

Coverage of Nutrition and Health Interventions in ARUNACHAL PRADESH Insights from the National Family Health Survey-4

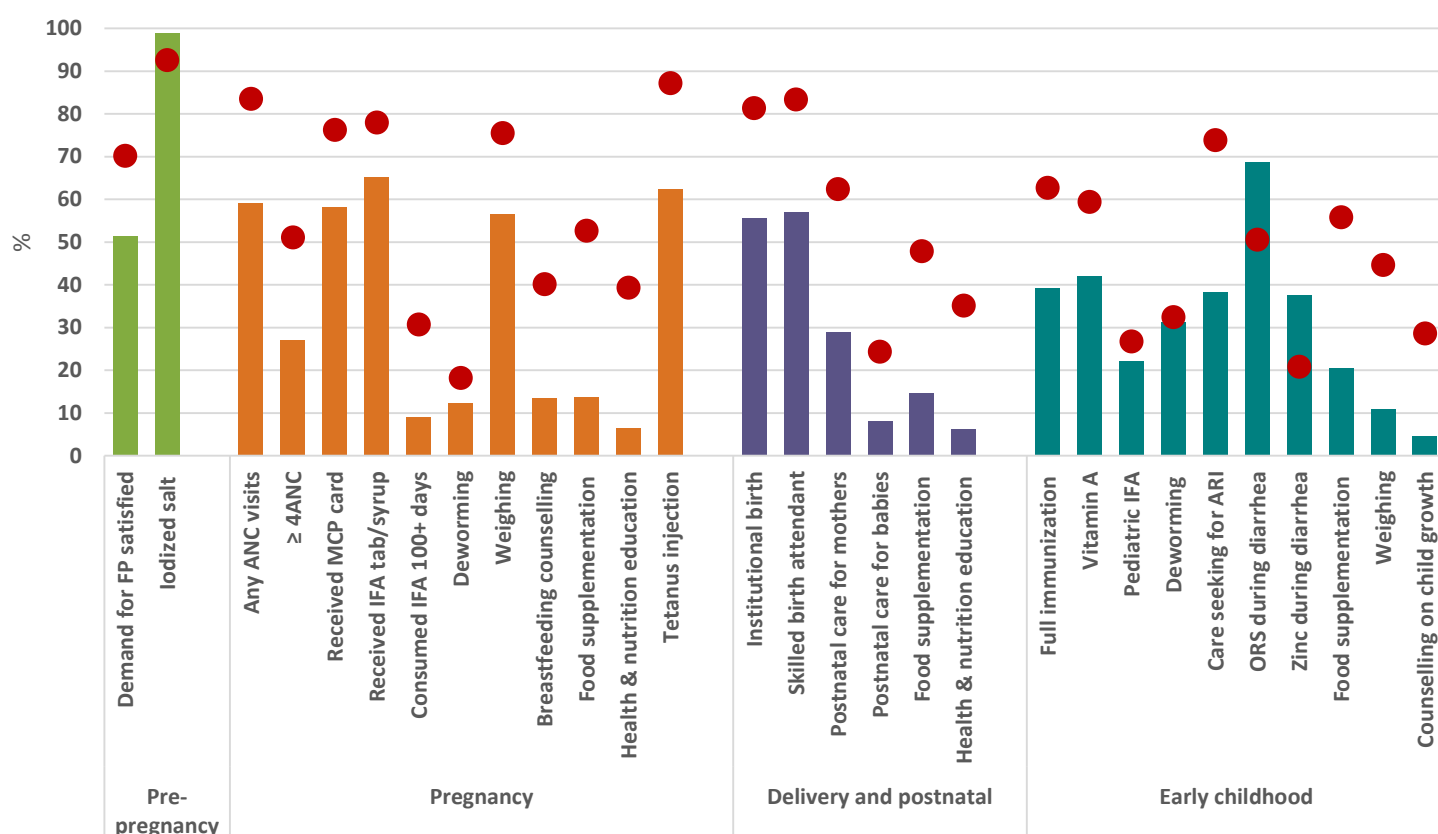
ABOUT THIS DATA NOTE

Nutrition-specific interventions are aimed at improving the proximal food, health, and care environment for women and children during the first 1000 days. They can help improve maternal and child health, improve diets and other nutrition practices, and reduce infections. These interventions span pregnancy, postnatal, and early childhood periods and include food and micronutrient supplementation, nutrition education and/or counselling, growth monitoring and promotion, as well as routine immunization, deworming, and care during illness. At 90% coverage, these interventions can contribute to 20% reduction in stunting and 61% reduction in severe wasting¹.

India's policy framework for health and nutrition is robust and includes most evidence-based nutrition and health interventions. Two large-scale national program platforms – the Integrated Child Development Services and the National Health Mission together provide the public sector delivery platforms with the mandate to deliver these interventions across the country. India's efforts at scaling up nutrition interventions are now also supported by the National Nutrition Mission.

This *Data Note* describes the coverage of a set of key nutrition and health interventions. The findings here are based on data from the National Family Health Survey 2015-2016. Indicators to capture the coverage of the interventions here are all calculated for women (15-49 years) with a child under five years of age. All analyses are based on the last-born child for each woman and indicator definitions are provided in Annex 1 of this Note. For some indicators, age categories may vary.

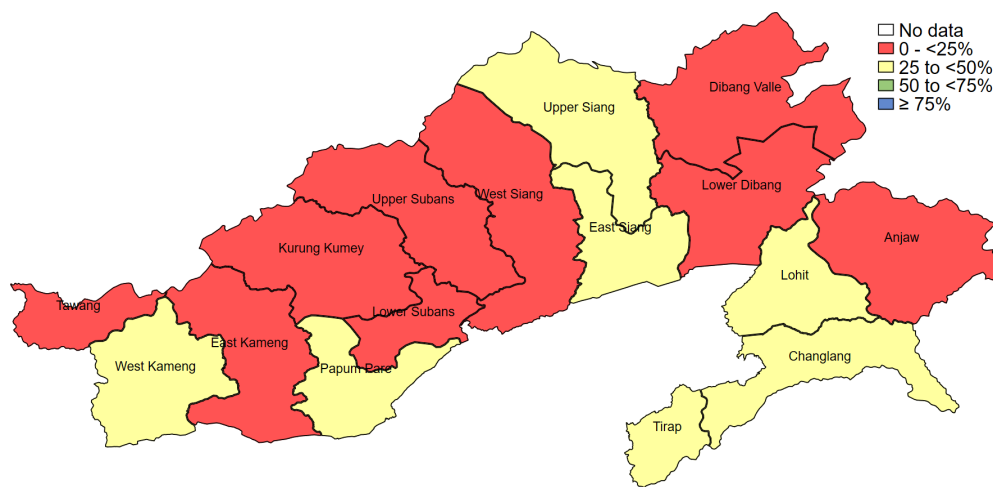
FIGURE 1 Coverage of interventions across the continuum of care, in 2016



Note: ANC = Antenatal care; ARI = Acute respiratory infection; FP = Family planning; IFA = Iron and folic acid; MCP = Mother and child protection; ORS = Oral rehydration salts; The bars represent state average, the dots represent India average.
Source: NFHS-4.

