

Assessing the prevalence and cause of Malnutrition in children under 0-2 years of age in Gangoh block.

ORGANIZATION SECTOR PROFILE

- CARE India is a member of the CARE International confederation that support humanitarian and development programs inside India through technical support ,advocacy, fundraising and communication.

- Mission** : To save lives, enable social protection and defeat poverty.

- Vision** : To seek a world of hope that is inclusive and just, where all people live in dignity and security.

Brief Description about Organization

- The core programmatic components of CARE India is empowerment of women and girls from poor and marginalized communities leading to improvement in their lives and livelihoods.

- CARE India has launched its project on November 2022 to April 2024 and its name 1000 IR implies, provides maternal and child care from the beginning of pregnancy till the baby is 2-year-old i.e., 1000 days since the start of the pregnancy.

Malnutrition

Abstract:

Malnutrition among children under the age of 0-2 years is a critical public health issue, affecting their physical and cognitive development. This project report aims to assess the prevalence and causes of malnutrition in this age group. The study employs a systematic literature review, data analysis and questions asked to the respondent from the questionnaire built. The findings highlight the significance of addressing malnutrition in early childhood and offer recommendations to mitigate its cause.

Childhood malnutrition condition in Uttar Pradesh

Stunting: The prevalence of stunting (impaired growth and development) among children under five years in Uttar Pradesh is relatively high. NFHS-5 data shows that approximately 41.6% of children in the state are stunted.

Wasting: The prevalence of wasting (acute weight loss) among children under five years in Uttar Pradesh is also a concern. NFHS-5 data indicates that around 22.9% of children in the state are wasted.

Underweight: The proportion of underweight children under five years in Uttar Pradesh is significant. According to NFHS-5, approximately 35.1% of children in the state are underweight.

Learning And Value Additions

- Visits to AWW center provided insights into daily operations such as Vajan Diwas,Ann-prasahan,Godh – bharai,Kishori diwas.

- Understood the working condition of healthcare facilities Sub-centers, Community Health center, Primary Health Center.

- Attended various events organized by AWW gave insights about promoting positive health practices during pregnancy, and after birth of a child.

- Attended a training program “Ek Kadam Suposhan ki aur ” organized by CARE India on the initiative taken by Uttar Pradesh government for the beneficiaries pregnant women , SAM children , Lactating mothers.

- Regular attendance at the weekly meetings of AWWs allowed for direct interaction with them and provided a platform to discuss the challenges and issues faced in the field. These meetings provided a forum for sharing experiences, seeking clarifications, and exploring solutions to address the hurdles faced by AWWs in providing effective services.

- Visits to various Village Health, Sanitation, and Nutrition Day (VHSND) sites offered a chance to observe the collaborative efforts of Auxiliary Nurse Midwives (ANMs) and AWWs.

Objective

To assess the prevalence and explore the causes of malnutrition in children under 0 -2 years of age.

Methodology

Study Design:

Cross – sectional study design with quantitative data collection technique. It will discuss a variety of topics related to various causes of malnutrition.

Sample Size:

A sample size of 100 children aged 0 -2 years was determined based on feasibility consideration and available resources. The sample is to be collected from 7 different panchayat Gangoh, Lucknowti ,Salarpura, Buddhakheda, Sanga Theda ,Sikandarpur , Dudhla .

