

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

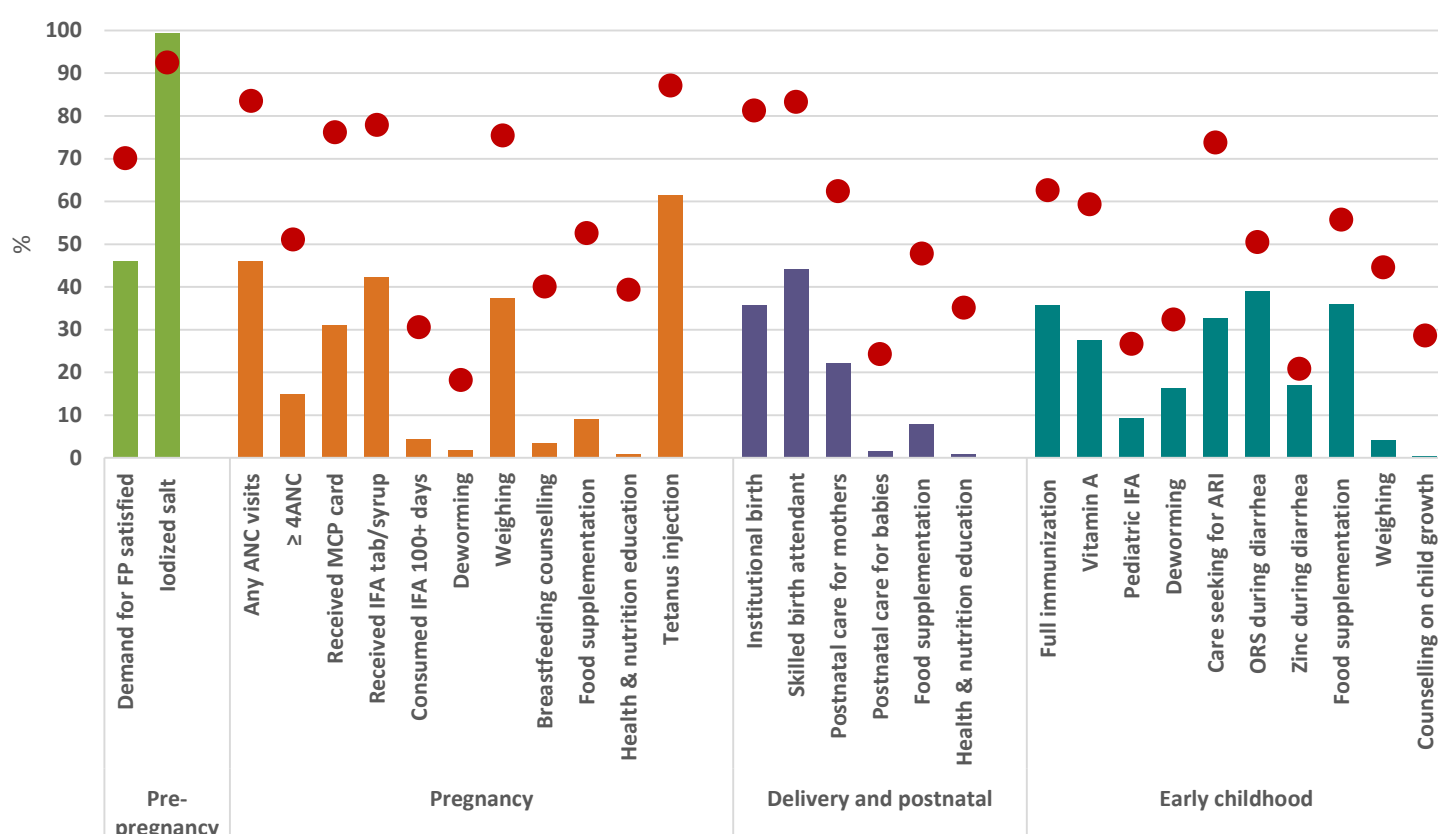
ABOUT THIS DATA NOTE

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.

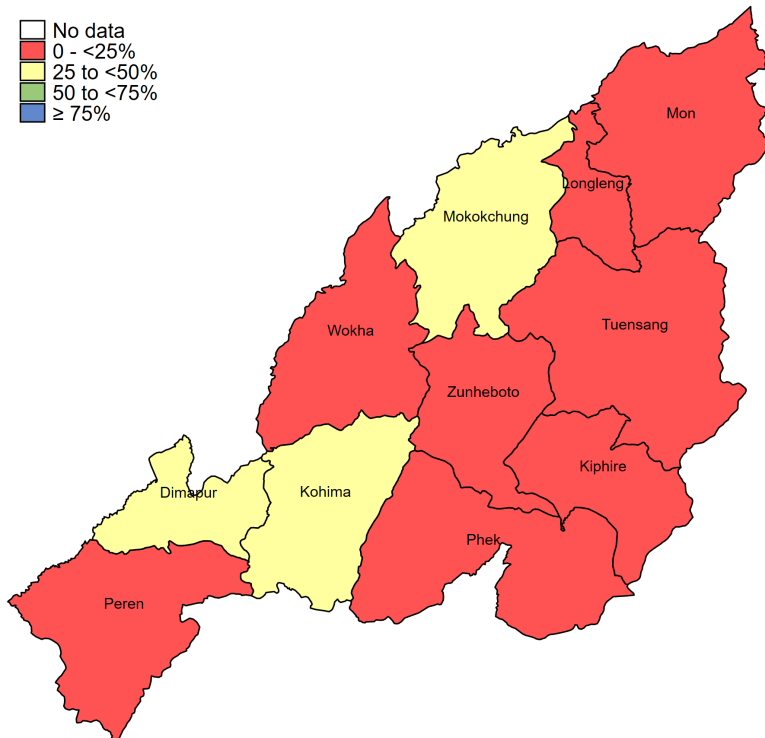
FIGURE 1 Coverage of interventions across the continuum of care, in 2016



