

Dietary diversity among young adolescents living in urban informal settlements in Mumbai: a cross-sectional study

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Rationale of the study

- Adolescence is a period of phenomenal growth¹
- The link between nutrition and adolescent development is strong¹
- Not much is known about the nutrition and dietary practices of adolescents, especially young adolescents (10-14 years) in the urban context²

1. Norris, S. A., Frongillo, E. A., Black, M. M., Dong, Y., Fall, C., Lampl, M., Liese, A. D., Naguib, M., Prentice, A., Rochat, T., Stephensen, C. B., Tinago, C. B., Ward, K. A., Wrottesley, S. V., & Patton, G. C. (2022). *Nutrition in adolescent growth and development*. *The Lancet*, 399(10320), 172-184.
2. Brady, M. (2011). *Calling attention to young adolescents: Building the evidence base to inform policies and programs*. Population Council.

- **Aim of the study:**

To examine the dietary diversity among adolescent boys and girls residing in urban informal settlements in Mumbai, India



Methodology



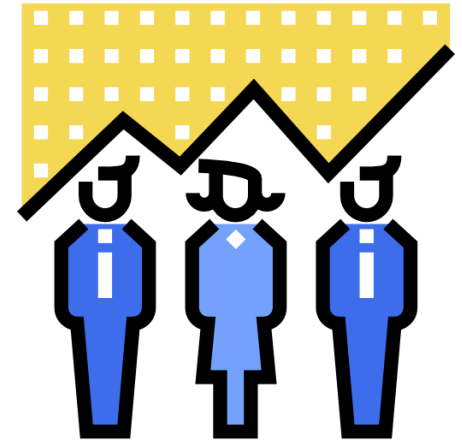
- **Study design:** cross-sectional survey
- **Study participants:** Adolescents aged 11-14 years, enrolled in the adolescent intervention of SNEHA in Mumbai
- **Sample size:** 687
- **Sampling method:** Stratified random
- **Data collection:** Telephone interviews after informed verbal consent from parents and assent from the adolescents
- **Study duration:** December 2021 to February 2022
- **Study setting:**
 - ✓ SNEHA's adolescent intervention works in Dharavi (Mumbai) and Thane (Kalwa) in Maharashtra
 - ✓ Adolescents aged 11-14 years were enrolled into the program between October and December 2021
- **Ethical Approval:** Received from Bandra Holy Family Medical Research Society
- **Study tool:** Food and Nutrition Technical Assistance (FANTA) tool ³

3. FAO. 2021. *Minimum dietary diversity for women*. Rome.

Results

Socio-demographic characteristics of the surveyed adolescents(N=687)

Socio-demographic characteristics	%
Sex	
Boys	47%
Girls	53%
Family type	
Nuclear	78%
Religion	
Hindu	74%
Muslim	20%
Average household size	6
Mean (SD) age	12.5 (1.1) years
Improved water source	100%
Improved toilet facilities	24%



Results

- Only 31% of the adolescents had adequate dietary diversity
- 3% had received iron and folic acid supplements in the preceding month
- 7% had received deworming tablet in the preceding six months



Food groups	Consumption (24- h recall)
Cereals/grains	99.6%
Legumes	94.5%
Other vegetables	65.4%
Other fruits	33%
Flesh foods	27.8%
Green leafy vegetables	25.9%
Dairy products	21.4%
Nuts/seeds	17.5%
Eggs	11.5%
Vitamin-A rich fruits & vegetables	9.6%

Study implications

- Findings reveal low dietary diversity among adolescents
- Adolescence offers a nutrition-sensitive window to promote health growth, hence adolescent-responsive nutritional interventions are a pressing need
- Continuous nutrition education with the family as a unit is needed for promoting positive dietary practices
- Low coverage of IFA supplementation among adolescents is a serious concern





Thank You!