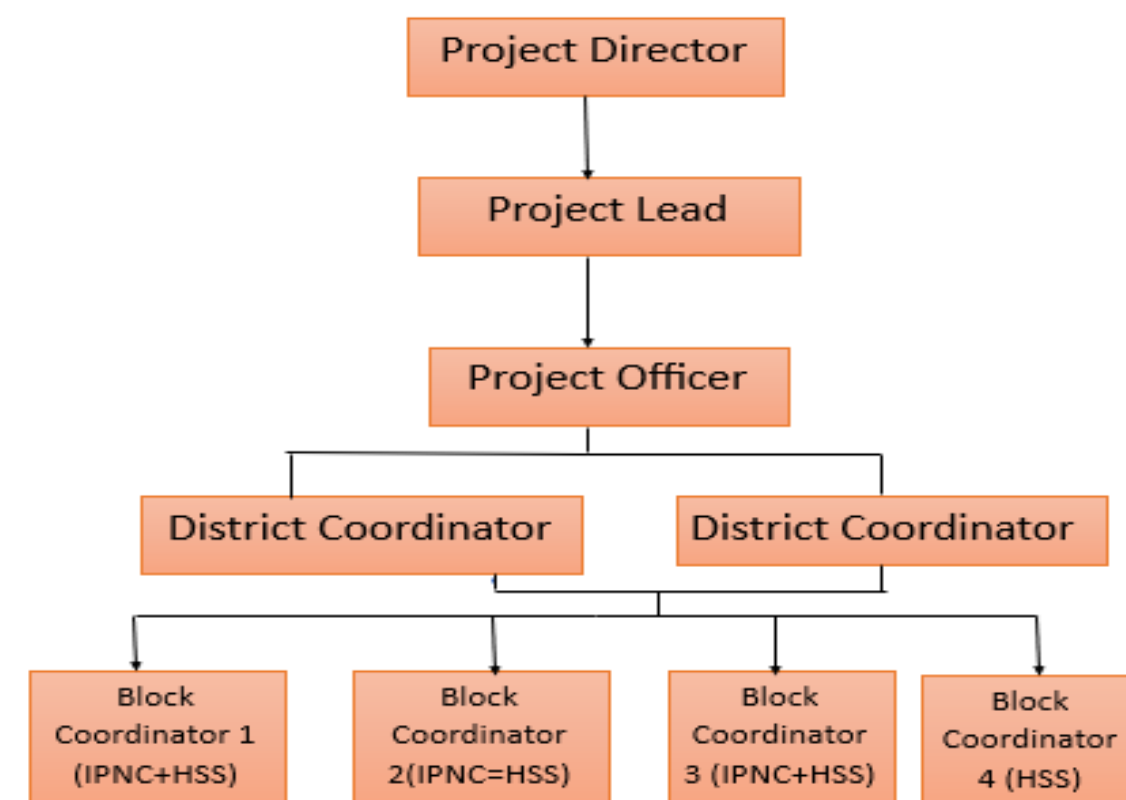
Data Collection:

Data was collected in the AWW centres as it was the only source where anthropometric measurement can be done. A questionnaire was formed (Annexure 1) and pre – tested in the field, which collected data on Caregiver’s socio – economic, demographic, and present Anthropometric measurement including height and weight.

