

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

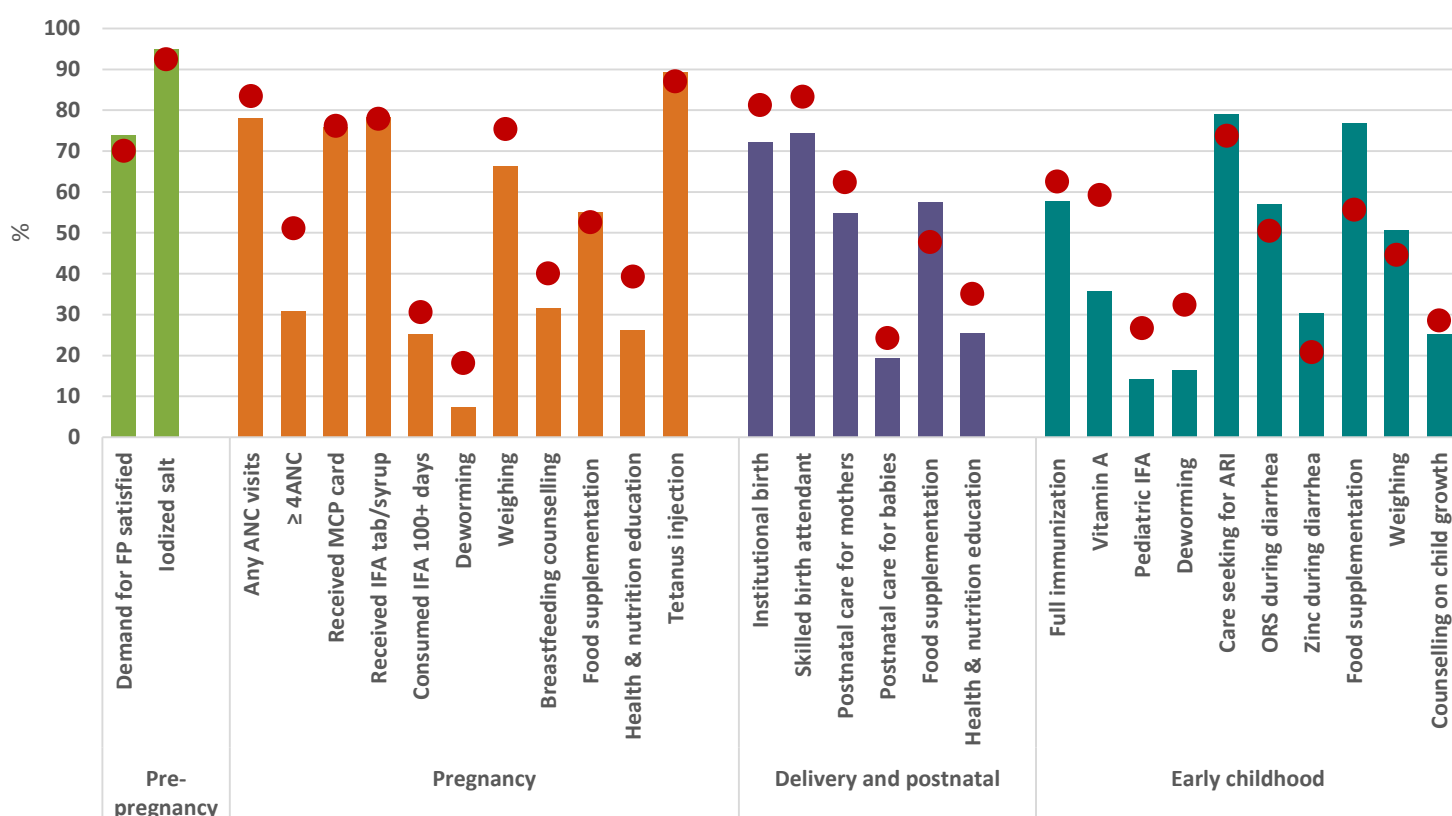
ABOUT THIS DATA NOTE

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.

