

Nutritional Status & Diet Patterns of Children under-5 in select districts of Assam

Presenter Name: **Jith J R**
PhD Research Scholar
Department of Humanities and Social Sciences
Indian Institute of Technology Guwahati



Objectives

- To understand the nutritional status of children under 5, complementary feeding practices, and diet patterns in districts of lower Assam, a region with a high incidence of malnutrition and maternal and child mortality.
- Part of a larger “Survey of Nutritional Status of Children under five in select districts of Assam”. A joint study by Directorate of Economics and Statistics Assam & Dept HSS IITG lead by **Dr. Rajshree Bedamatta** (Prof. Economics)

Methods

- Primary data collected from **987** households with children under 5 in 7 districts (5 Aspirational districts) of Lower Assam.
- Survey conducted between September 2019 and February 2022.
- Mothers of the children or other primary caregivers were the respondents.
- The survey schedule comprised **socio-economic details** of the household, mother and child **anthropometric measures**, **24-hour recall of the child's dietary intake**, and information on **household food consumption** for the month predating the survey.

Study Area

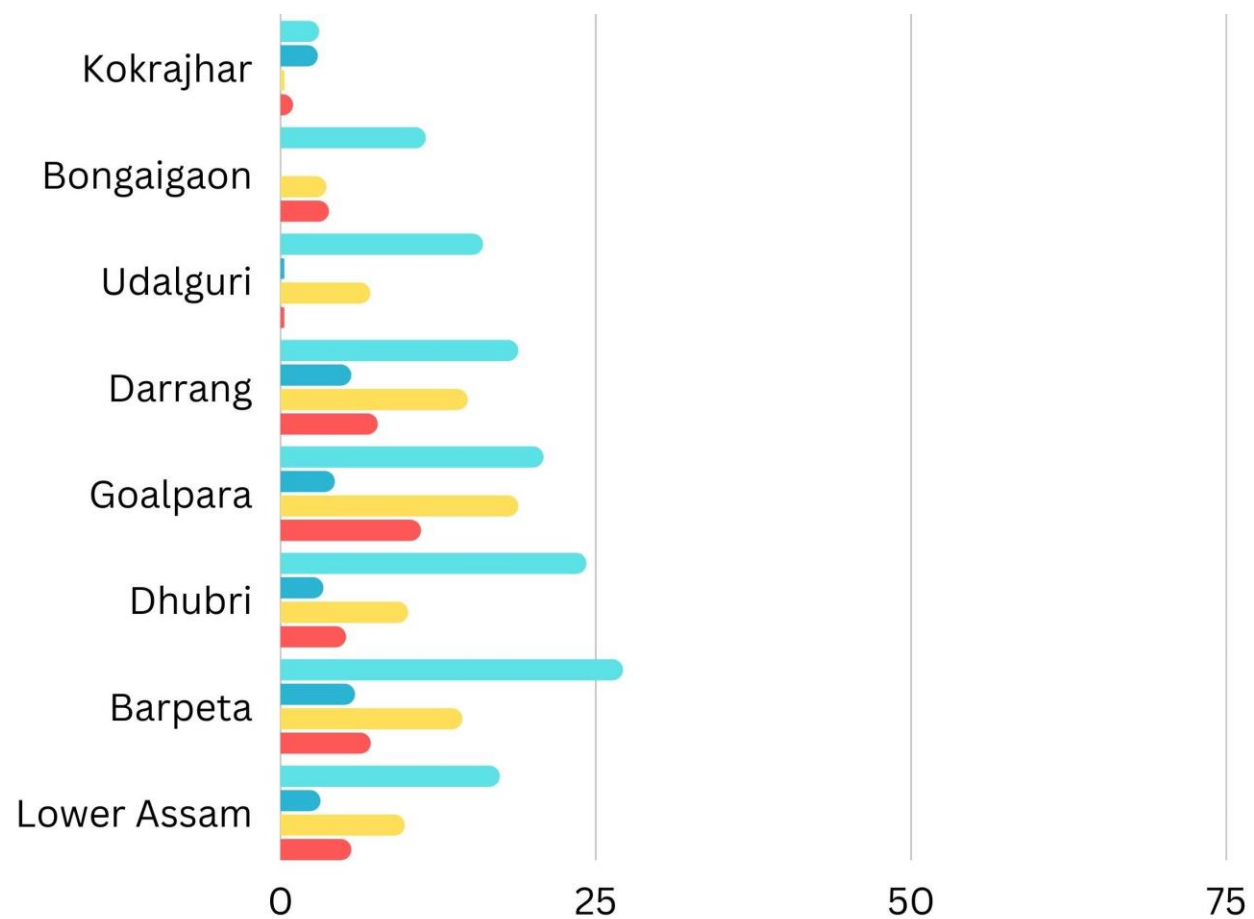
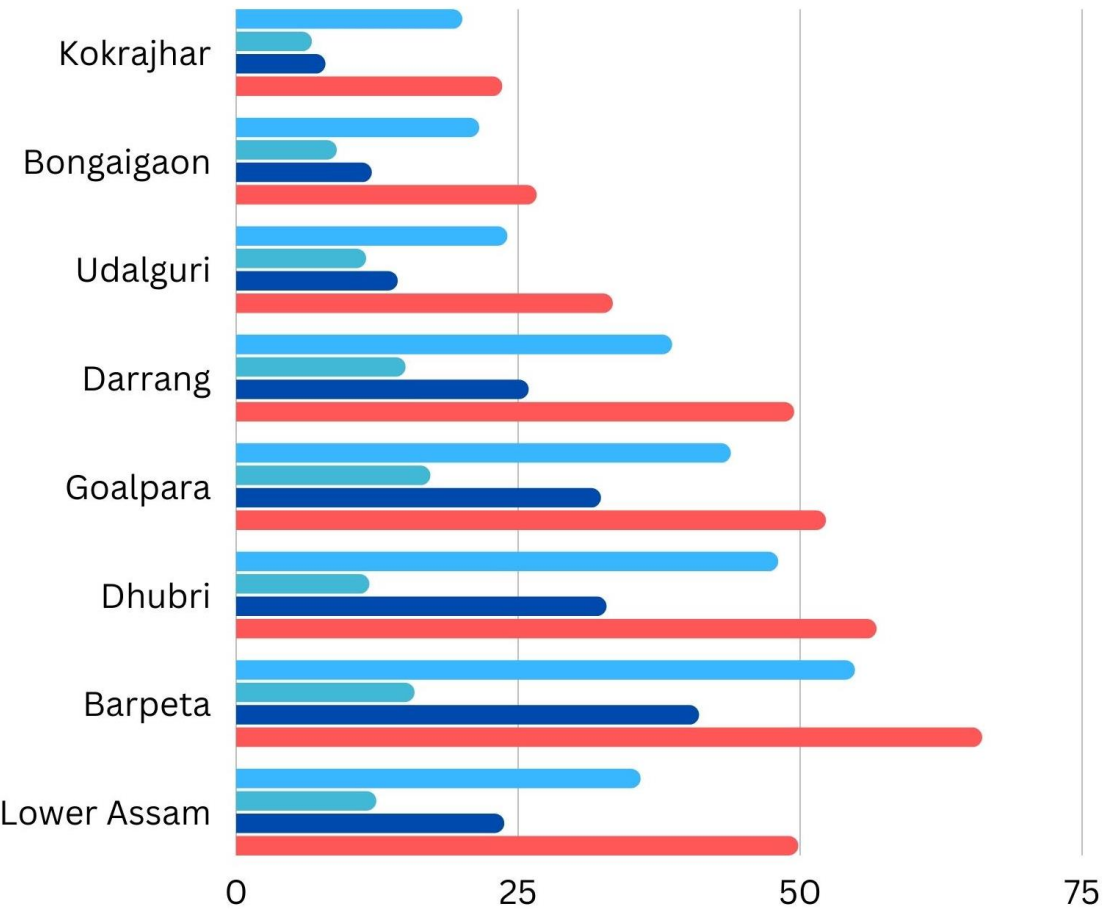
- Barpeta (Aspirational), Bongaigaon, Darrang (Aspirational), Dhubri (Aspirational), Goalpara (Aspirational), Kokrajhar, and Udalguri (Aspirational) districts of the Indian state of Assam.