¹Bhutta, Z.A., J.K. Das, A. Rizvi, M.F. Gaffey, N. Walker, S. Horton, P. Webb, A. Lartey, R.E. Black, Lancet Nutrition Interventions Review G, et al. 2013. "Evidence-based interventions for improvement of maternal and child nutrition: what can be done and at what cost?" *The Lancet* 382(9890):452-477.

MAP 1 Percentage of women who received 4 or more ANC visits, by district, 2016

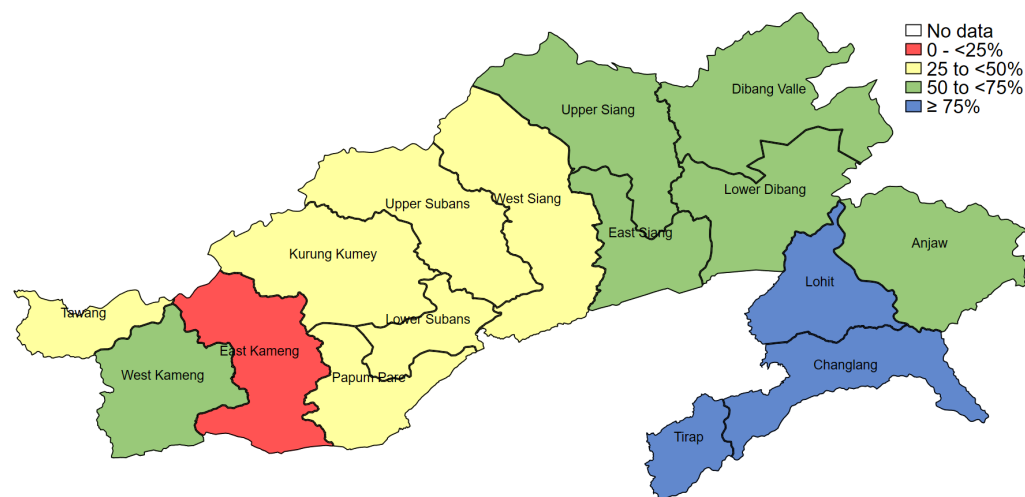


Top 5 districts, %	
Lohit	49.2
Changlang	38.9
East Siang	35.1
West Kameng	34.4
Tirap	29.7

Bottom 5 districts, %	
East Kameng	0.8
Kurung Kumey	7.9
Tawang	13.9
Upper Subansiri	15.4
West Siang	18.2

Source: NFHS-4.

MAP 2 Percentage of women who were weighed during pregnancy, by district, 2016

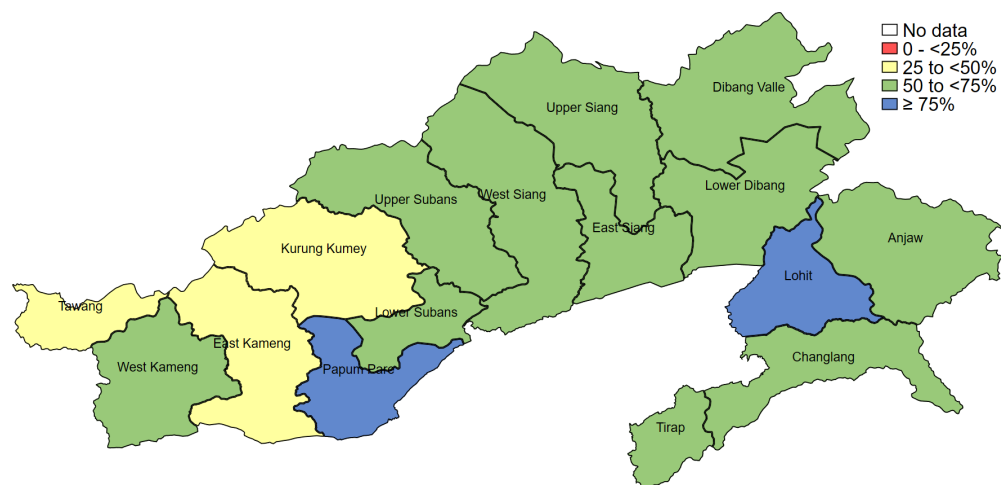


Top 5 districts, %	
Changlang	90.3
Lohit	83.3
Tirap	75.3
Upper Siang	69.9
West Kameng	67.8

Bottom 5 districts, %	
East Kameng	7.9
Kurung Kumey	28.4
Tawang	29.7
Upper Subansiri	32.3
West Siang	43.4

Source: NFHS-4.

MAP 3 Percentage of women who received or bought any IFA during pregnancy, by district, 2016

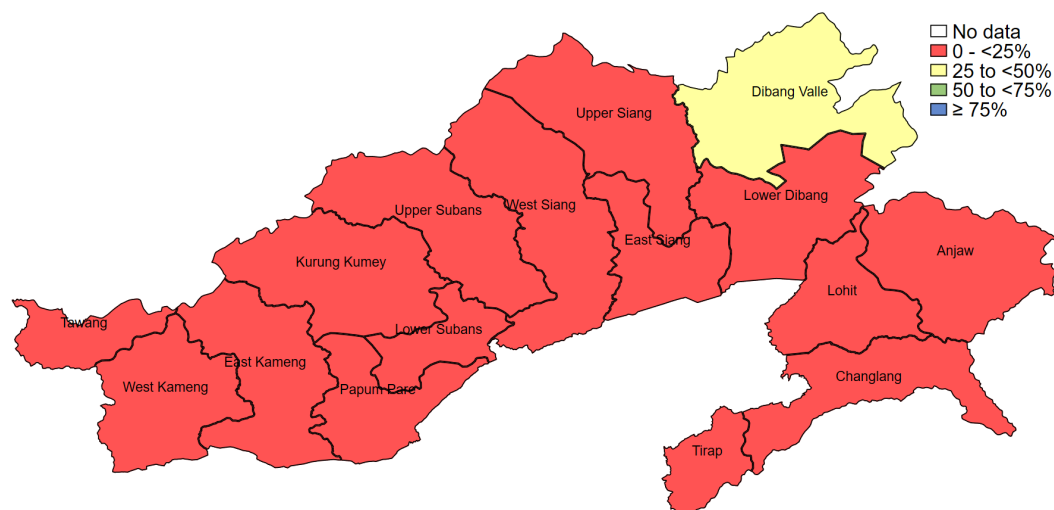


Top 5 districts, %	
Papum Pare	85.0
Lohit	76.2
Anjaw	72.1
Changlang	70.3
East Siang	70.2

Bottom 5 districts, %	
East Kameng	32.2
Tawang	46.6
Kurung Kumey	47.3
Dibang Valley	52.4
West Siang	55.0

Source: NFHS-4.

