skill Education and accessing public services
 - b) 16-18Years
 - Vocational training under National Skill Development Program (NSDP)

Knowledge of AWWs regarding the Non nutritional components of SABLA

Table 4.13: Knowledge of AWWs regarding Non Nutritional Components of SABLA

S. No.	Indicators	Frequency	Percent	Valid Percent	Cumulative Percent
1	Excellent Knowledge	23	23.0	23.0	23.0
2	Good Knowledge	60	60.0	60.0	83.0
3	Fair Knowledge	10	10.0	10.0	93.0
4	Poor Knowledge	2	2.0	2.0	95.0
5	No Knowledge	5	5.0	5.0	100.0
6	Total	100	100.0	100.0	

*n=100

Knowledge of AWWs regarding kishori diwas

- It is celebrated once in three months on a fixed day.
- Following services are provided on Kishori Diwas:
 - General health check-up
 - Filling up of Kishori Cards,
 - Referral,
 - Nutrition and health education,
 - Demo of preparing nutritious recipes,
 - BCC sessions and IEC to community, parents, siblings
 - Day at which it is celebrated

Knowledge of AWWs regarding kishori diwas

Table 4.14: Knowledge of AWWs regarding Kishori Diwas

S. No.	Indicators	Frequency	Percent	Valid Percent	Cumulative Percent
1	Excellent Knowledge regarding Kishori Diwas	37	37.0	37.0	37.0
2	Good Knowledge regarding Kishori Diwas	45	45.0	45.0	82.0
3	Fair Knowledge regarding Kishori Diwas	18	18.0	18.0	100.0
	Total	100	100.0	100.0	

*n=100

Knowledge of AWWs regarding components kishori Kit

- Assist AGs in understanding various health, nutrition, social and legal issues.
- Sakhi and Saheli will be trained to use the Kit for imparting peer education.
- The contents of the kit are:
 - Apron on the anatomy and physiology of female body
 - Mehendi book, receipe book
 - Sanitary napkins
 - Flash cards on legal issues, health and nutrition issues,
 - Mirror to detect anemia,
 - Snakes & ladder,
 - Deck of playing cards with health, nutrition and legal issues.

Knowledge of AWWs regarding components kishori Kit

Table 4.15: Knowledge of AWWs regarding Components of Kishori Kit

S. No.	Indicators	Frequency	Percent	Valid Percent	Cumulative Percent
1	Excellent Knowledge regarding Components of Kishori Kit	43	43.0	43.0	43.0
2	Good Knowledge regarding Components of Kishori Kit	36	36.0	36.0	79.0
3	Fair Knowledge regarding Components of Kishori Kit	21	21.0	21.0	100.0
4	Total	100	100.0	100.0	

*n=100

Knowledge assessment index of SABLA Scheme for AWW

- This index was developed to see the overall knowledge of AWW regarding SABLA.
- For calculating the score 26 indicators were taken.

Table 4.16: Range for Knowledge assessment index of SABLA Scheme for AWW

S. No.	Computed score	Assigned Range
1	156	Excellent Knowledge regarding SNP
2	155 to 132	Very Good Knowledge regarding SNP
3	131 to 122	Good Knowledge regarding SNP
4	121 to 102	Fair Knowledge regarding SNP
5	Below 101	Poor Knowledge regarding SNP

Table 4.17: Knowledge assessment index of SABL A Scheme for AWW

S. No.	Indicators	Frequency	Percent	Valid Percent	Cumulative Percent
1	Excellent Knowledge regarding SABL A Scheme	4	4.0	4.0	4.0
2	Very Good Knowledge regarding SABL A Scheme	54	54.0	54.0	58.0
3	Good Knowledge regarding SABL A Scheme	9	9.0	9.0	67.0
4	Fair Knowledge regarding SABL A Scheme	25	25.0	25.0	92.0
5	Poor Knowledge regarding SABL A Scheme	8	8.0	8.0	100.0
6	Total	100	100.0	100.0	