Nutritional Status of Children

■ Stunting
 ■ Wasting
 ■ Underweight
 ■ CIAF

■ Severe Stunting
 ■ Severe Wasting
 ■ Severe Underweight
 ■ Triple Anthro Failure

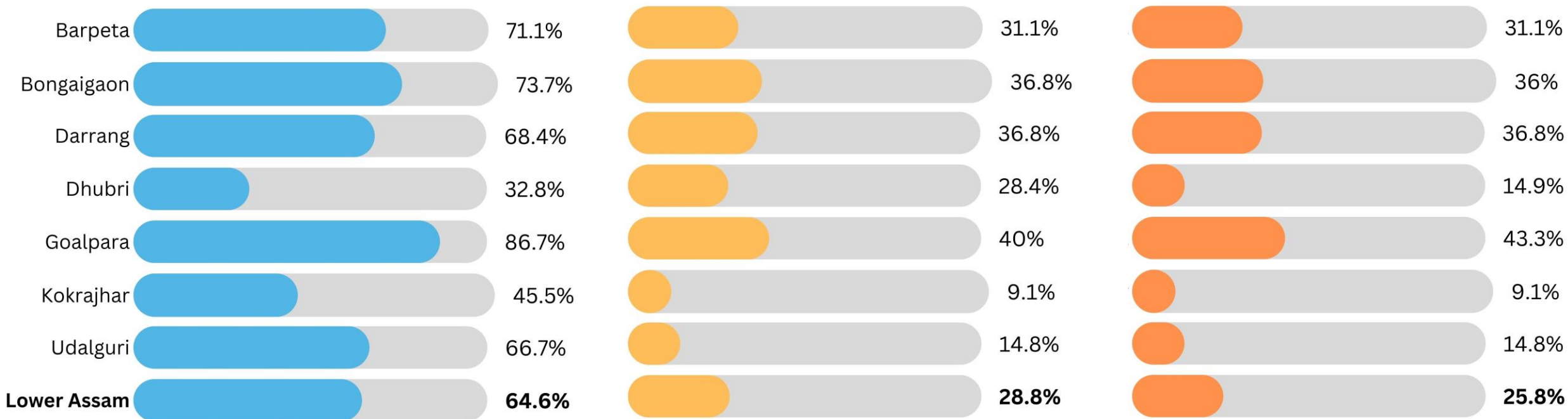


Children receiving a minimum acceptable diet

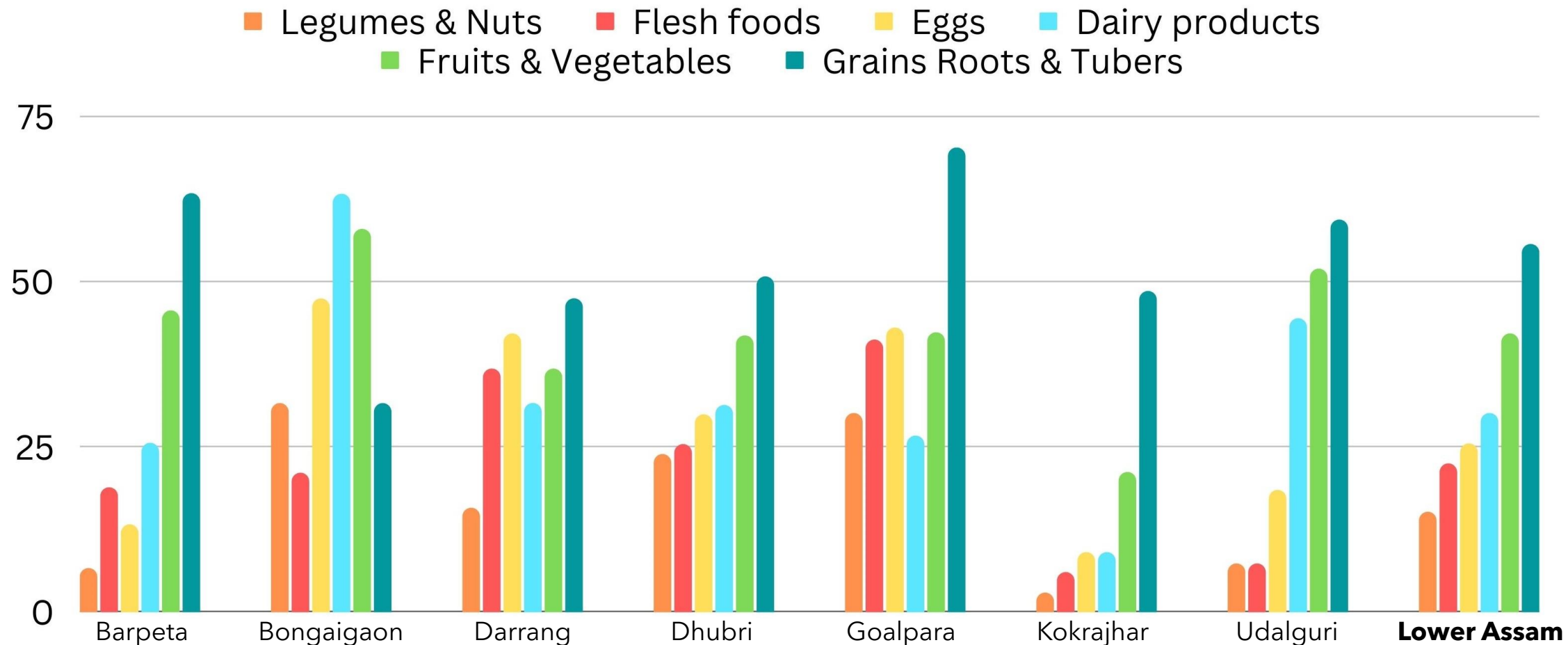
Children (6-23 months) receiving minimum diet frequency

