

# Analysis On Enabling Environment In Addressing The Factors Influencing Diet Quality And Overall Health In Adolescent Girls In Context Of Breaking The Intergenerational Cycle Of Malnutrition In Tamil Nadu

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## OBJECTIVE

Ensuring inclusivity in accessing nutritious diet with the right set of knowledge and behaviour is critical hence achieving this among adolescent girls assist to end the intergenerational cycle of malnutrition. The study analysed the factors associating with malnutrition across all social classes. It also intends to examine whether the current strategies meet the emphasised factors, also their potential in resolving future obstacles.

## METHODS

The present study assessed the prevalence and pattern of malnutrition, its associated factors, bottlenecks in the enabling environment in terms of policy gaps and policy-implementation gap for adolescents.

The study also assesses the trade-offs and synergies of food environment with diet quality and overall health.

The data was collected from five high focus districts (Tiruchirappalli, Sivagangai, Karur, Kanyakumari and Chennai) which were identified based on burden of malnutrition using NFHS 5-unit level data as secondary source.

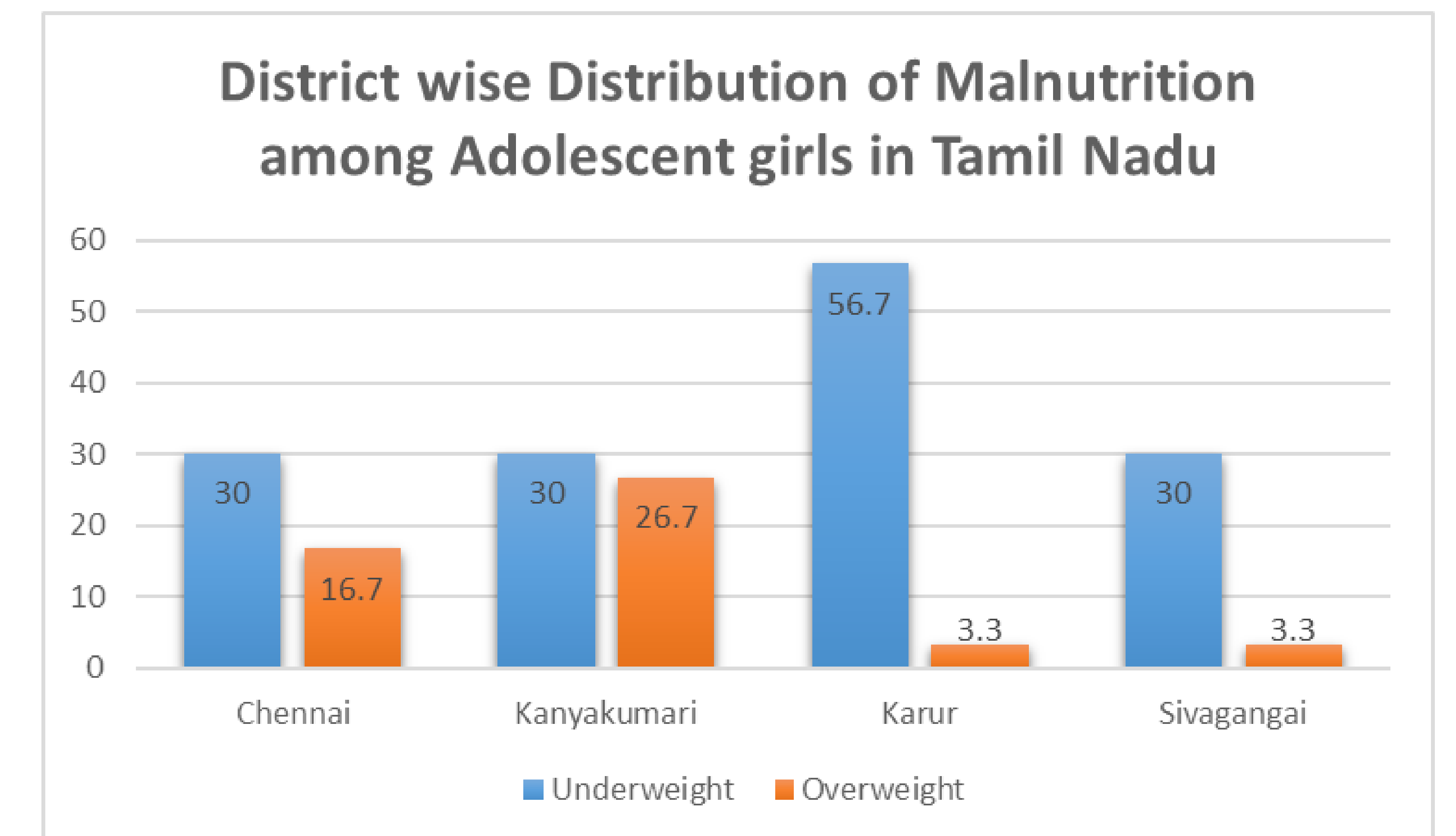
In addition to that, qualitative and quantitative data was gathered using Focus group discussion, individual survey and key informant interviews with various stakeholders representing two blocks in each district to serve as primary data.



## RESULTS

In designated hotspot districts, the incidence of both undernutrition and over nutrition is increasing among adolescent girls. The associated variables differed depending on the type of malnutrition. Over nutrition is primarily influenced by issues such as faulty dietary practices, increased dependence on processed foods, inadequate nutrition education. Likewise, undernutrition is strongly influenced by factors such as skipping meals, socio-economic status, literacy level of household head and women.

Among nutritionally vulnerable population, the existing policies do not cover adolescent girls as much as that of other age groups. Supplementation programmes like IFA tablets are non-inclusive. Furthermore, there is no policy that address both over nutrition and undernutrition simultaneously.



## STUDY IMPLICATIONS

- ❑ Community-based events as a means of raising awareness are not stable, healthy, or sustainable.
- ❑ There is a significant gap in both policy (in terms of promotion, prevention, management, and monitoring) and implementation (in terms of uniformity in service coverage and delivery).
- ❑ Unbalanced food environment is the major driving factor for rise in over nutrition.

## REFERENCES

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