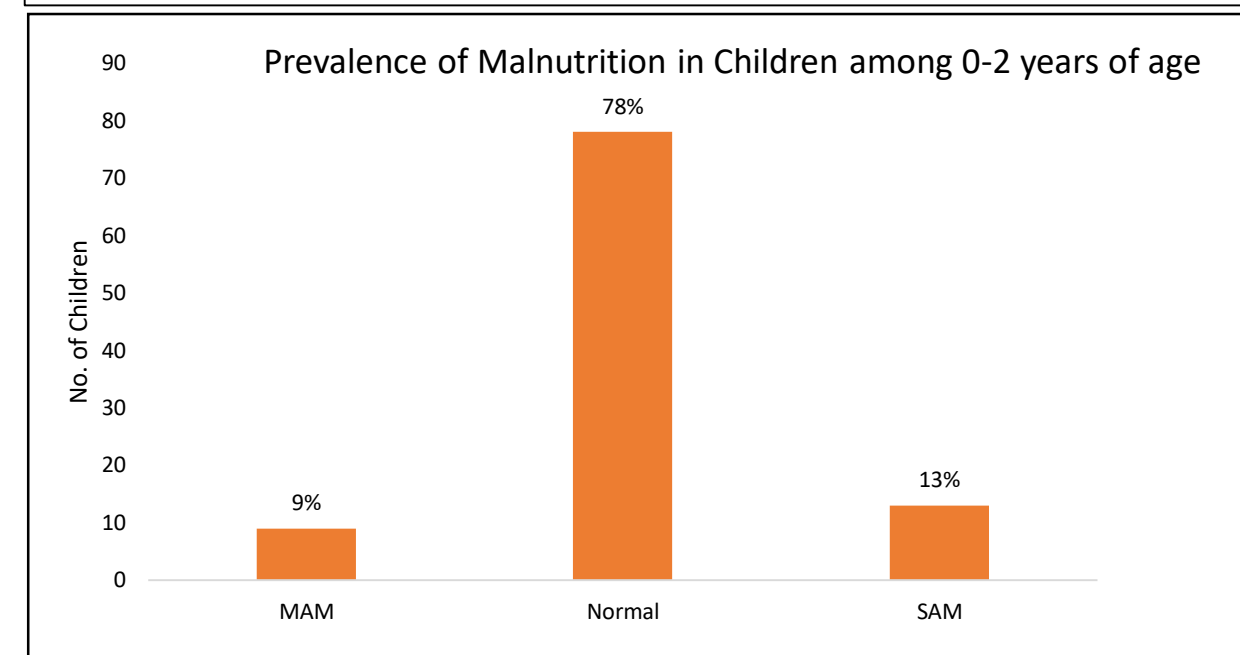
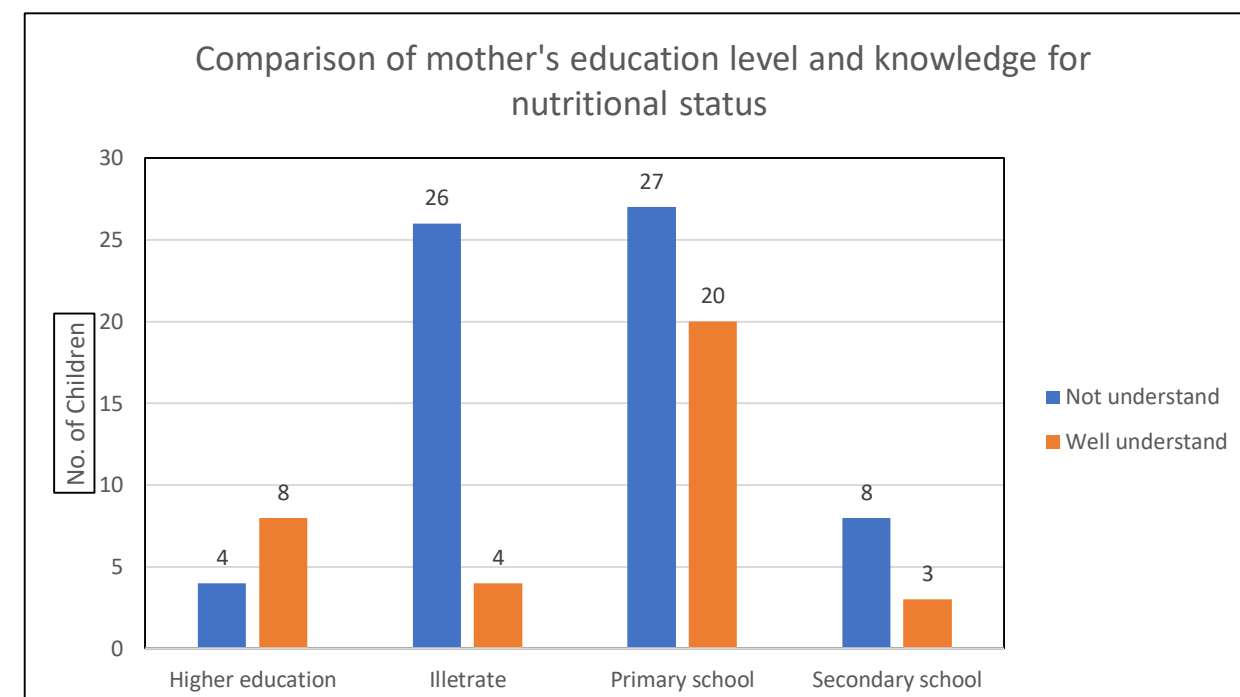
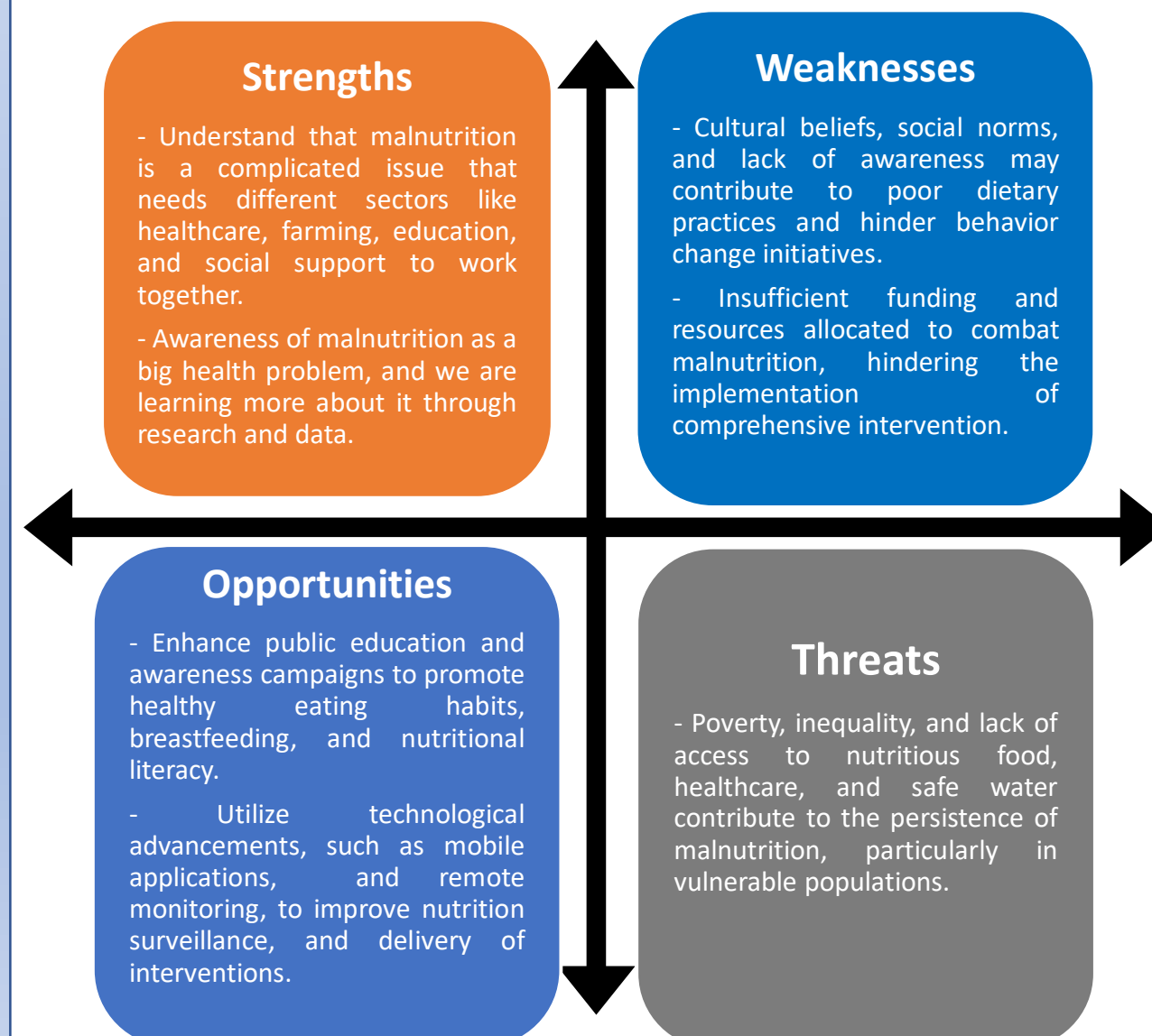
ANALYSIS/STUDY TOOL:

Data was entered and analyzed in Microsoft Excel. Ethical approval from institutional ethical committee has been obtained.

Organisation Structure



SWOT Analysis



Findings

- Total number of Children recorded were 100 and were classified on the basis of their Anthropometric measurements into SAM and MAM . The graph indicates that 22% of children are malnourished.
- The comparison of mother’s education level and knowledge for nutritional status suggest that mother’s education has an impact on nutritional status. Twenty five percent of children with illiterate mother’s does not have proper knowledge of their children’s nutritious diet.

Practical Exposure Vs Theoretical Work

- Theoretically, I studied a lot about public healthcare system, which when comes to practical implementation becomes a little difficult .
- Theoretically it’s easy to run any program in documents but practically at ground level it differs in criteria like the population where it’s to be implemented ,place and behavior of the people.
- Ground reality for real performance of any sector can be easily understood by practical aspects but theoretically it’s only number can be analyzed which may or may not be same.
- Many of the schemes are provided to citizens by the government in documents but practically many of the things maybe missing.

Usefulness of Internship

- Great learnings of discipline, communication skills, leadership skills and the working in organization with the senior staff and able to find out my weaknesses.
- Get to know the exact situation of public healthcare sector by visiting field and meeting with different professionals..
- Able to gain confidence by applying both practical and theoretical concepts in field.

Suggestions

- Promotion of Complimentary Feeding practices
- Ensuring low cost nutritious food through Public Distribution System.
- Effective Screening and monitoring at community level.
- Regular follow –up for effective monitoring of the children.

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Organisation name-CARE India