Children (6-23 months) receiving minimum diet diversity

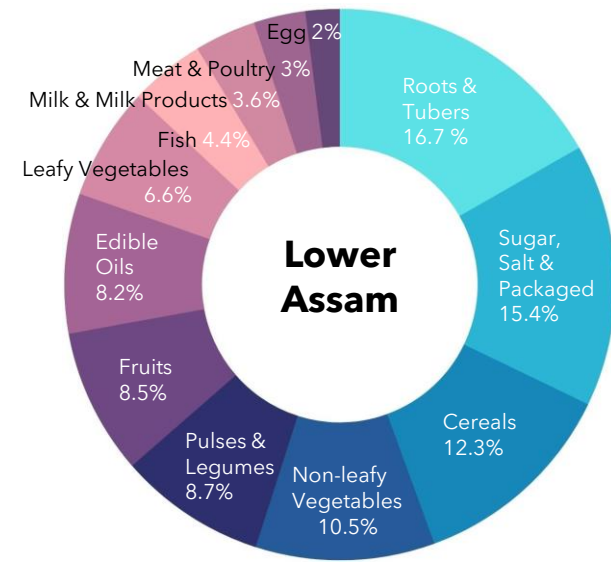
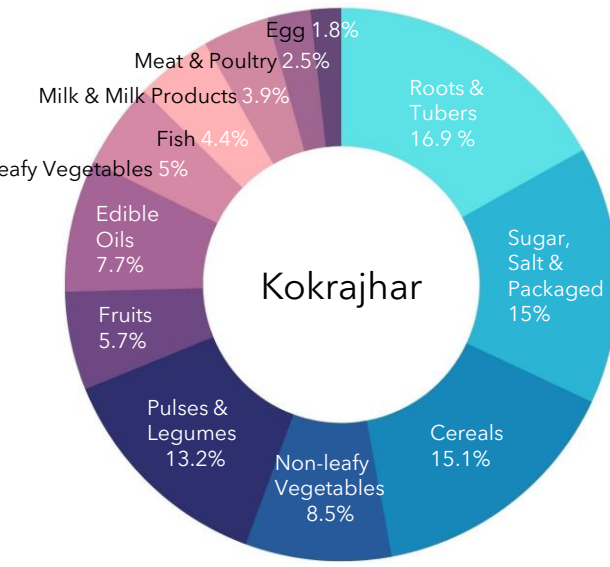
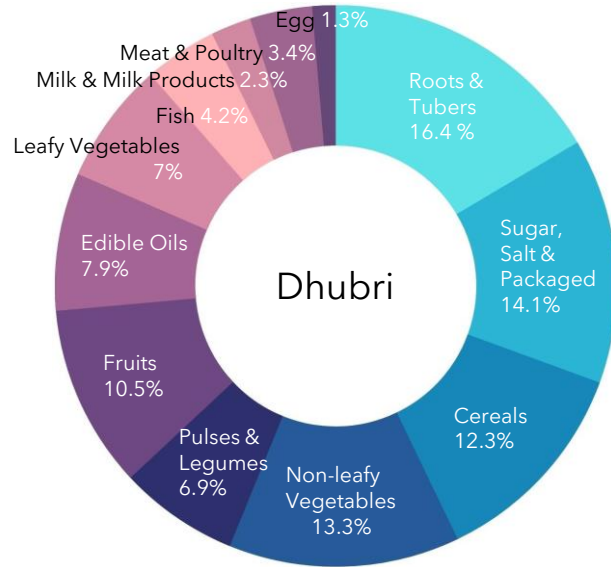
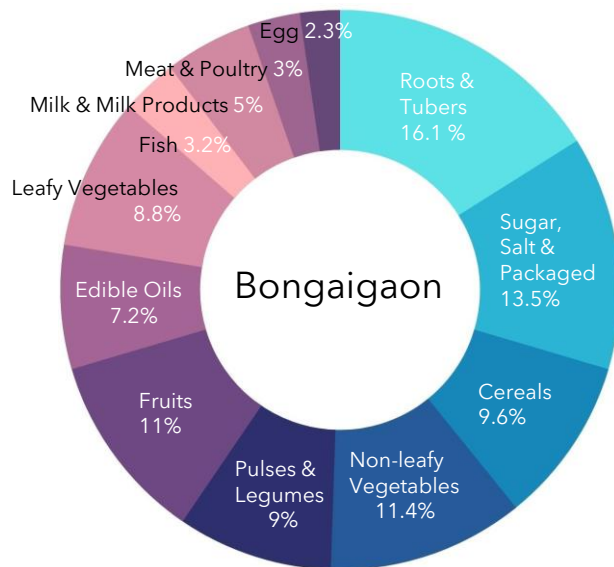
