

**NATIONAL NUTRITIONAL
PROGRAMMES
(FIRST YEAR BASIC B.SC. NURSING)**

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CLINICAL INSTRUCTOR

KBNC

National Nutrition Programs

- Integrated Child Development Services Scheme (ICDS)
- Mid-day Meal Programme (MDM)
- Special Nutrition Programme (SNP)
- National Nutritional Anemia Prophylaxis Programme
- National Iodine Deficiency Disorders Control Programme

INTEGRATED CHILD DEVELOPMENT SERVICE (ICDS) SCHEME



- Launched on 2nd October 1975.
- India's response to the challenge of providing pre-school education on one hand and breaking the vicious cycle of malnutrition, morbidity, reduced learning capacity and mortality, on the other.
- The ICDS national development program is one of the largest in the world.
- It reaches more than 34 million children aged 0-6 years and 7 million pregnant and lactating mothers

Special Features of ICDS Programme



ICDS OBJECTIVES

- To **improve the nutritional status** of preschool children 0-6 years of age group.
- To lay the **foundation of proper psychological development** of the child
- To **reduce the incidence of** mortality, morbidity malnutrition and school drop out
- To achieve effective coordination of policy and implementation in various departments to **promote child development**
- To **enhance the capability of the mother** to look after the normal health and nutritional needs of the child through proper nutrition and health education.

Beneficiaries

- Pregnant women
- Nursing Mothers
- Children less than 3 years
- Children between 3-6 years
- Adolescent girls(11-18 years)



Children under 1 year



1-3 years



3-6 years



Health Check-ups



Immunization



Growth Promotion and Supplementary Feeding



Referral Services



Early Childhood Care & Pre-school Education



Nutrition & Health Education

Adolescent Girls - Kishori Shakti Yojna (11-18 years)



Pregnant Women



Nursing Mothers

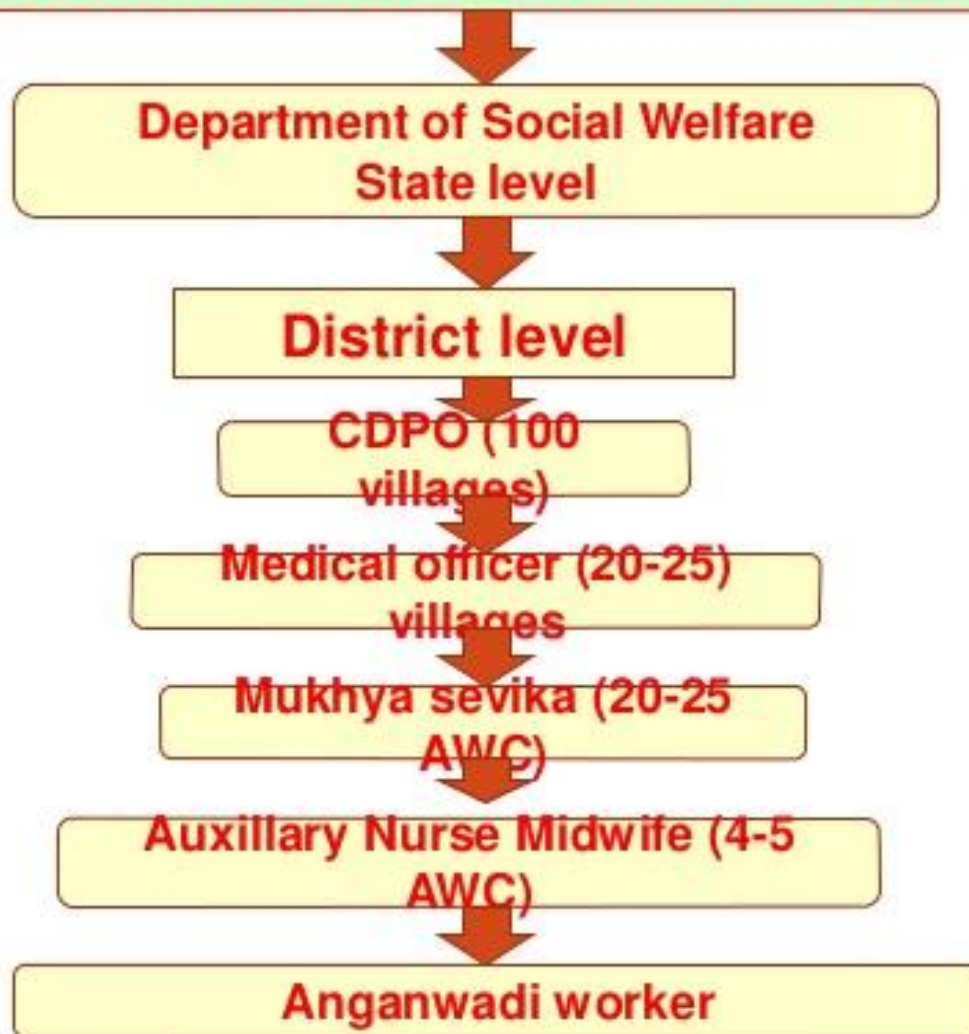


All Women (15-45 years)



Department of Women & Child Development

ORGANIZATION



ICDS

COMPONENTS

- Health Check-ups.
- Immunization.
- Growth Promotion and Supplementary Feeding.
- Referral Services.
- Early Childhood Care and Pre-school Education.
- Nutrition and Health Education.