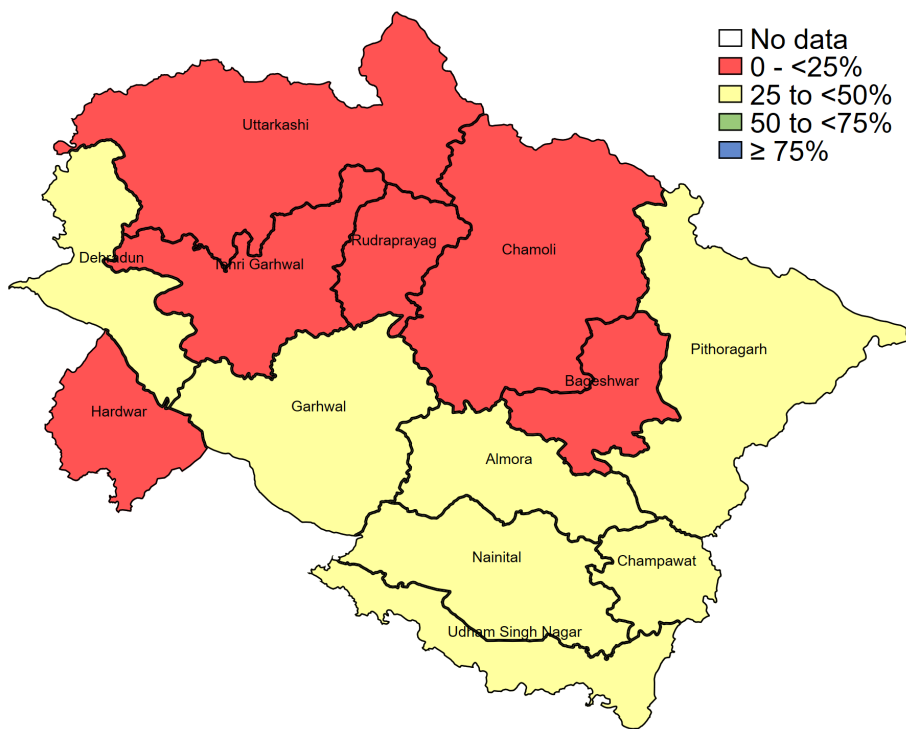
FIGURE 1 Coverage of interventions across the continuum of care, in 2016



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, %

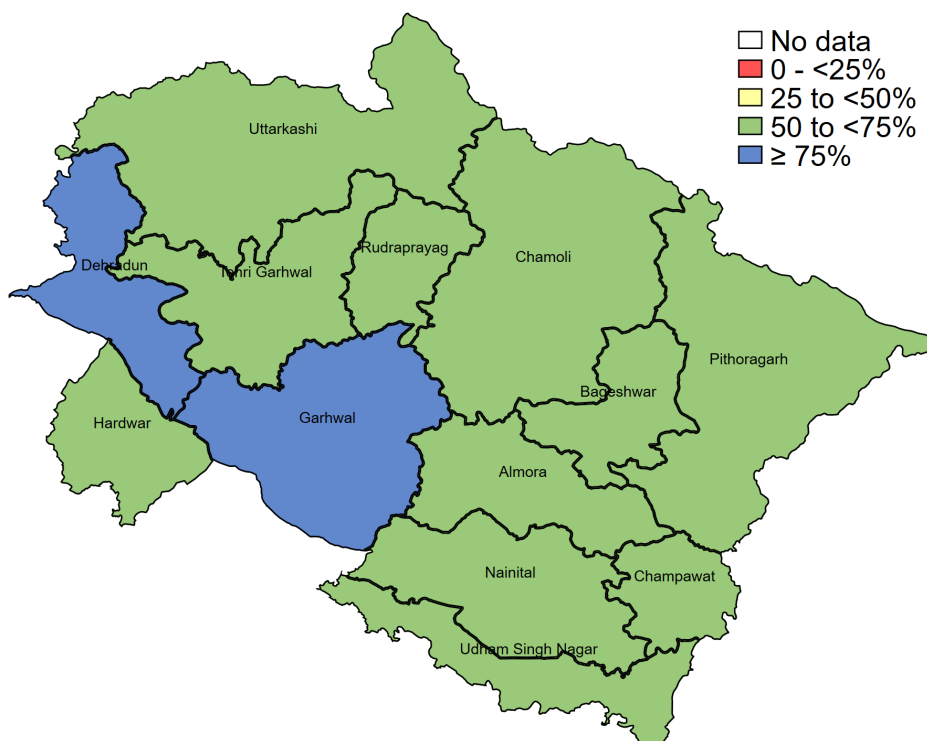
Dehradun	47.2
Nainital	40.5
Pauri Garhwal	36.3
Almora	31.8
Pithoragarh	30.7

Bottom 5 districts, %

Rudraprayag	17.3
Chamoli	20.3
Uttarkashi	22.2
Bageshwar	23.5
Tehri Garhwal	24.0

Source: NFHS-4.