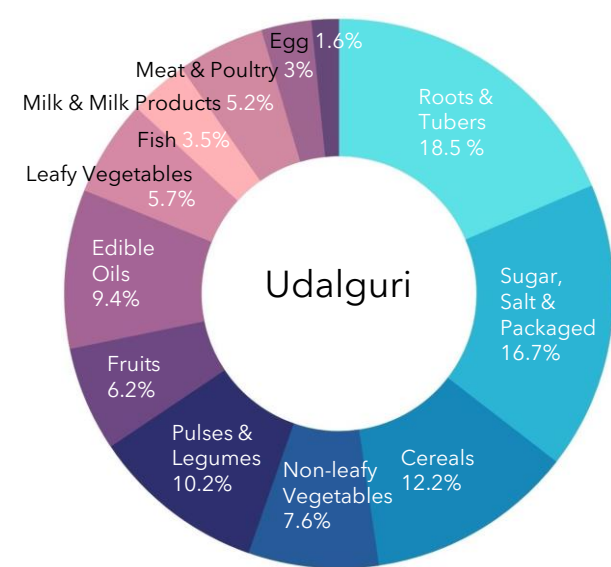
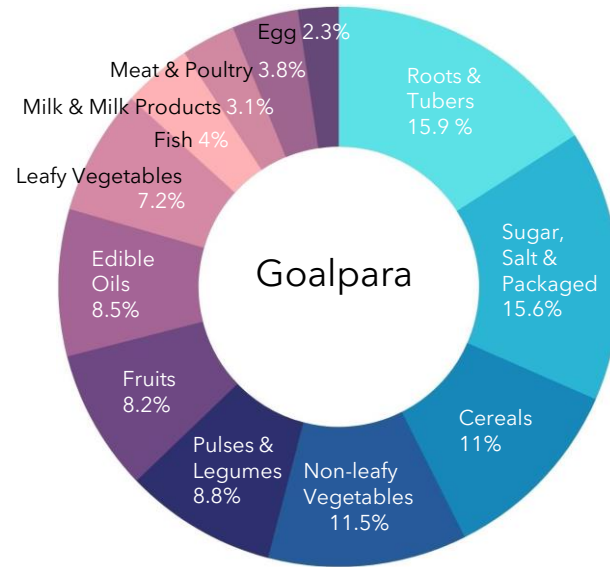
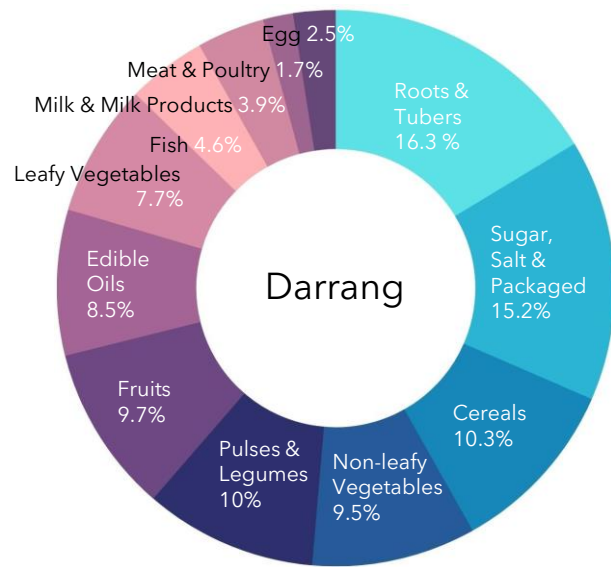
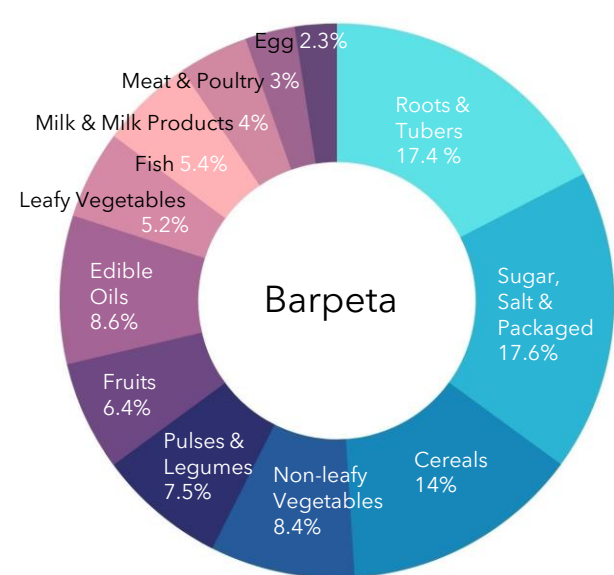
Children (6-23 months) receiving a minimum acceptable diet