MAP 4 Percentage of women who consumed IFA for 100+ days during pregnancy, by district, 2016

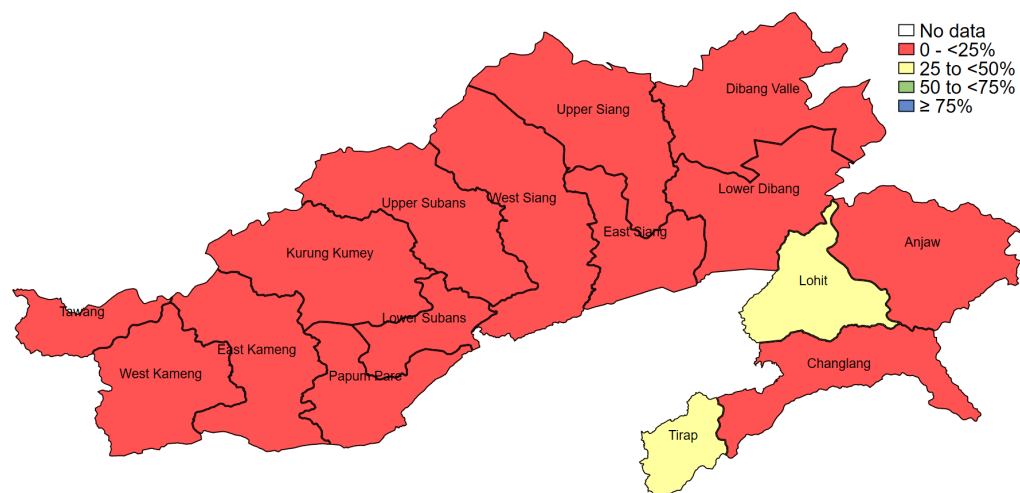


Top 5 districts, %	
Dibang Valley	25.9
Lohit	14.4
Papum Pare	12.5
Lower Dibang Valley	12.1
Lower Subansiri	11.5

Bottom 5 districts, %	
West Siang	1.6
Upper Subansiri	1.8
East Kameng	2.0
Kurung Kumey	2.9
Anjaw	4.8

Source: NFHS-4.

MAP 5 Percentage of women who received breastfeeding counselling during pregnancy, by district, 2016

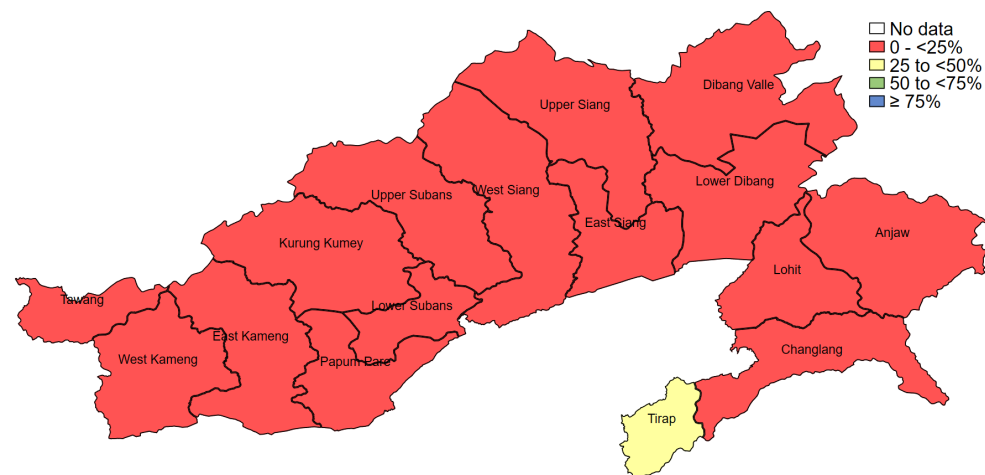


Top 5 districts, %	
Tirap	29.6
Lohit	25.2
Changlang	22.0
East Siang	15.1
Anjaw	14.4

Bottom 5 districts, %	
West Siang	3.9
Upper Subansiri	5.2
Kurung Kumey	5.6
East Kameng	5.7
Tawang	6.3

Source: NFHS-4.

MAP 6 Percentage of women who received food supplements during pregnancy, by district, 2016

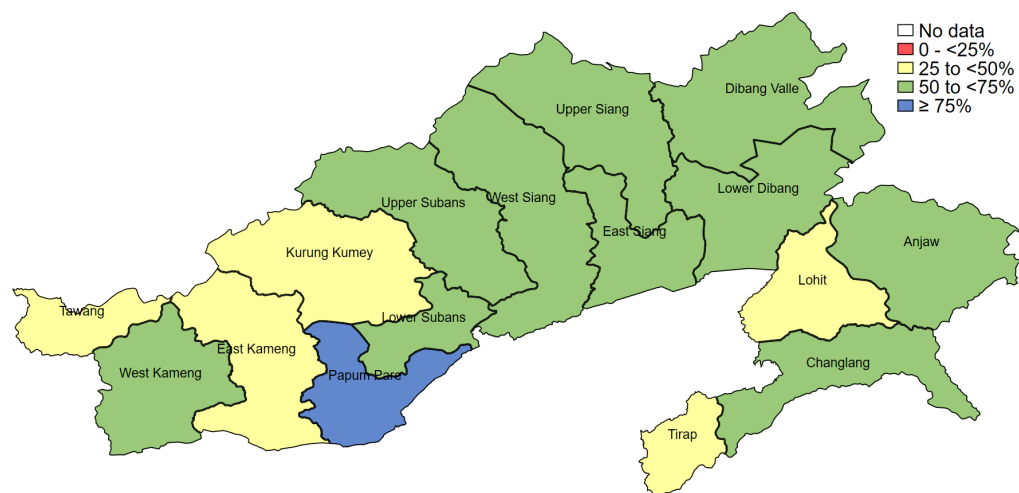


Top 5 districts, %	
Tirap	40.0
Anjaw	24.3
East Siang	20.1
Changlang	19.5
Upper Subansiri	17.9

Bottom 5 districts, %	
West Siang	3.1
Dibang Valley	4.6
West Kameng	5.5
Upper Siang	7.1
Kurung Kumey	7.4

Source: NFHS-4.