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

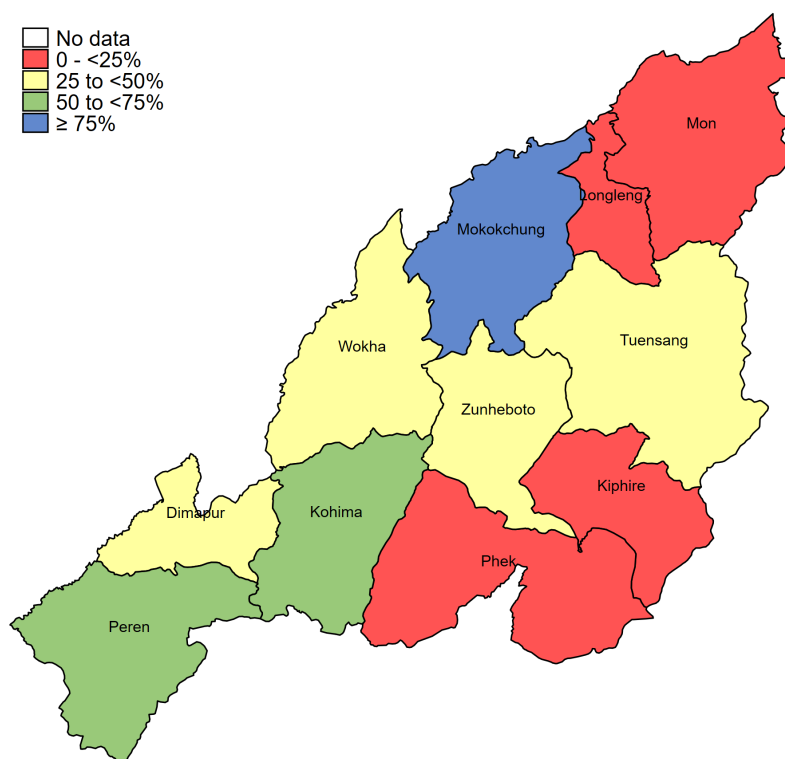


Top 5 districts, %	
Mokokchung	35.7
Kohima	30.4
Dimapur	26.5
Wokha	24.2
Peren	13.2

Bottom 5 districts, %	
Longleng	1.5
Kiphire	2.0
Mon	3.5
Tuensang	4.5
Zunheboto	5.9

Source: NFHS-4.

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

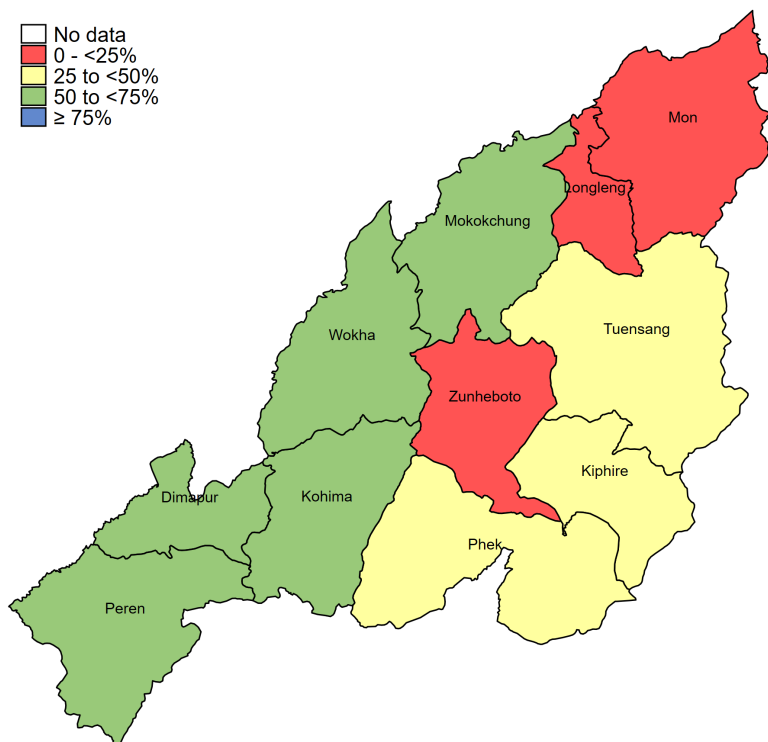


Top 5 districts, %	
Mokokchung	75.2
Kohima	64.3
Peren	50.6
Dimapur	47.0
Wokha	41.8

Bottom 5 districts, %	
Mon	14.3
Longleng	16.1
Kiphire	21.7
Phek	23.3
Tuensang	33.3

Source: NFHS-4.

