IIHMR UNIVERSITY

Study on Malnutrition among children and Maternal health status in Satwas Tehsil, Dewas Dist., M.P.

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Samaj Pragati Sahayog

INTRODUCTION

Samaj Pragati Sahayog (SPS) : Founded in 1990

Thematic Area of Work: Watershed, Self help group, Agriculture, Livelihood, Kumbaya, Health and Nutrition

Focus: Health and Nutrition

OBJECTIVES

- To study status of malnutrition among children (0-5) years
- To study of pregnant women status (Anemic women)
- To study of lactating women status

METHODOLOGY

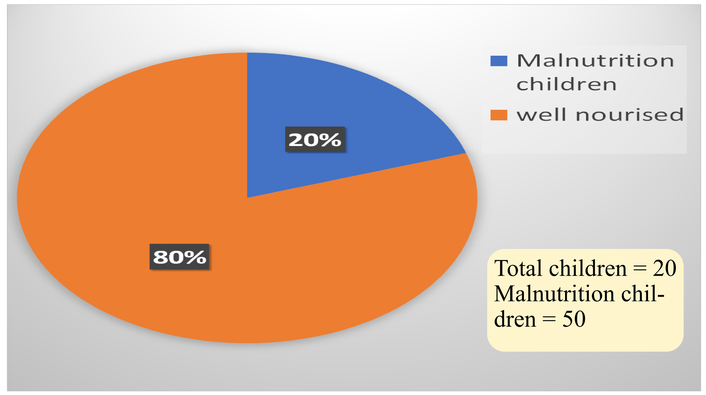
- Type of Study: **Descriptive Cross Sectional**
- **Area of study**: Satwas Tehsil, Dewas Dist., M.P
- **Sample Size** : 158 Households from 26 villages

- Data Collection tools : **Semi Structure questionnaire, interactions, observations**
- **Data Collection** : through regular meetings, visiting households, pregnant women and malnutrition children, Measurement of children through Weight machine, Height measure tape and MUAC tape and through growth monitoring chart, in coordination with together with Anganwadi
- Total no of children = 250
- Total no of Pregnant women = 141

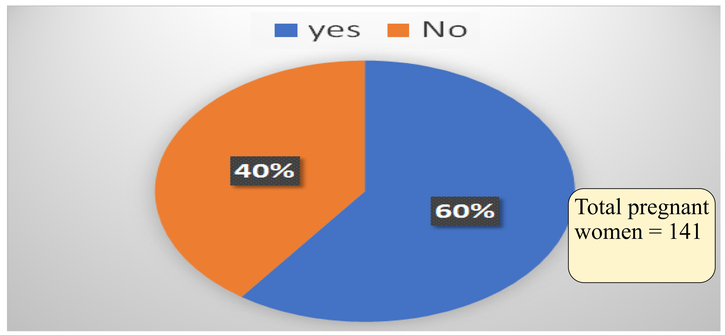
OBSERVATION

- Women were uneducated
- There is poverty-many HH live in kutcha houses and have small land holdings
- SHG intervention in villages is active and participation of community is good.
- Only some Anganwadi were well functioning
- There is majority of Muslim, Harijan and Thakur Samaj
- They use seasonal foods, like Dal, Palak, Laoki and all types of vegetables
- People of villages are dependent on Agriculture
- Kumbaya is well functioning in Satwas location

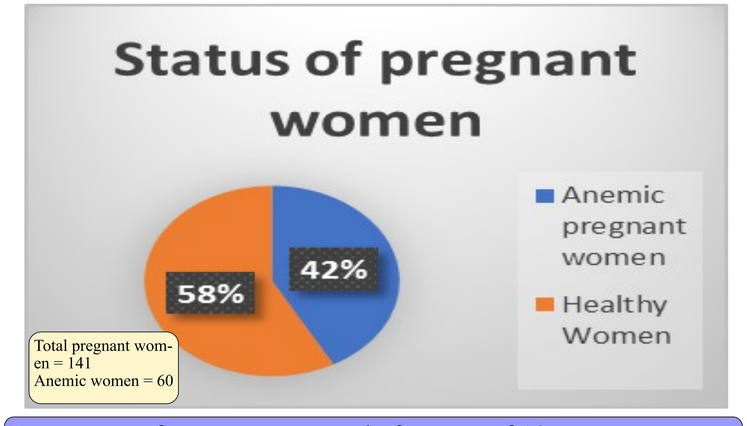
Respondent malnutrition children status



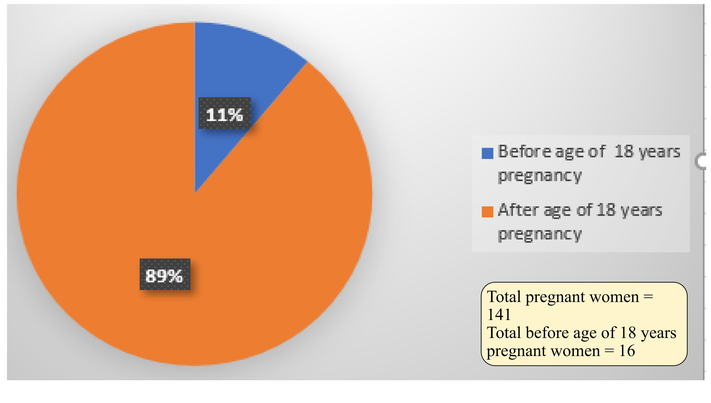
Percentage of women who know about benefits from Anganwadi



Respondent Anemic pregnant women status



Percentage of pregnant women before age of 18 years pregnancy



Major findings

- 80% women knew that vaccination is necessary after delivery
- Only 50% parents were agree to go NRC for there malnutrition children
- 50% of women were know about perfect breastfeeding
- Women were not taking difference between 2 children's
- 16 women who had pregnancy before age of 18 years, out of them 2 children were malnourished

Conclusion

- The parents have different perspective on malnutrition, they do not want to take NRC till the critical condition of their children
- Anemic pregnant women status could be reduced by spreading awareness of good diet, iron and folic Acid by ANM
- The awareness of the breastfeeding was low i.e. 50%, it may be increase through Anganwadi worker's

Recommendation

- Anganwadi workers should be motivated and given proper training on how much quantity provide to pregnant women, lactating women and 6 month to 3 years children
- ASHA worker should go to household to aware about ANM
- Adequate family planning measures should be communicated
- Adolescent girl group meeting, should be conducted ,so that they can take preventive action for anemia
- Aware about all immunization, iron and calcium tablets to pregnant women
- Aware about proper breast feeding and food to lactating women
- Access to knowledge and support to stop use of tobacco products during pregnancy

Learning

- How to communicate with villagers
- Knowledge about Total immunization for pregnant women and 0-5 years children
- Know about different development and welfare Schemes
- How to conduct a meeting with villagers
- For more strong result we have to connect with there traditions