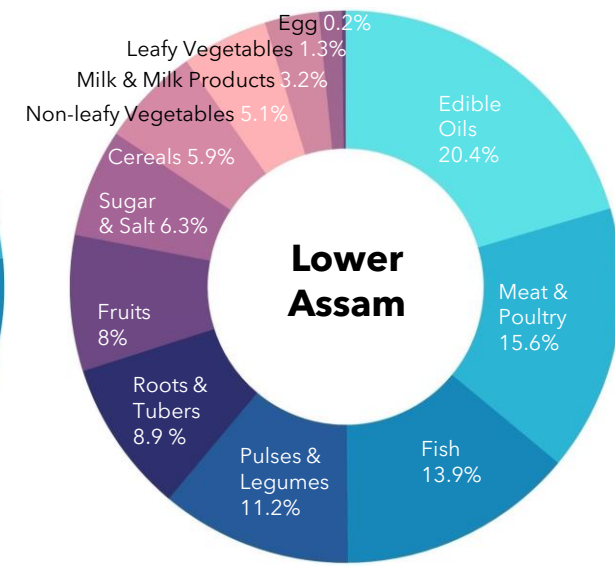
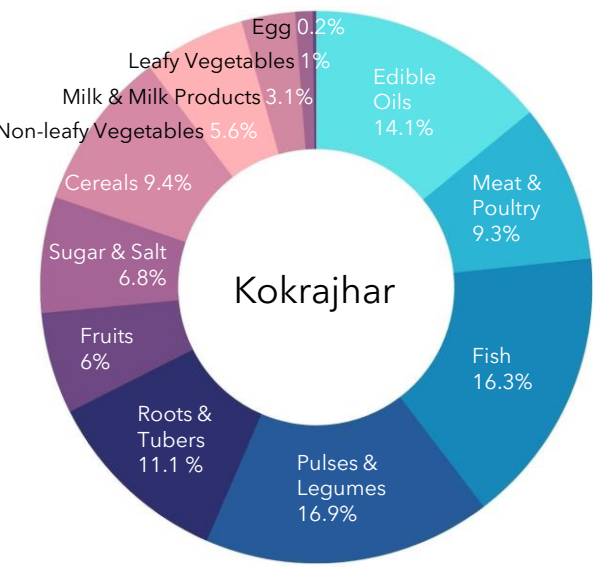
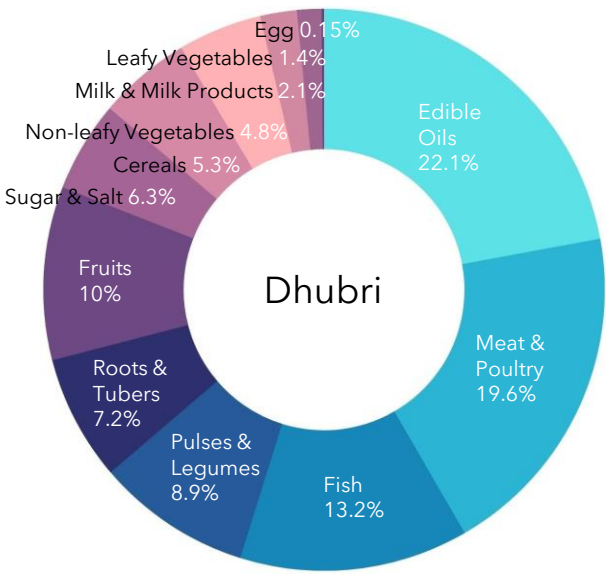
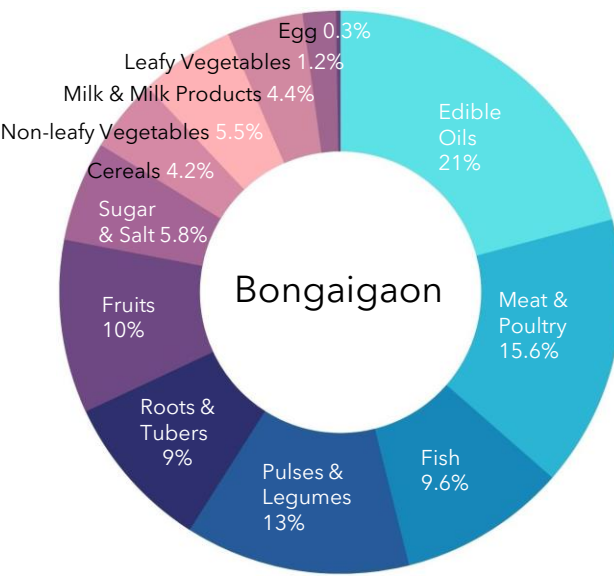
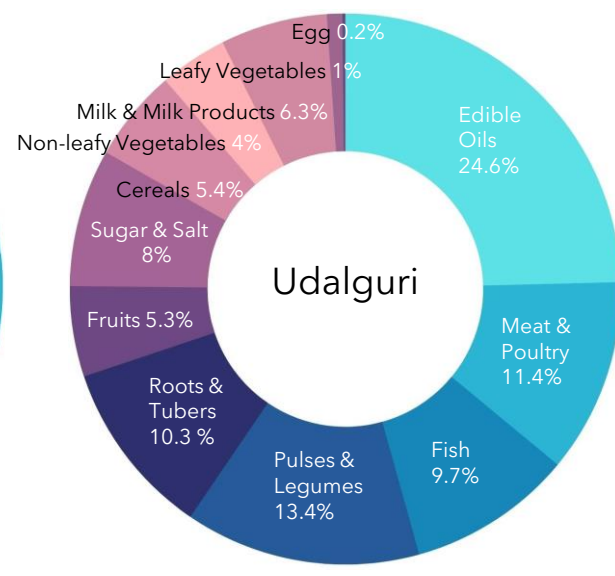
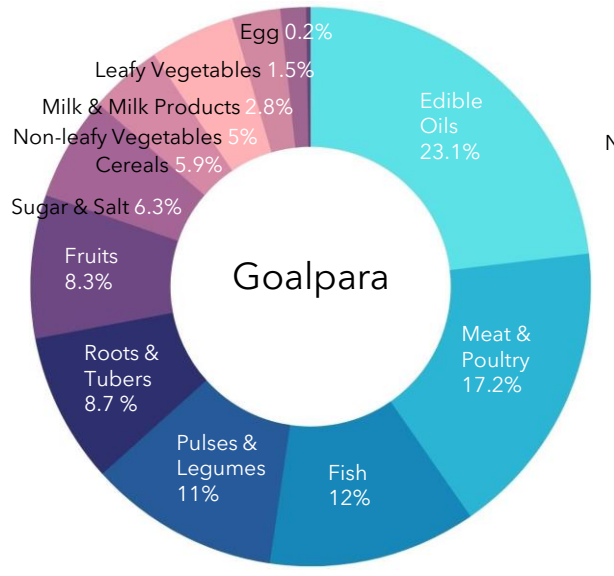
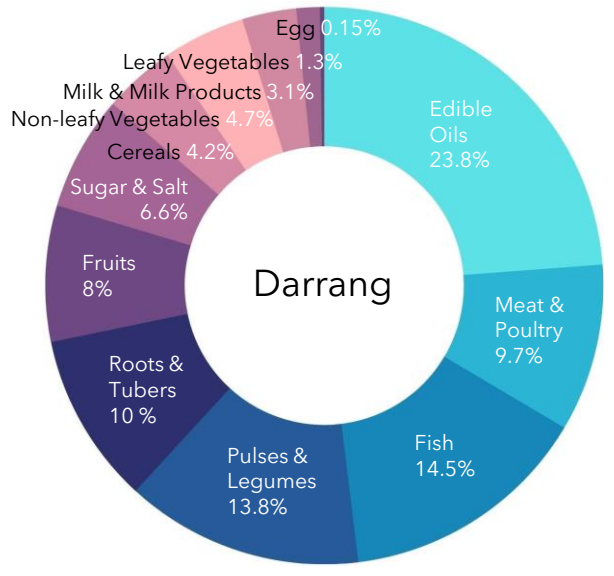
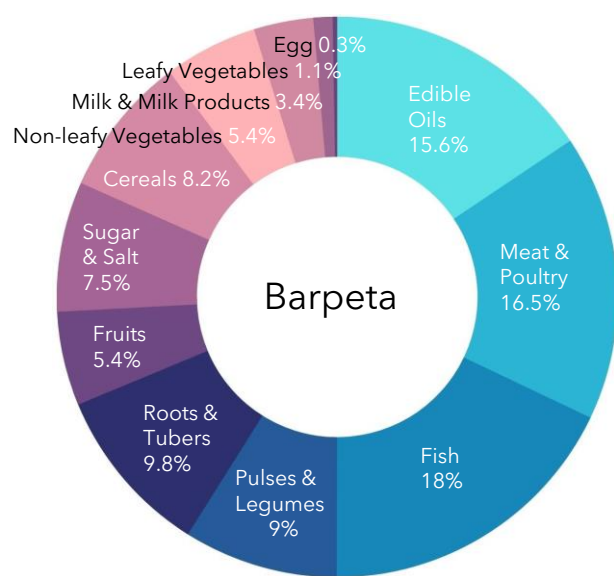
Food groups used for complementary feeding (24 hour recall)



Quantity consumed as percentage of quantity of total household food consumption



Expenditure on food groups as percentage of total household food expenditure



Key take-aways from the study

1. Study results show high inter-district variation in nutritional status outcomes, complementary feeding practices, and diet patterns.
2. 4 districts out of 7 surveyed have more than 50 percent of the children showing at least one form of anthropometric failure (Barpeta CIAF 66%). A scale the commonly used indicators fail to capture.
3. Districts Barpeta, Dhubri, Darrang, and Goalpara needs urgent policy intervention. (Disease prevention, SAM management, better implementation of Nutrition interventions).
4. Diet diversity is extremely low in all survey districts including the better performing. Grains, roots, and tubers are the most used food groups for complementary feeding. Low consumption of legumes, nuts, flesh foods, and eggs.
5. A similar trend in overall household diet pattern with roots and tubers consumed in large quantities followed by the food group consisting sugars, salt, and packaged food such as biscuits and chips, followed by cereals. Low consumption of eggs, flesh foods, milk, and leafy vegetables.
6. High expenditure on edible oils, meat & poultry, fish, and pulses. Low expenditure on egg, vegetables (leafy & non leafy), and milk & milk products.
7. Further research is needed to explore the reasons behind the low consumption of certain affordable healthy food groups.