MAP 7 Percentage of women who gave birth in a health facility, by district, 2016

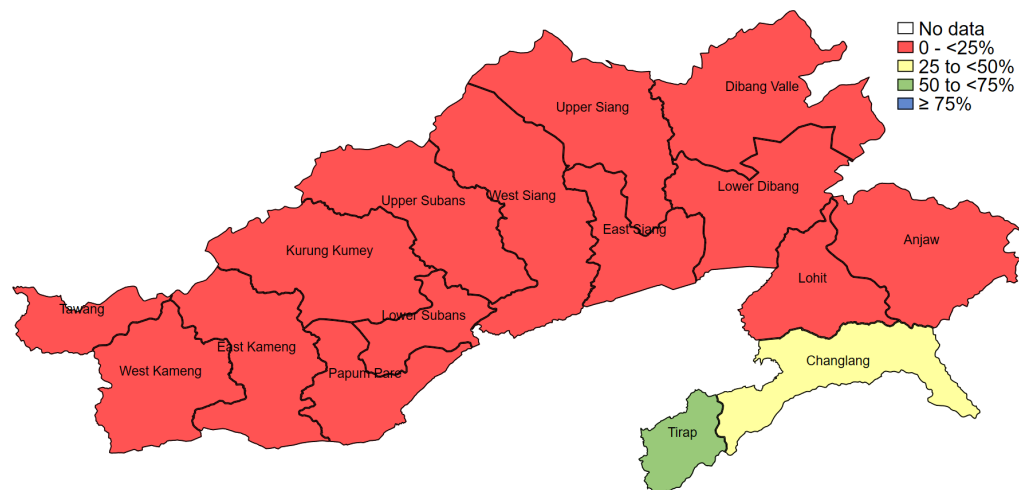


Top 5 districts, %	
Papum Pare	84.0
East Siang	71.2
Upper Siang	68.7
Lower Subansiri	63.6
Lower Dibang Valley	63.2

Bottom 5 districts, %	
Tawang	32.6
East Kameng	34.9
Kurung Kumey	35.9
Tirap	38.7
Lohit	49.0

Source: NFHS-4.

MAP 8 Percentage of women who received food supplements during lactation, by district, 2016

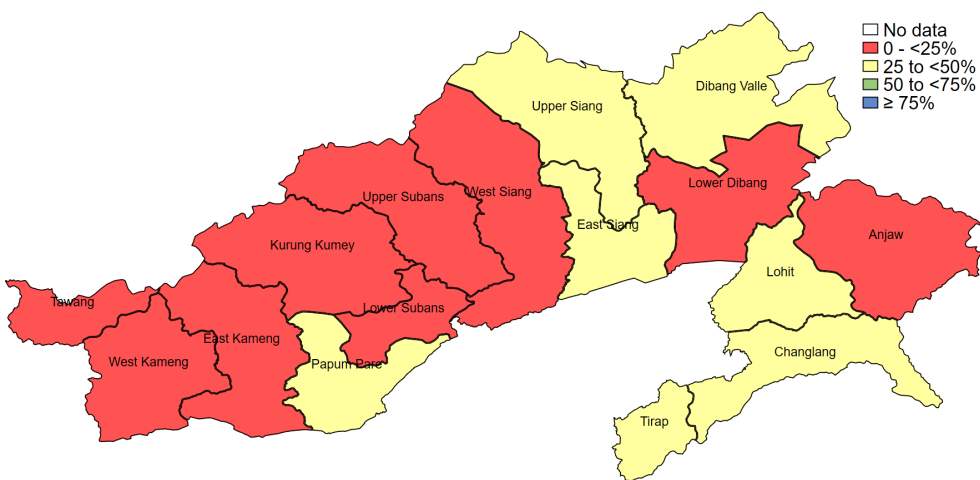


Top 5 districts, %	
Tirap	50.9
Changlang	27.4
Anjaw	23.0
East Siang	18.1
Upper Subansiri	14.2

Bottom 5 districts, %	
West Kameng	3.2
Dibang Valley	3.4
West Siang	3.5
Tawang	5.6
Kurung Kumey	5.8

Source: NFHS-4.

MAP 9 Percentage of mothers who received postnatal care within two days of childbirth, by district, 2016

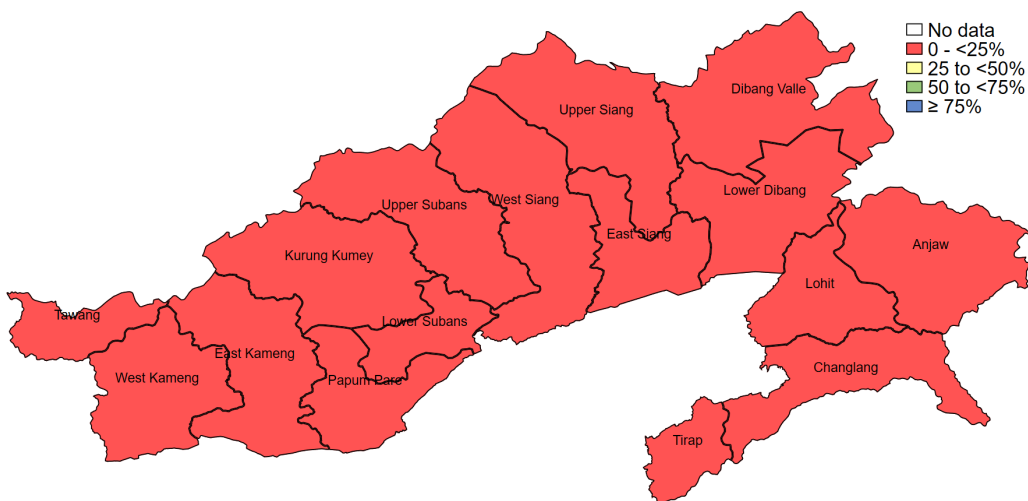


Top 5 districts, %	
Changlang	45.0
Upper Siang	43.2
Lohit	39.4
Dibang Valley	37.4
Papum Pare	35.6

Bottom 5 districts, %	
East Kameng	6.0
Tawang	9.5
Upper Subansiri	17.0
Kurung Kumey	17.0
Lower Subansiri	17.7

Source: NFHS-4.