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

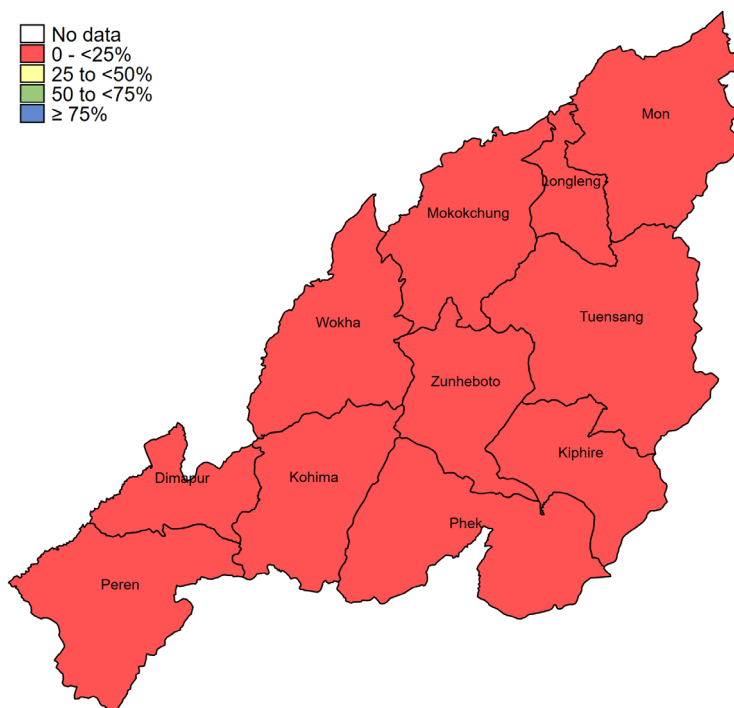


Top 5 districts, %	
Peren	64.2
Kohima	61.0
Wokha	60.7
Dimapur	59.9
Mokokchung	55.2

Bottom 5 districts, %	
Mon	18.3
Longleng	20.3
Zunheboto	23.0
Kiphire	28.0
Phek	28.5

Source: NFHS-4.

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

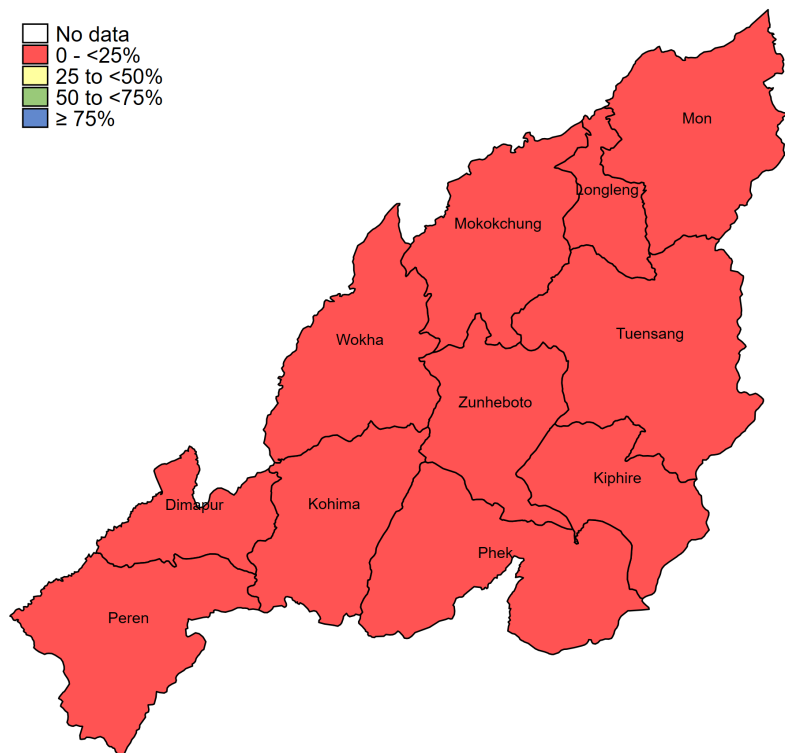


Top 5 districts, %	
Wokha	9.7
Kohima	8.7
Dimapur	8.1
Mokokchung	7.6
Peren	7.6

Bottom 5 districts, %	
Zunheboto	0.0
Longleng	0.4
Mon	0.8
Phek	0.9
Kiphire	1.5

Source: NFHS-4.

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

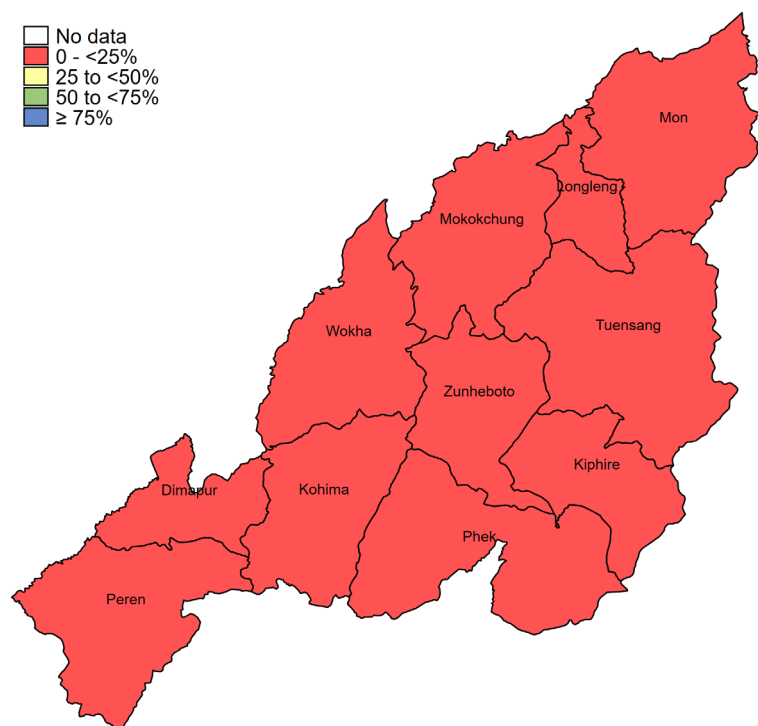


Top 5 districts, %	
Peren	8.4
Kohima	5.1
Dimapur	5.0
Longleng	4.7
Kiphire	3.8

Bottom 5 districts, %	
Mon	1.0
Tuensang	1.8
Mokokchung	1.9
Phek	2.4
Zunheboto	2.9

Source: NFHS-4.

