

Undernutrition and anaemia among Indian adolescents: role of dietary diversity and hygiene practices

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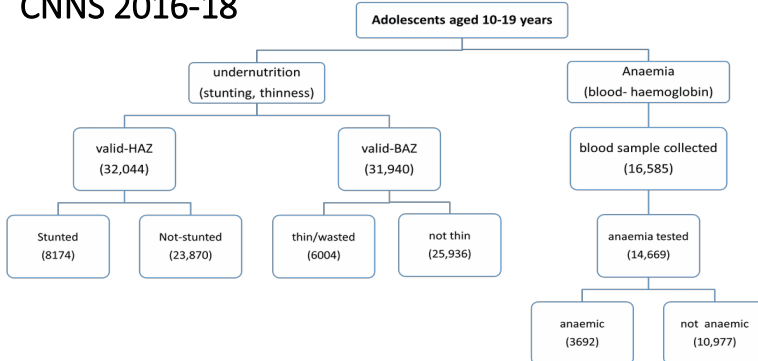
Part-1

Background and Objective(s)

- ▶ WHO **Global Nutrition Targets 2025**
- ▶ **(UN) Decade of Action on Nutrition (2016-25)**.
- ▶ **SDG-2, Zero Hunger by 2030**, and ensuring food and nutrition security for all.
- ▶ NFHS does not cover 15-19 age group
- ▶ The extent of undernutrition (stunting and thinness) and anaemia among adolescents in India
- ▶ Association of undernutrition and anaemia with socioeconomic status, dietary diversity, and hygiene practices.

Data and Methodology

CNNS 2016-18



Part-2

Dietary Diversity and Hygiene Practices

- ▶ Individual dietary diversity score (DDS) using **FAO guidelines** for adolescent dietary diversity (Kennedy et al., 2013).
- ▶ **17 food items** are classified into **7 food groups** as per FAO guidelines
- ▶ Finally, a **cut-off score ≥ 4** is assumed as adequate dietary diversity (Akter et al., 2021; Isabirye et al., 2020; Kennedy et al., 2013).
- ▶ **Hygiene practices:**
- ▶ Ten questions; when it is important to wash your hands?
- ▶ Based on their possible exposure to pathogens, we constructed **two hygiene indexes** (general [6] and critical [6])

Descriptive Findings

		27.8	24.5	28.7
		33.5		
	Two or more			
	Zero	32.9		31.5
	At least one			
	Two or more			27.4

Part-3

Logistic Regression Results (Odds Ratio) *

DD and Hygiene practices				
		1.14		1.05
		1.19	0.91	1.02
			1.00	1.05
	Two or >			
	Zero	1.20		
	At one	0.96		
	Two or >			

*Adjusted for age, sex, residence, education, caste, wealth index, region, mother's education

conclusions

- ▶ Ownership-based universal open defecation-free (ODF), now target hygiene behaviour
- ▶ Focus on adolescence to break the intergenerational malnutrition cycle

[See full paper here](#)

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