MAP 10 Percentage of children (0-59 months) who received postnatal care within two days of their birth, by district, 2016

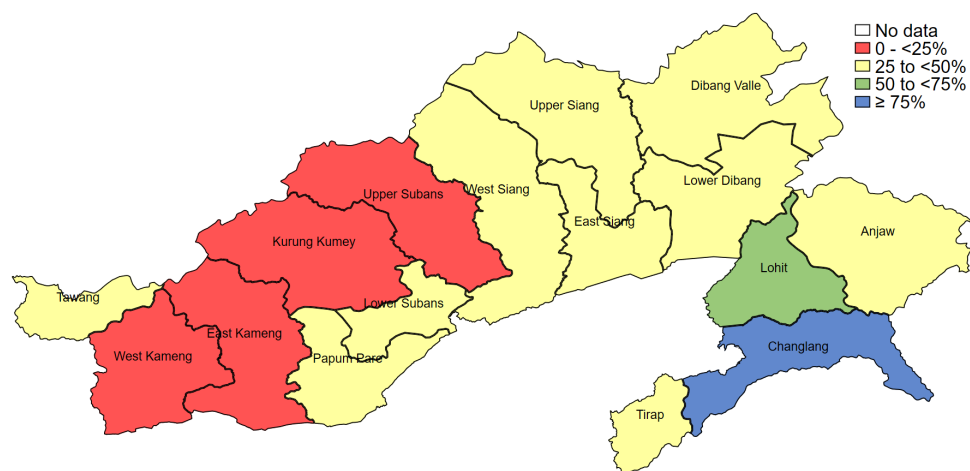


Top 5 districts, %	
Changlang	24.8
Lohit	17.7
Tirap	16.6
Dibang Valley	11.4
Upper Siang	8.0

Bottom 5 districts, %	
East Kameng	0.4
Tawang	0.5
Lower Subansiri	1.3
Lower Dibang Valley	1.4
Papum Pare	1.6

Source: NFHS-4.

MAP 11 Percentage of children (12-23 months) who were fully immunized, by district, 2016

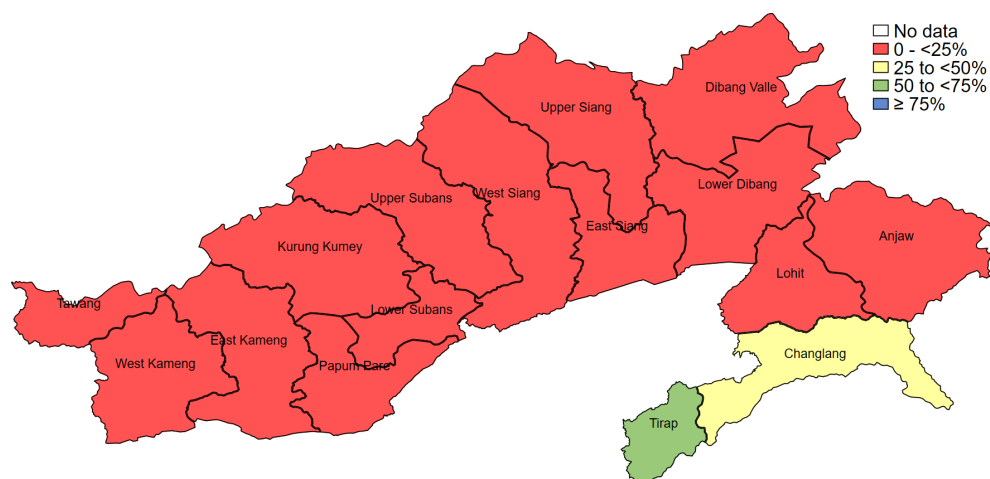


Top 5 districts, %	
Changlang	79.5
Lohit	58.2
East Siang	47.4
Tirap	45.9
Dibrang Valley	37.9

Bottom 5 districts, %	
East Kameng	9.9
Kurung Kumey	17.6
Upper Subansiri	23.1
West Kameng	23.9
Tawang	26.6

Source: NFHS-4.

MAP 12 Percentage of children (6-35 months) who received food supplements, by district, 2016

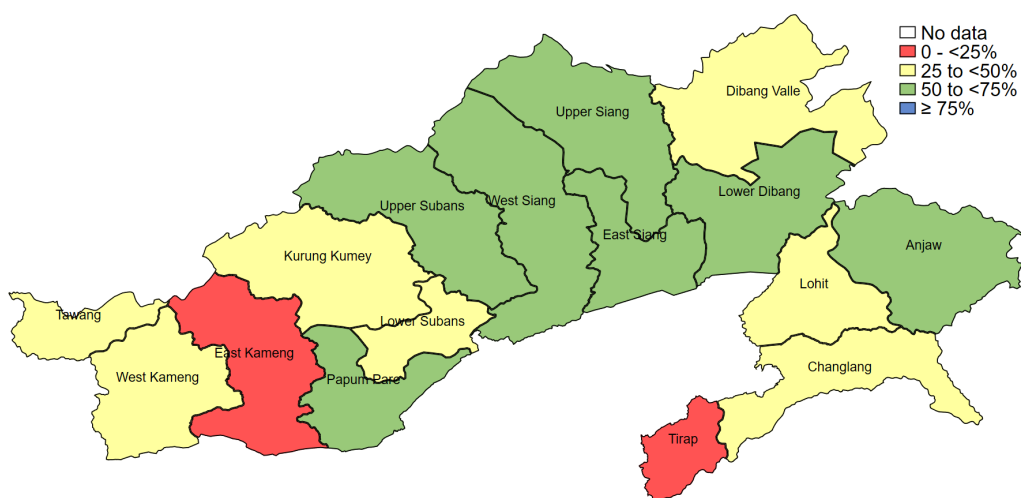


Top 5 districts, %	
Tirap	71.4
Changlang	34.1
East Siang	22.3
Lower Subansiri	19.1
Anjaw	19.0

Bottom 5 districts, %	
Dibrang Valley	3.4
West Siang	4.6
East Kameng	7.1
West Kameng	7.5
Upper Siang	7.8

Source: NFHS-4.