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

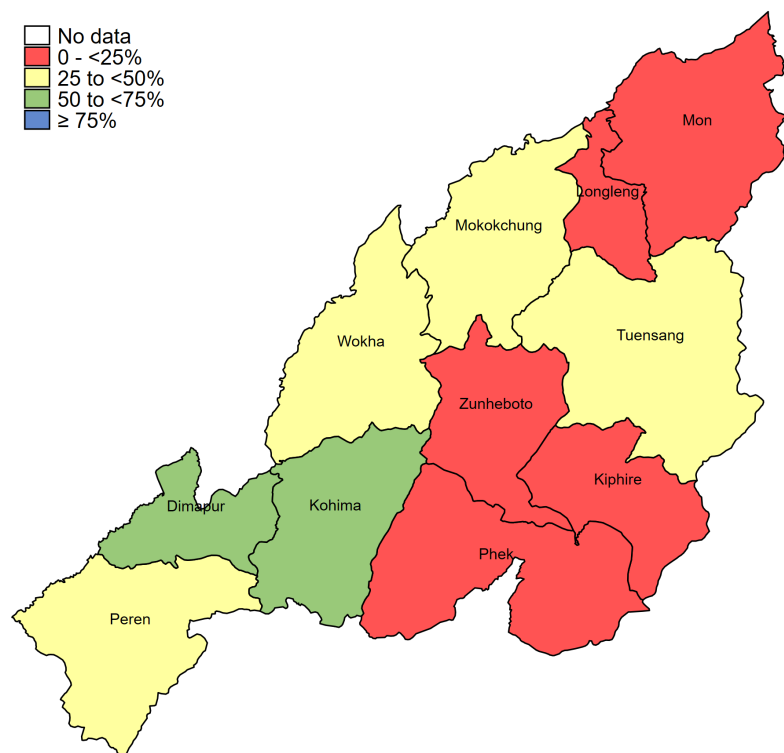


Top 5 districts, %	
Phek	19.9
Mokokchung	13.9
Peren	13.6
Wokha	12.9
Zunheboto	12.8

Bottom 5 districts, %	
Mon	2.8
Dimapur	5.6
Kiphire	6.4
Longleng	6.7
Kohima	9.1

Source: NFHS-4.

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

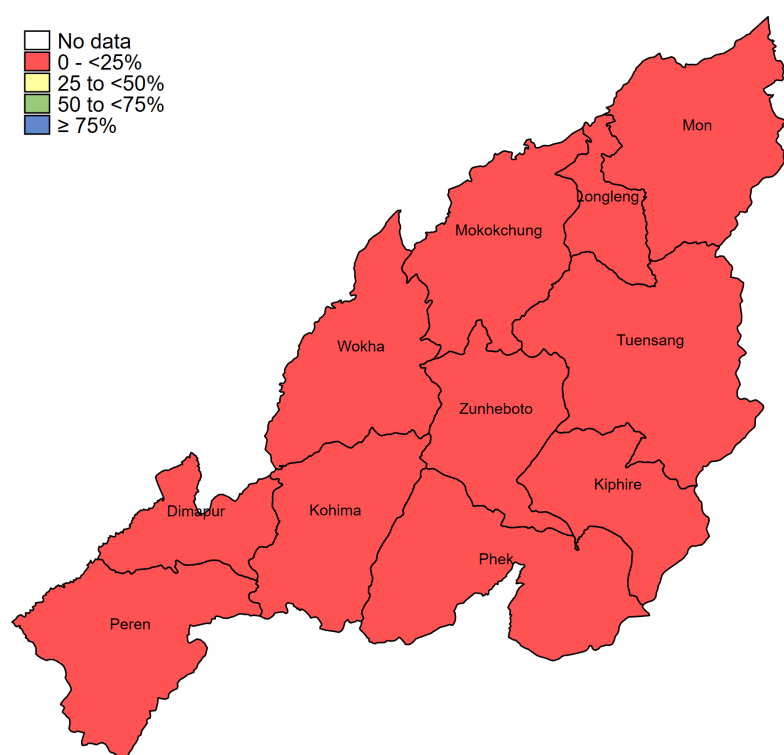


Top 5 districts, %	
Dimapur	57.9
Kohima	57.2
Mokokchung	48.0
Peren	41.8
Wokha	37.8

Bottom 5 districts, %	
Longleng	10.1
Mon	11.7
Phek	21.0
Kiphire	24.4
Zunheboto	24.6

Source: NFHS-4.