Supplementary nutrition

- **Child upto 6 years of age:** 300 KCal and 8-10 grams of protein
- **Adolescent girl:** 500KCal and 20-25grams of protein
- **Pregnant women and lactating mother:** 500 KCal and 20-25 gms of protein
- **Malnourished child:** 600KCal and 16-20 grams of protein

Referral Services

- During health check-ups and growth monitoring, sick or malnourished children, in need of prompt medical attention, are referred to the Primary Health Centre or its sub-centre.
- The anganwadi worker has also been oriented to detect disabilities in young children.
- She enlists all such cases in a special register and refers them to the medical officer of the Primary Health Centre/ Sub-centre

MIDDAY MEAL PROGRAMME

- ▶ The **Midday Meal Scheme** is the popular name for school meal programme in India which started in the **1960s**. It involves provision of lunch free of cost to school-children on all working days.

Objectives

- ▶ Protecting children from classroom hunger,
- ▶ Increasing school enrolment and attendance,
- ▶ Strengthening child nutrition and literacy
- ▶ Improved socialisation among children belonging to all castes,
- ▶ Addressing malnutrition, and
- ▶ Social empowerment through provision of employment to women.

MIDDAY MEAL PROGRAMME

Beneficiaries

- ▶ Children attending the primary school.
- ▶ Children belonging to backward classes, scheduled caste, and scheduled tribe families are given priority.

The Scheme covers students (Class I–V) in the Government Primary Schools / Primary Schools aided by Govt. and the Primary Schools run by local bodies.



MIDDAY MEAL PROGRAMME

- ▶ Food grains (wheat and rice) are supplied free of cost @ 100 gram per child per school day where cooked/processed hot meal is being served with a Minimum content of 300 calories and 8–12 gms of protein each day of school for a minimum of 200 days and 3 kgs per student per month for 9–11 months in a year, where food grains are distributed in raw form.
- ▶ In drought affected areas the mid day meal is distributed in summer vacations also.



SPECIAL NUTRITION PROGRAMME

- ▶ The programme was launched in the country in 1970–71 to improve the nutritional status of specific target groups.
- ▶ It provides supplementary feeding of about 300 calories and 10 grams of protein to preschool children and about 500 calories and 25 grams of protein to expectant and nursing mothers for six days a week.

Objectives

- ▶ Improve the nutritional status of specific target groups.
- ▶ Provides supplementary nutrition and health care services.
- ▶ Supply of Vitamin 'A' solution, iron and folic acid tablets.

Beneficiaries


- ▶ Children under 6 years and
- ▶ Pregnant and lactating mothers.

SPECIAL NUTRITION PROGRAMME

- ▶ The program is operated in the urban slums, tribal areas, backward rural areas. Supplementary nutrition is provided for 300 days every year.
- ▶ Children under 6 years – 300kcal, 10–12g protein, Pregnant and lactating women – 500kcal, 25g protein.
- ▶ Now the special nutrition program is integrated with the ICDS (Integrated Child Development Services)



BALWADI NUTRITION PROGRAMME

- ▶ Balwadi Nutrition Program (India) was introduced in 1970 to provide nutritional support to children.
 - ▶ It is under the control of the Department of Social Welfare. 4 National level organisations (including Indian Council of Child Welfare) are given grants as a part of this program.
 - ▶ The voluntary organisations that receive the grants are responsible for the running of this program
 - ▶ The program is implemented through Balwadis – they provide education and nutritional support. Food supplement provides 300kcal and 10g proteins. Balwadi nutrition program is being phased out in favour of the Integrated Child Development Services (ICDS)
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BALWADI NUTRITION PROGRAMME

Objectives

- ▶ Supply about one-third of the calorie and half of the protein requirements of pre-school children between the age of 3–5 years
- ▶ Improve the nutritional status.

Beneficiaries

- ▶ 1. Children of 3–6 years of age in rural areas



Wheat-based nutrition programme

- Centrally sponsored programme, **launched in 1986.**
- Implemented by the **Ministry of Women & Child Development**

Beneficiaries:

- Children below 6 years of age and expectant /lactating women from disadvantaged sections
- Implemented through ICDS

Services:

- Implemented through ICDS
- Providing nutritious/ energy food to the beneficiaries

National Nutritional Anemia Prophylaxis Programme

Programme was launched during 4th 5-year plan in 1970 by the Ministry of Health and Family Welfare

Objective:

Prevention of nutritional anemia in mothers and children

Beneficiaries

- Children 1-5years of age
- Expecting and lactating mothers
- Family planning (IUD) acceptors

Services:

- **Expecting and lactating mothers** as well as IUD acceptors -60 mg of elemental iron + 0.5 mg folate everyday for 100 days.
- **Children 1-5 years-** 20mg of elemental iron + 0.1 mg folate everyday for 100 days.

National Iodine deficiency disorder control programme

- Launched in 1962, at the end of 2nd 5-year plan by MOHFW,GOI
- Focuses on use of Iodised Salt – Replace of common salt with iodised salt,
- Use of Iodized oil Injection to those suffering from IDD, Oral administration as prophylaxis in IDD severe areas

Objectives

- Surveys to assess the magnitude of IDD.
- Supply of iodised salt
- Lab monitoring of iodised salt and UIE
- Health education.

Strategy

- Iodise entire edible salt in the country by 1992.
- Ban of non-iodised salt under PFA act (1954).

THANK YOU