MAP 13 Percentage of children (6-59 months) who received vitamin A supplements, by district, 2016

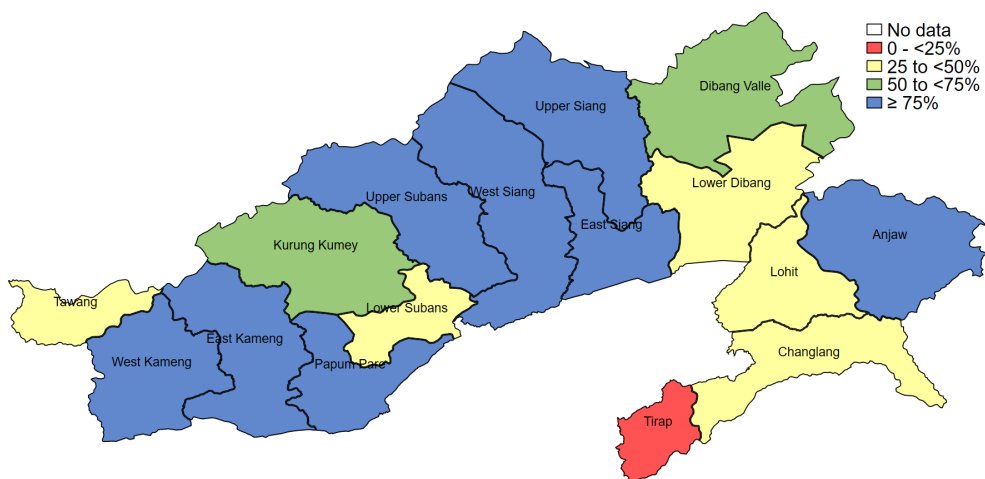


Top 5 districts, %	
East Siang	65.0
Upper Subansiri	58.6
Lower Dibang Valley	52.8
Papum Pare	52.7
Upper Siang	51.5

Bottom 5 districts, %	
East Kameng	17.8
Tirap	24.2
Kurung Kumey	27.5
Changlang	28.9
Dibrang Valley	31.6

Source: NFHS-4.

MAP 14 Percentage of children (0-59 months) with diarrhea who received ORS, by district, 2016

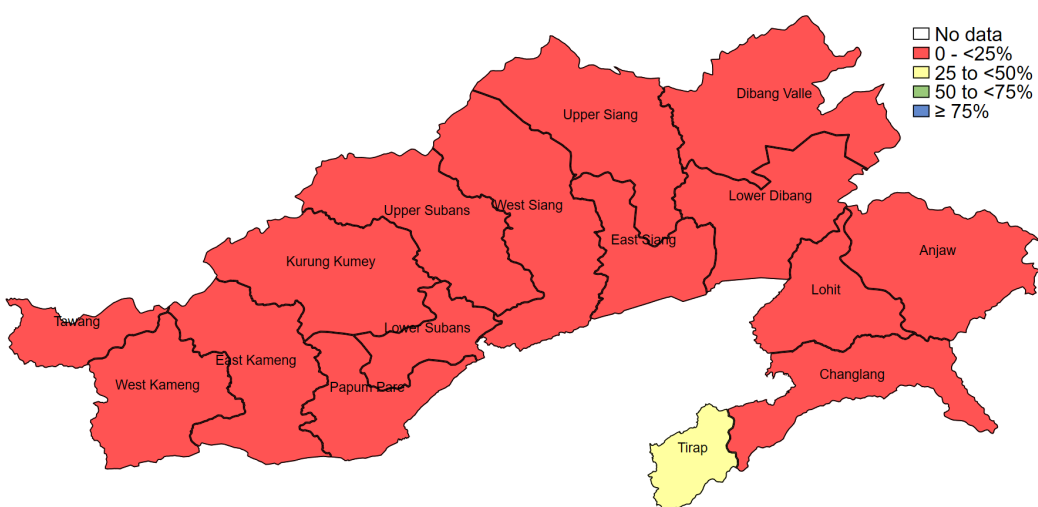


Top 5 districts, %	
Anjaw	92.1
East Siang	90.4
Papum Pare	80.3
Upper Siang	80.2
West Siang	79.2

Bottom 5 districts, %	
Tirap	22.6
Changlang	34.2
Tawang	34.3
Lower Dibang Valley	37.3
Lower Subansiri	41.0

Source: NFHS-4.

MAP 15 Percentage of children (0-59 months) who were weighed in the last 12 months, by district, 2016

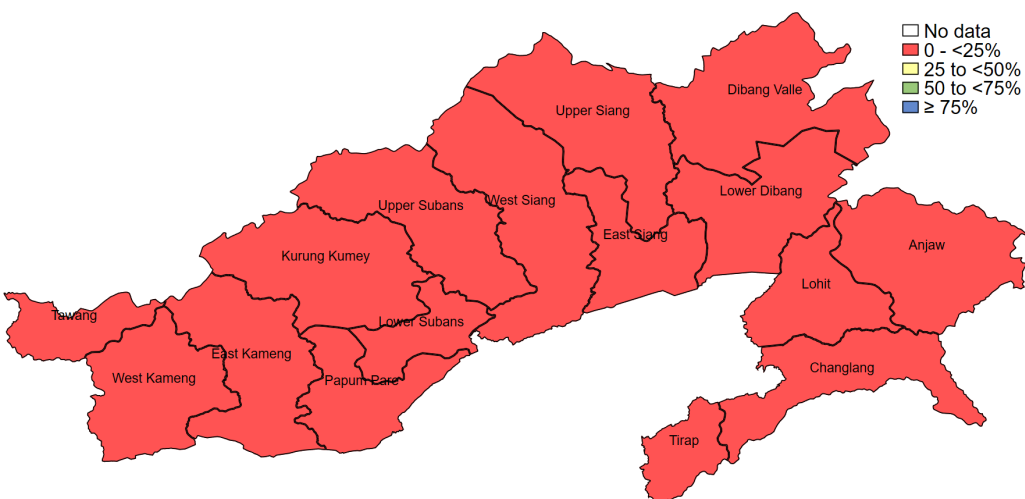


Top 5 districts, %	
Tirap	36.7
Changlang	24.7
East Siang	16.2
Anjaw	12.7
Upper Subansiri	10.7

Bottom 5 districts, %	
West Siang	1.7
East Kameng	1.8
West Kameng	2.3
Tawang	3.3
Lower Subansiri	4.1

Source: NFHS-4.

MAP 16 Percentage of mothers with children (0-59 months) who were counselled about child growth after their child was weighed, by district, 2016



Top 5 districts, %	
Tirap	17.1
East Siang	9.6
Changlang	8.2
Anjaw	8.2
Upper Subansiri	5.1

Bottom 5 districts, %	
Upper Siang	0.0
East Kameng	0.0
Kurung Kumey	0.4
West Siang	0.4
West Kameng	0.5

Source: NFHS-4.