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

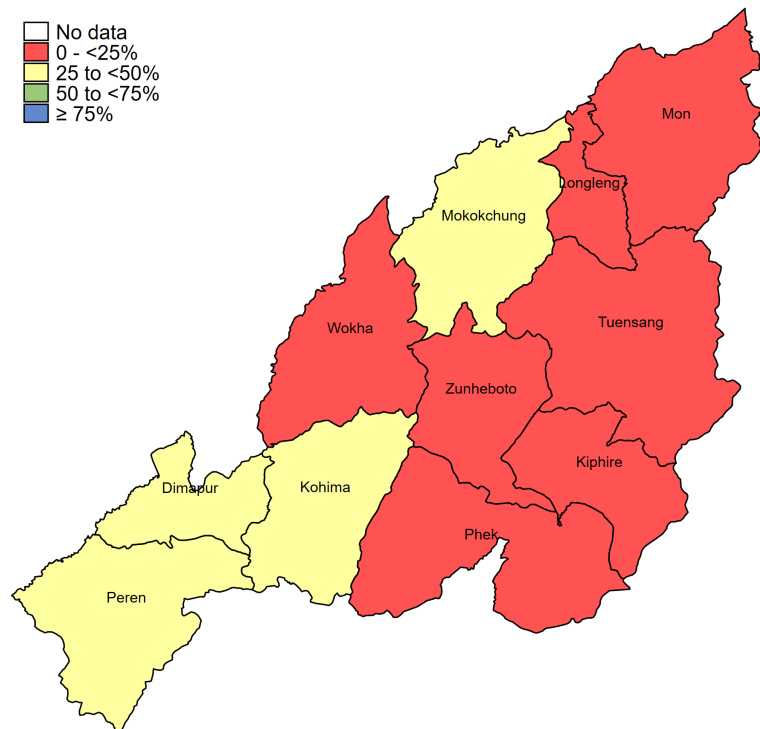


Top 5 districts, %	
Zunheboto	22.0
Peren	16.5
Tuensang	15.8
Wokha	10.2
Phek	9.0

Bottom 5 districts, %	
Mon	2.6
Mokokchung	2.7
Longleng	3.6
Kiphire	4.4
Kohima	4.5

Source: NFHS-4.

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

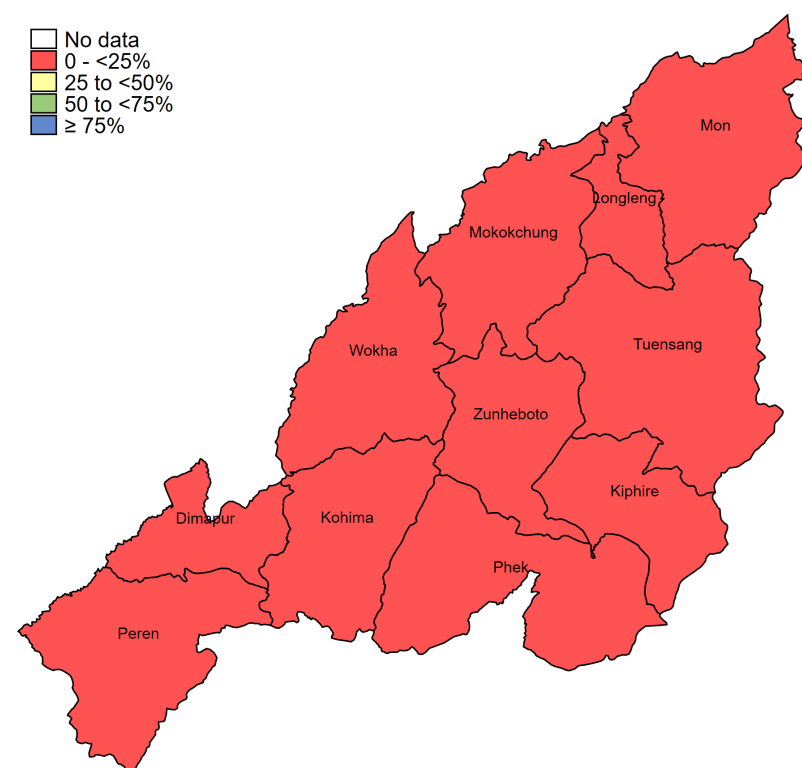


Top 5 districts, %	
Mokokchung	36.9
Dimapur	35.6
Kohima	34.8
Peren	30.5
Wokha	24.4

Bottom 5 districts, %	
Mon	4.9
Longleng	5.9
Phek	11.5
Kiphire	13.9
Zunheboto	14.5

Source: NFHS-4.

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

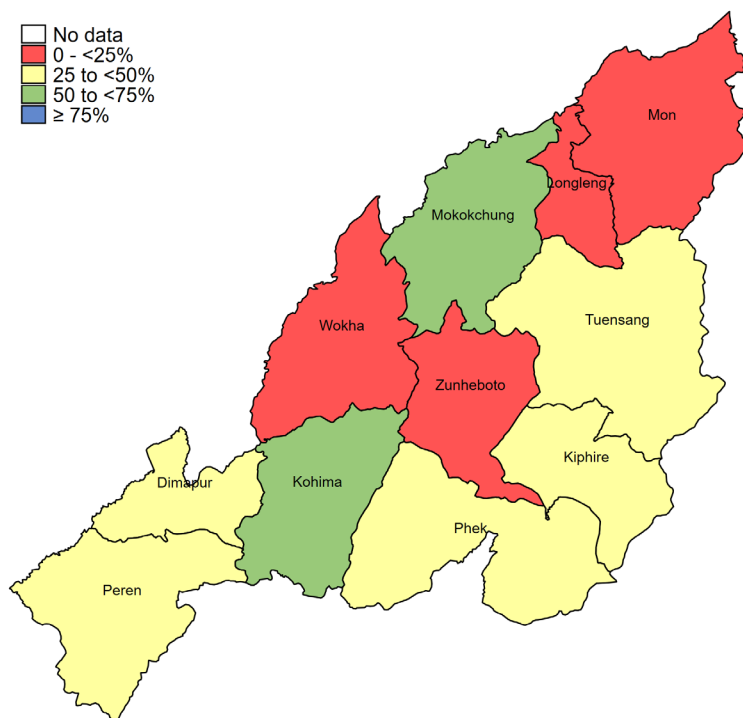


Top 5 districts, %	
Peren	3.7
Dimapur	3.1
Wokha	2.9
Tuensang	1.9
Mokokchung	1.5

Bottom 5 districts, %	
Longleng	0.0
Kiphire	0.0
Phek	0.2
Mon	0.3
Kohima	0.5

Source: NFHS-4.