Table 4.18: Reliability Statistics

Cronbach's Alpha	N of Items
.852	26

*n=100

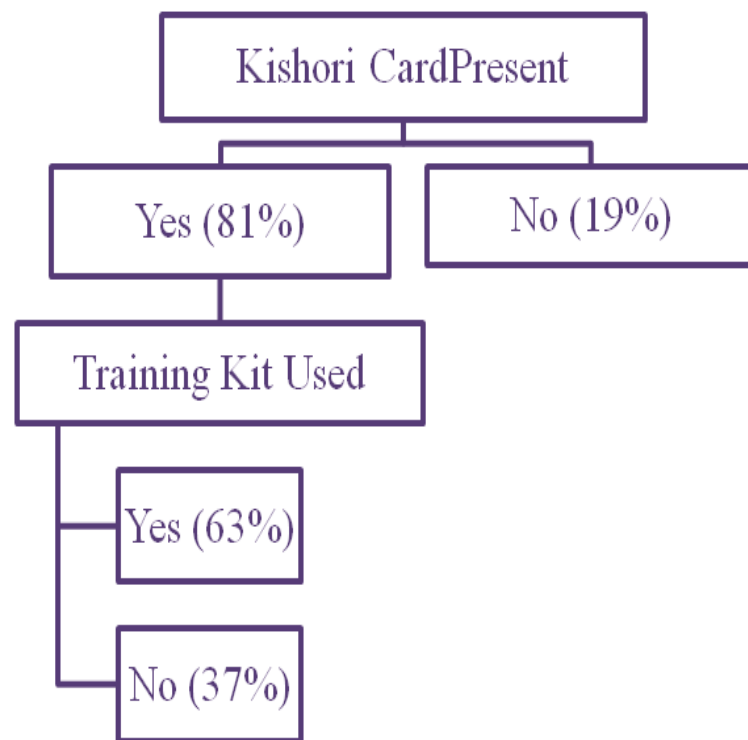
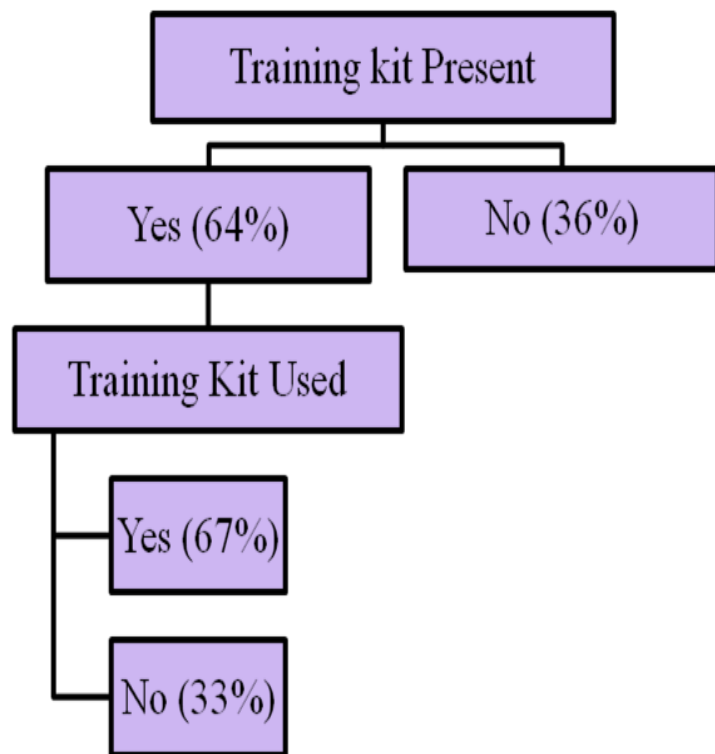
Implementation of SABLA

Table 4.19: Implementation of SABLA scheme

S. No.	Indicators	Yes	No
1	Presence of Sakhi mandal	75	25
2	Activities done for adolescent girls at AWC	47	53
3	Is kishori diwas is celebrated?	94	6
4	IFA supplementation Given	81	19
5	Deworming tablets given	76	24
6	Counseling related to Health and Nutrition given	83	17
7	Life Skill Education given	55	45
8	Vocational training given	71	29

*n=100

Presence of Training Kit and Kishori Card at AWC and their Utilization by AWW



*n=100

Conclusion

- The overall knowledge of anganwadi workers regarding supplementary nutrition program is good in Dahod Taluka. However, Most of the workers lack in the technical knowledge like shelf life of balbhog and quantity of food given in different interventions of ICDS related to nutrition. Also, workers knowledge regarding SABLA needs improvement. AWWs lack in activities like nutrition and health education and life skill education. Apart from this sharpening of the skills related to BMI calculation and its implementation is also required. However, the implementation part is satisfactory for both. For improving the knowledge of AWWs, refresher trainings are required. Also, on the job mentoring and hand holding from the supervisor's end could also be beneficial.

Limitations

- Generalization of the findings cannot be done due to small sample size.
- Language barrier.

Thank You