DASHBOARD: Coverage of nutrition-specific interventions, by district, 2016

<25% 25-<50% 50-<75% ≥75%

State/District		ARUNACHAL PRADESH																
		Anjaw	Changlang	Dibang Valley	East Kameng	East Siang	Kurung Komey	Lohit	Lower Dibang Valley	Lower Subansiri	Papum Pare	Tawang	Tirap	Upper Siang	Upper Subansiri	West Kameng	West Siang	
Pre-pregnancy	Demand for FP satisfied	51.4	47.0	65.8	73.2	15.1	60.4	33.4	70.2	58.6	33.3	29.4	38.0	65.6	71.5	44.6	35.1	28.3
	Iodized salt	99.0	98.3	99.5	99.0	99.7	99.1	98.6	99.8	98.6	98.8	98.5	99.2	98.3	98.8	98.7	98.5	98.5
Pregnancy	Any ANC visits	59.2	56.5	91.3	60.9	9.1	66.9	30.5	85.9	53.8	53.5	50.8	36.1	79.2	73.0	35.5	69.9	48.3
	≥4ANC	27.2	20.3	38.9	22.6	0.8	35.1	7.9	49.2	23.7	23.8	26.2	13.9	29.7	29.6	15.4	34.4	18.2
	Received MCP card	58.1	48.0	83.0	63.7	16.7	69.9	27.5	86.4	57.3	44.8	56.8	18.8	71.8	71.7	37.2	59.5	53.8
	Received IFA tab/syrup	65.2	72.1	70.3	52.4	32.2	70.2	47.3	76.2	67.7	62.8	85.0	46.6	55.6	61.9	59.0	65.7	55.0
	Consumed IFA 100+ days	9.0	4.8	11.2	25.9	2.0	7.0	2.9	14.4	12.1	11.5	12.5	9.2	9.7	10.0	1.8	8.0	1.6
	Deworming	12.3	25.9	8.9	4.3	2.7	29.0	6.5	22.2	8.3	17.2	13.5	3.9	3.0	16.9	17.1	6.5	9.9
	Weighing	56.5	51.2	90.3	55.4	7.9	63.7	28.4	83.3	52.5	48.3	48.1	29.7	75.3	69.9	32.3	67.8	43.4
	Breastfeeding counselling	13.4	14.4	22.0	13.8	5.7	15.1	5.6	25.2	9.0	13.3	6.5	6.3	29.6	14.2	5.2	8.7	3.9
	Food supplementation	13.7	24.3	19.5	4.6	7.6	20.1	7.4	8.9	9.5	11.2	11.2	9.3	40.0	7.1	17.9	5.5	3.1
	Health & nutrition education	6.5	15.5	9.5	4.2	1.5	14.0	0.4	3.4	4.0	2.9	7.3	2.7	16.9	5.2	8.6	2.9	3.1
	Tetanus injection	62.4	71.5	80.7	57.5	32.3	72.4	37.8	78.3	61.1	40.3	72.1	37.7	62.4	71.7	57.4	56.0	49.6
	Delivery & postnatal	Institutional birth	55.5	55.4	50.7	55.1	34.9	71.2	35.9	49.0	63.2	63.6	84.0	32.6	38.7	68.7	50.9	61.0
Skilled birth attendant		57.0	61.3	51.5	56.8	37.7	73.8	37.8	50.1	63.3	67.1	84.3	35.8	39.1	71.6	53.0	61.0	57.6
Postnatal care for mothers		29.0	21.3	45.0	37.4	6.0	31.0	17.0	39.4	24.0	17.7	35.6	9.5	35.2	43.2	17.0	22.9	24.6
Postnatal care for babies		8.2	5.6	24.8	11.4	0.4	5.9	1.9	17.7	1.4	1.3	1.6	0.5	16.6	8.0	1.9	2.3	6.1
Food supplementation		14.7	23.0	27.4	3.4	6.2	18.1	5.8	10.5	9.0	7.9	10.2	5.6	50.9	6.3	14.2	3.2	3.5
Health & nutrition education		6.1	16.3	10.2	3.8	1.5	10.6	1.2	3.0	4.8	2.8	6.3	1.7	17.9	3.7	8.3	1.7	1.2
Early childhood	Full immunization	39.3	37.4	79.5	37.9	9.9	47.4	17.6	58.2	37.8	37.5	36.2	26.6	45.9	32.3	23.1	23.9	32.8
	Vitamin A	42.0	51.0	28.9	31.6	17.8	65.0	27.5	45.3	52.8	45.5	52.7	34.4	24.2	51.5	58.6	46.1	50.4
	Paediatric IFA	22.2	38.6	4.5	17.5	8.2	46.3	14.7	20.4	32.9	24.6	36.0	13.8	4.5	36.1	37.8	20.2	28.8
	Deworming	31.2	44.5	28.4	22.9	13.9	52.5	22.6	40.8	34.7	29.6	37.3	20.5	15.0	41.9	39.2	27.4	27.3
	Care seeking for ARI	38.2	24.6	34.8	7.7	9.6	44.6	39.3	41.4	71.7	5.9	57.8	37.8	13.9	63.5	40.3	42.6	41.2
	ORS during diarrhea	68.7	92.1	34.2	67.8	75.4	90.4	68.6	45.8	37.3	41.0	80.3	34.3	22.6	80.2	75.6	79.0	79.2
	Zinc during diarrhea	37.4	72.3	0.0	0.0	26.7	96.0	38.7	15.3	29.1	57.8	39.6	5.3	0.0	0.0	34.8	36.4	64.5
	Food supplementation	20.4	19.0	34.1	3.4	7.1	22.3	14.8	15.2	16.1	19.1	17.4	12.1	71.4	7.8	17.4	7.5	4.6
	Weighing	10.8	12.7	24.7	5.3	1.8	16.2	4.3	5.9	7.8	4.1	7.4	3.3	36.7	5.3	10.7	2.3	1.7
	Counselling on child growth	4.6	8.2	8.2	0.7	0.0	9.6	0.4	3.5	1.7	0.8	4.2	0.9	17.1	0.0	5.1	0.5	0.4

Summary of findings

- **High coverage ($\geq 75\%$):** Sustained efforts are required to maintain the high coverage for the following interventions:
 - *Before & during pregnancy:* iodized salt.
 - *Delivery & postnatal:* no interventions achieved high coverage.
 - *Early childhood:* no interventions achieved high coverage.
- **Low coverage ($< 50\%$):** The state should focus efforts on increasing coverage of the following interventions:
 - *Before & during pregnancy:* demand for family planning, at least 4 ANC visits, consuming 100+ IFA, deworming, breastfeeding counselling, food supplementation, health & nutrition education.
 - *Delivery & postnatal:* postnatal care for mothers, postnatal care for babies, food supplementation, health & nutrition education.
 - *Early childhood:* full immunization, vitamin A supplementation, IFA supplementation, deworming, care seeking for ARI, zinc supplements during diarrhea, food supplementation, weighing and counselling on child growth.
- **Missed opportunities:** Coverage of postnatal care is higher for mothers than for babies. Many women receive some IFA but fewer are consuming IFA for at least 100 days during pregnancy.