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

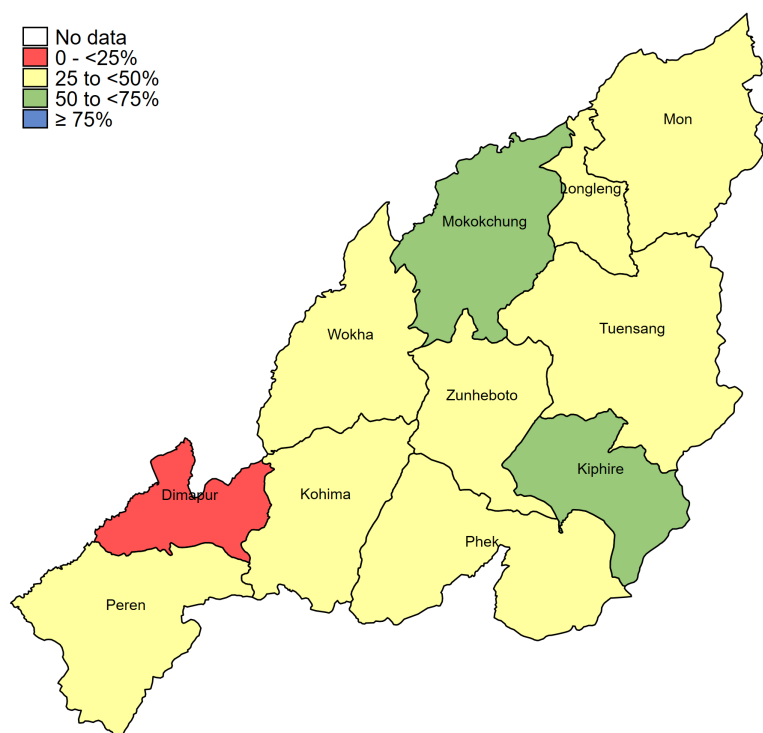


Top 5 districts, %	
Kohima	58.9
Mokokchung	57.6
Peren	48.4
Tuensang	43.7
Kiphire	36.3

Bottom 5 districts, %	
Longleng	7.9
Mon	19.6
Zunheboto	21.1
Wokha	23.9
Phek	33.6

Source: NFHS-4.

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

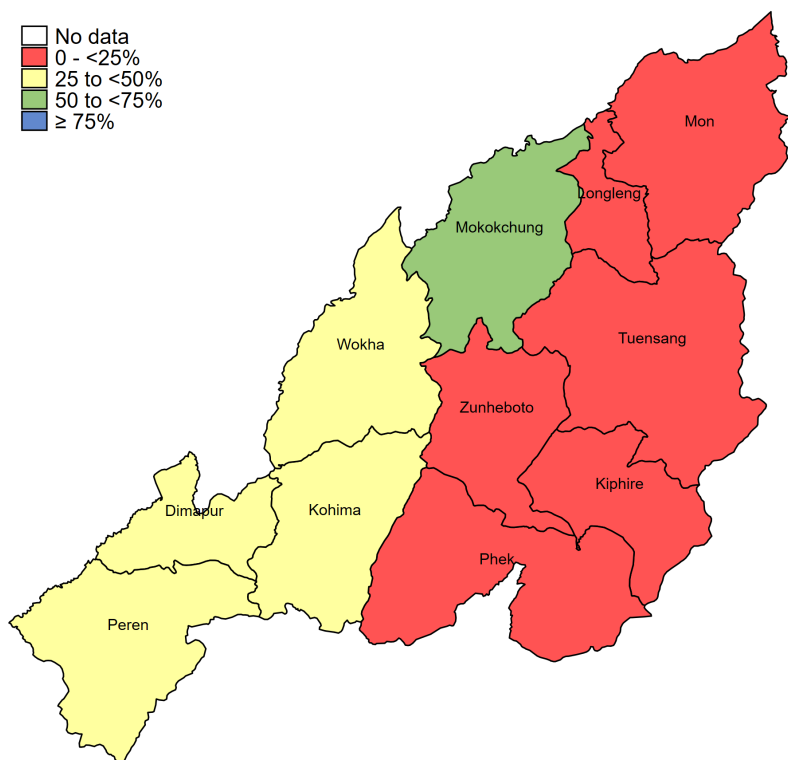


Top 5 districts, %	
Mokokchung	60.8
Kiphire	50.6
Wokha	49.1
Phek	48.4
Zunheboto	46.6

Bottom 5 districts, %	
Dimapur	14.8
Longleng	25.2
Mon	32.4
Peren	39.7
Kohima	40.4

Source: NFHS-4.

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

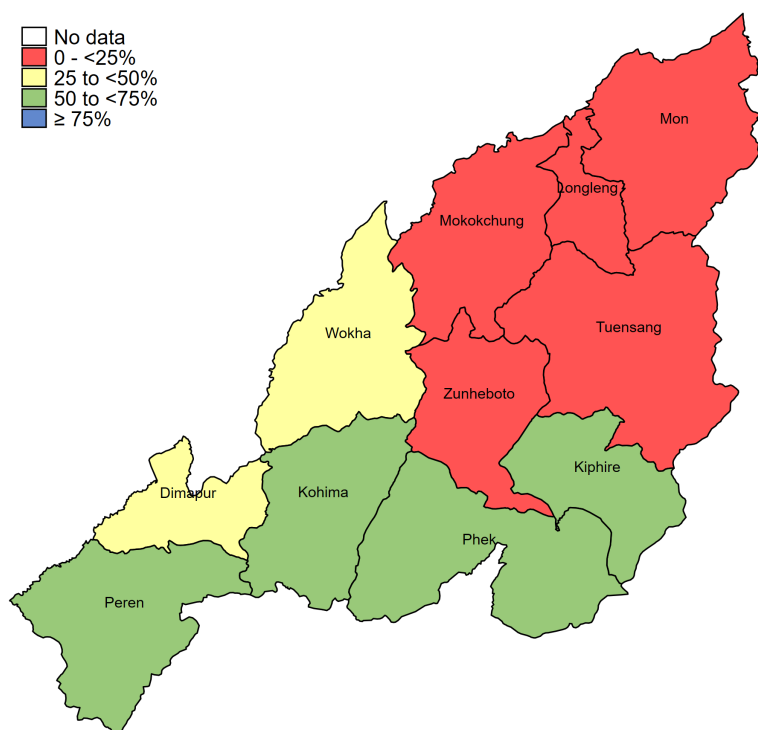


Top 5 districts, %	
Mokokchung	59.6
Kohima	40.2
Dimapur	35.9
Peren	31.8
Wokha	31.0

Bottom 5 districts, %	
Longleng	11.8
Mon	12.2
Kiphire	18.6
Phek	19.6
Zunheboto	19.9

Source: NFHS-4.

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

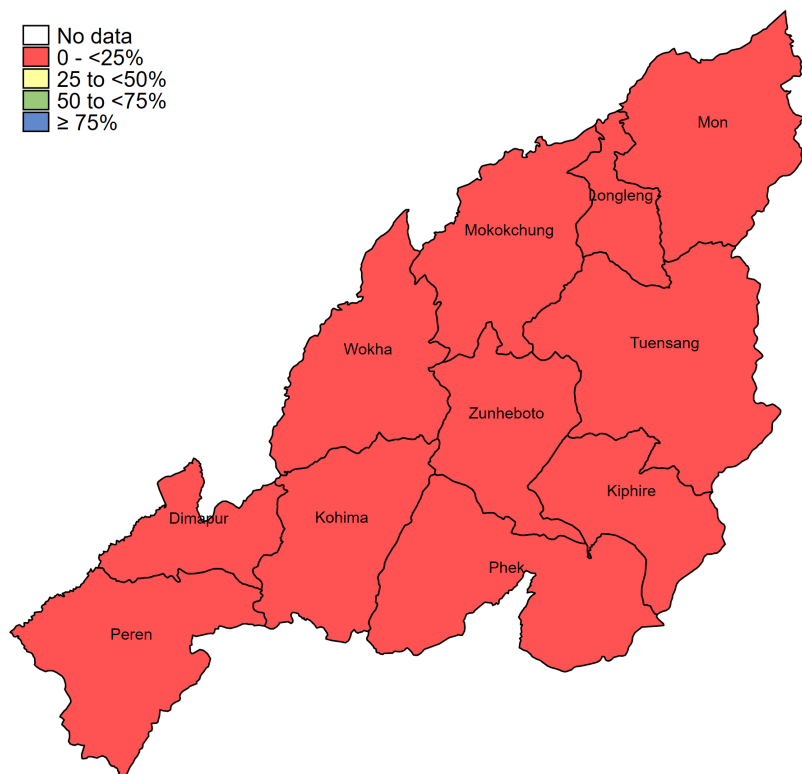


Top 5 districts, %	
Phek	61.7
Peren	55.5
Kiphire	54.6
Kohima	51.0
Dimapur	43.4

Bottom 5 districts, %	
Zunheboto	0.0
Mokokchung	11.3
Longleng	14.4
Tuensang	19.0
Mon	21.6

Source: NFHS-4.

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

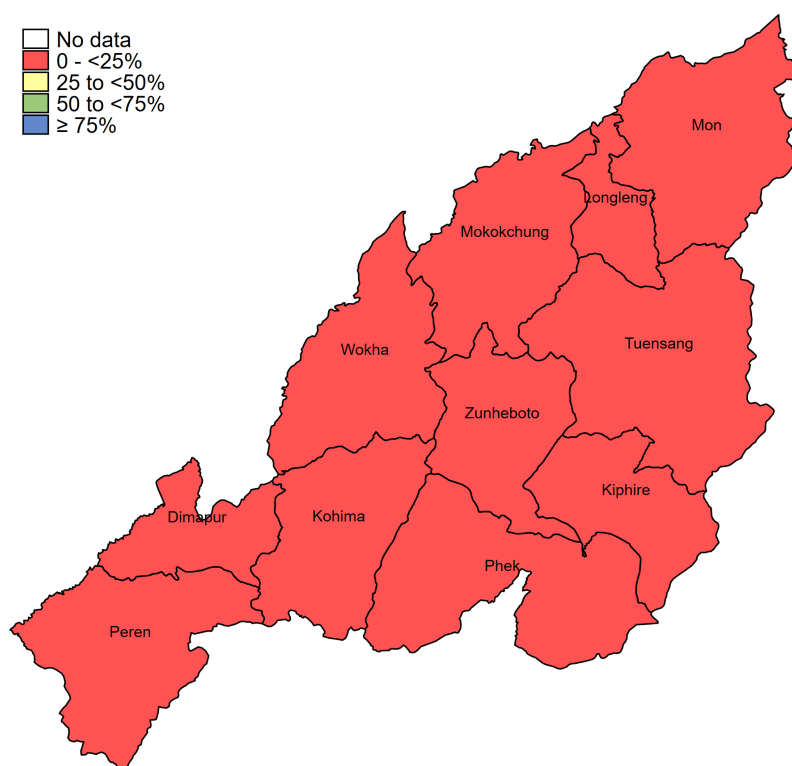


Top 5 districts, %	
Phek	19.6
Mokokchung	7.1
Peren	4.5
Dimapur	2.8
Tuensang	2.6

Bottom 5 districts, %	
Kiphire	0.9
Mon	1.6
Kohima	1.6
Longleng	1.7
Wokha	1.8

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, %	
Peren	1.2
Mokokchung	1.0
Phek	0.9
Longleng	0.7
Kohima	0.5

Bottom 5 districts, %	
Wokha	0.0
Tuensang	0.0
Kiphire	0.0
Mon	0.0
Zunheboto	0.0

Source: NFHS-4.