ANNEX 1 Definition of indicators used in the analyses

Indicators	Definition
Pre-pregnancy	
Demand for FP satisfied	Percentage of women (15-49 years) who have their need for family planning satisfied with modern methods.
Iodized salt	Percentage of households with children under 5 years of age using iodized salt.
Pregnancy	
Any ANC visits	Percentage of women (15-49 years) with children under 5 years of age who were attended by any trained provider ever or at least once, when they were pregnant with their youngest child.
≥ 4 ANC	Percentage of women (15-49 years) with children under 5 years of age who were attended by any trained provider 4 or more times, when they were pregnant with their youngest child.
Received MCP card	Percentage of women (15-49 years) with children under 5 years of age who received the Mother and Child Protection card after pregnancy registration, when they were pregnant with their youngest child.
Received IFA	Percentage of women (15-49 years) with children under 5 years of age who received or bought any IFA tablets/syrup, when they were pregnant with their youngest child.
Consumed IFA for 100+ days	Percentage of women (15-49 years) with children under 5 years of age who consumed IFA tablets/syrup for 100 days or more, when they were pregnant with their youngest child.
Deworming	Percentage of women (15-49 years) with children under 5 years of age who received any deworming drug, when they were pregnant with their youngest child.
Weighing	Percentage of women (15-49 years) with children under 5 years of age who were weighed when they were pregnant with their youngest child.
Breastfeeding counselling	Percentage of women (15-49 years) with children under 5 years of age who received advice on breastfeeding from any provider, when they were pregnant with their youngest child.
Food supplementation	Percentage of women (15-49 years) with children under 5 years of age who received food supplements from the <i>anganwadi center</i> (AWC), when they were pregnant with their youngest child.
Health & nutrition education	Percentage of women (15-49 years) with children under 5 years of age who received health and nutrition education from the AWC, when they were pregnant with their youngest child.
Tetanus injection	Percentage of women (15-49 years) with children under 5 years of age who received at least 2 TT injections when they were pregnant with their youngest child.
Delivery and postnatal care	
Institutional birth	Percentage of women (15-49 years) with children under 5 years of age who delivered their youngest child in a health facility.
Skilled birth attendant	Percentage of women (15-49 years) with children under 5 years of age who were attended by skilled health personnel when they delivered their youngest child.
Postnatal care for mothers	Percentage of women (15-49 years) with children under 5 years of age who received postnatal care, while in facility or at home, two days after they delivered their youngest child.
Postnatal care for babies	Percentage of last-born children (0-59 months) in the last 5 years, who received postnatal care within two days after they were born.
Food supplementation	Percentage of women (15-49 years) with children under 5 years of age who received food supplements from the AWC, when they were breastfeeding their youngest child.
Health & nutrition education	Percentage of women (15-49 years) with children under 5 years of age who received health and nutrition education from the AWC, when they were breastfeeding their youngest child.
Early childhood	
Full immunization	Percentage of last-born children (12-23 months) in the last 5 years who received one dose of BCG vaccine, three doses of polio vaccine, three doses of DTP3 vaccine, and one dose of measles vaccine.
Vitamin A	Percentage of last-born children (6-59 months) in the last 5 years, who received vitamin A supplements in the six months preceding the survey.
Pediatric IFA	Percentage of last-born children (6-59 months) in the last 5 years, who received iron supplements in the last 7 days prior to the survey.
Deworming	Percentage of last-born children (12-59 months) in the last 5 years, who received albendazole or any other deworming drug in the last 6 months prior to the survey.
Care seeking for ARI	Percentage of last-born children (0-59 months) in the last 5 years, with suspected ARI symptoms in the last two weeks, who were taken to a health care provider.
ORS during diarrhea	Percentage of last-born children (0-59 months) in the last 5 years, with diarrhea in the last two weeks, who received ORS.
Zinc during diarrhea	Percentage of last-born children (2-59 months) in the last 5 years, with diarrhea in the last two weeks who received zinc.
Food supplementation	Percentage of last-born children (6-35 months) in the last 5 years, who received food supplements from the AWC in the last 12 months prior to the survey.
Weighing	Percentage of last-born children (0-59 months) in the last 5 years, who were ever weighed in the last 12 months.
Counselling on child growth	Percentage of women (15-49 years) with children under 5 years of age, who were counselled about their youngest child's growth after they were weighed in the last 12 months prior to the survey.

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AUTHORS

Aishwarya Agarwal, Research Analyst, IFPRI

Rasmi Avula, Research Fellow, IFPRI

Phuong Hong Nguyen, Research Fellow, IFPRI

Lan Mai Tran, Independent Researcher

Samuel Scott, Associate Research Fellow, IFPRI

Purnima Menon, Senior Research Fellow, IFPRI

SUGGESTED CITATION

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ABOUT POSHAN

Partnerships and Opportunities to Strengthen and Harmonize Actions for Nutrition in India (POSHAN) is a multi-year initiative that aims to support the use of data and evidence in decision-making for nutrition in India. It is supported by the Bill & Melinda Gates Foundation and led by IFPRI in India.

ABOUT DATA NOTES

POSHAN Data Notes focus on data visualization to highlight geographic and/or thematic issues related to nutrition in India. They draw on multiple sources of publically available data.

CONTACT US

Email: IFPRI_POSHAN@cgiar.org

IFPRI-NEW DELHI INTERNATIONAL FOOD POLICY RESEARCH INSTITUTE

NASC Complex, CG Block,
Dev Prakash Shastri Road,
Pusa, New Delhi 110012, India
T+91.11.66166565
F+91.11.66781699

IFPRI-HEADQUARTERS INTERNATIONAL FOOD POLICY RESEARCH INSTITUTE

1201 Eye Street, NW,
Washington, DC 20005 USA
T. +1.202.862.5600
F. +1.202.467.4439
Skype: IFPRIhomeoffice
ifpri@cgiar.org
www.ifpri.org

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