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

<25% 25-50% 50-75% ≥75%

State/District		NAGALAND	Dimapur	Kiphire	Kohima	Longleng	Mokokchung	Mon	Peren	Phek	Tuensang	Wokha	Zunheboto
Pre-pregnancy	Demand for FP satisfied	46.1	41.5	50.3	47.8	51.9	53.9	28.8	46.8	44.9	41.1	42.8	60.6
	Iodized salt	99.3	99.6	99.1	99.3	99.7	99.3	98.7	99.8	99.2	99.4	99.2	99.6
Pregnancy	Any ANC visits	46.0	55.2	30.3	69.7	25.9	80.6	24.4	58.3	31.9	39.0	64.1	42.6
	≥4ANC	14.9	26.5	2.0	30.4	1.5	35.7	3.5	13.2	6.6	4.5	24.2	5.9
	Received MCP card	30.9	33.8	23.8	52.3	19.6	51.3	16.2	54.0	19.1	34.5	25.1	21.0
	Received IFA tab/syrup	42.2	59.9	28.0	61.0	20.3	55.2	18.3	64.2	28.5	37.8	60.7	23.0
	Consumed IFA 100+ days	4.5	8.1	1.5	8.7	0.4	7.6	0.8	7.6	0.9	2.4	9.7	0.0
	Deworming	1.8	2.8	1.1	2.2	1.3	0.8	1.1	4.7	0.7	0.6	3.2	1.8
	Weighing	37.4	47.0	21.7	64.3	16.1	75.2	14.3	50.6	23.3	33.3	41.8	33.4
	Breastfeeding counselling	3.4	5.0	3.8	5.1	4.7	1.9	1.0	8.4	2.4	1.8	3.7	2.9
	Food supplementation	9.0	5.6	6.4	9.1	6.7	13.9	2.8	13.6	19.9	11.1	12.9	12.8
	Health & nutrition education	0.9	1.3	0.5	1.4	1.3	0.4	0.3	1.1	1.7	0.0	0.5	1.7
	Tetanus injection	61.3	75.6	52.0	79.8	46.8	84.8	34.1	76.4	58.4	52.1	72.9	53.3
Delivery & postnatal	Institutional birth	35.7	57.9	24.4	57.2	10.1	48.0	11.7	41.8	21.0	28.0	37.8	24.6
	Skilled birth attendant	44.2	63.0	30.4	65.8	18.8	75.1	17.7	57.5	27.7	37.3	59.8	28.4
	Postnatal care for mothers	22.1	35.6	13.9	34.8	5.9	36.9	4.9	30.5	11.5	19.1	24.4	14.5
	Postnatal care for babies	1.6	3.1	0.0	0.5	0.0	1.5	0.3	3.7	0.2	1.9	2.9	1.2
	Food supplementation	7.9	5.1	4.4	4.5	3.6	2.7	2.6	16.5	9.0	15.8	10.2	22.0
	Health & nutrition education	0.8	1.1	0.3	0.7	1.2	0.0	0.3	1.2	1.9	0.3	0.0	2.3
Early childhood	Full immunization	35.6	34.8	36.3	58.9	7.9	57.6	19.6	48.4	33.6	43.7	23.9	21.1
	Vitamin A	27.6	35.9	18.6	40.2	11.8	59.6	12.2	31.8	19.6	23.9	31.0	19.9
	Paediatric IFA	9.1	13.0	4.9	13.3	0.2	26.8	1.5	11.3	10.4	3.9	6.6	11.4
	Deworming	16.3	23.1	8.8	28.5	5.3	15.3	6.2	28.7	15.7	15.1	8.6	8.4
	Care seeking for ARI	32.6	41.2	5.9	36.5	26.9	53.7	15.3	20.3	10.6	8.3	43.4	0.0
	ORS during diarrhea	38.9	43.4	54.6	51.0	14.4	11.3	21.6	55.5	61.7	19.0	26.0	0.0
	Zinc during diarrhea	16.9	14.8	15.3	23.7	16.6	30.6	10.9	21.0	0.0	20.2	7.6	38.3
	Food supplementation	36.0	14.8	50.6	40.4	25.2	60.8	32.4	39.7	48.4	44.2	49.1	46.6
	Weighing	4.1	2.8	0.9	1.6	1.7	7.1	1.6	4.5	19.6	2.6	1.8	2.5
	Counselling on child growth	0.3	0.3	0.0	0.5	0.7	1.0	0.0	1.2	0.9	0.0	0.0	0.0

Source: NFHS-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:* satisfying demand for family planning, promotion of ANC, MCP cards, IFA supplementation, deworming, breastfeeding counselling, food supplementation, health & nutrition education.
 - *Delivery & postnatal:* institutional birth, skilled birth attendant, postnatal care for mothers and babies, food supplementation, health & nutrition education.
 - *Early childhood:* full immunization, vitamin A supplementation, IFA supplementation, deworming, care seeking for ARI, ORS and zinc during diarrhea, food supplementation, weight monitoring and counselling on child growth.
- **Missed opportunities:** Coverage of postnatal care is higher for mothers than for babies. Some women receive some IFA but almost none are consuming IFA for at least 100 days during pregnancy, and almost no pregnant women receive deworming pills.

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.

Led by IFPRI 

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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.

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