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



Top 5 districts, %

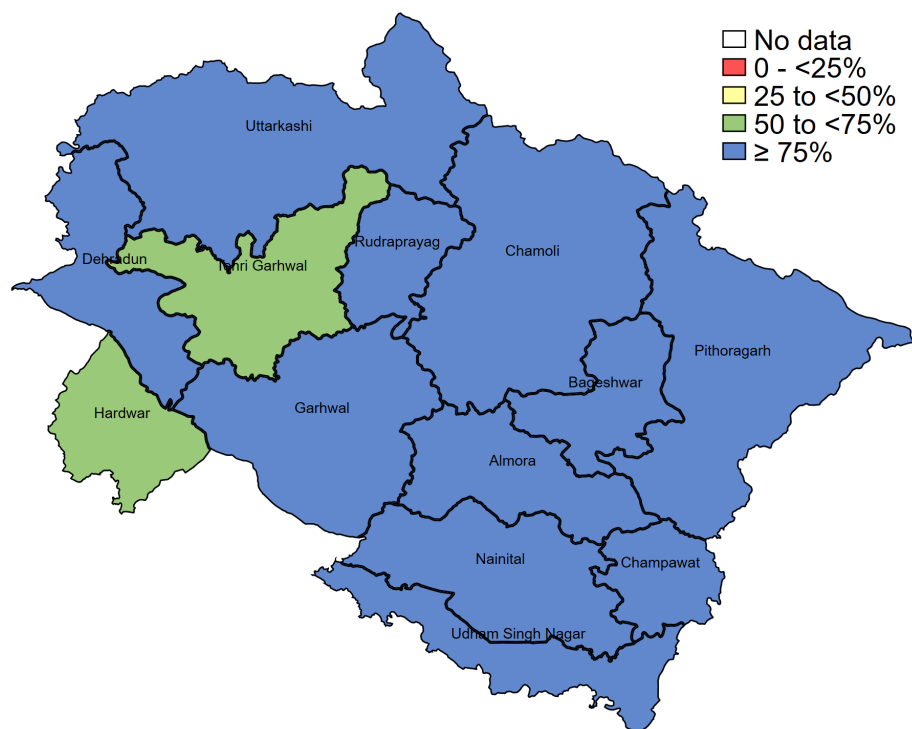
Dehradun	86.4
Pauri Garhwal	79.3
Nainital	72.6
Almora	72.5
Uttarkashi	71.8

Bottom 5 districts, %

Udhm Singh Nagar	53.1
Haridwar	54.1
Chamoli	57.0
Bageshwar	61.3
Champawat	66.8

Source: NFHS-4.

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

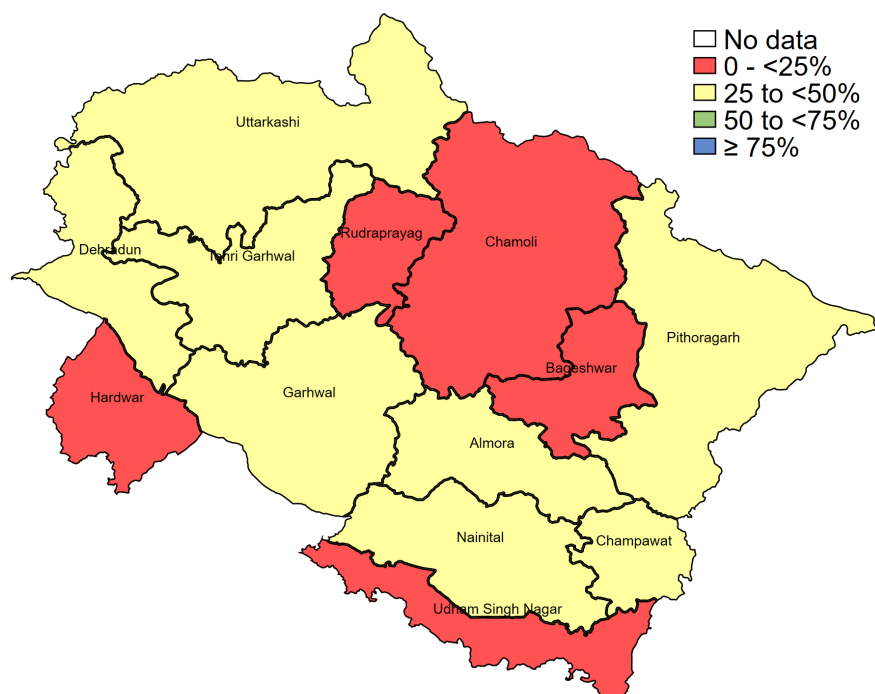


Top 5 districts, %	
Pithoragarh	91.0
Nainital	89.8
Almora	88.5
Champawat	87.5
Dehradun	85.4

Bottom 5 districts, %	
Haridwar	64.7
Tehri Garhwal	73.1
Bageshwar	75.5
Udham Singh Nagar	75.6
Uttarkashi	77.3

Source: NFHS-4.

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

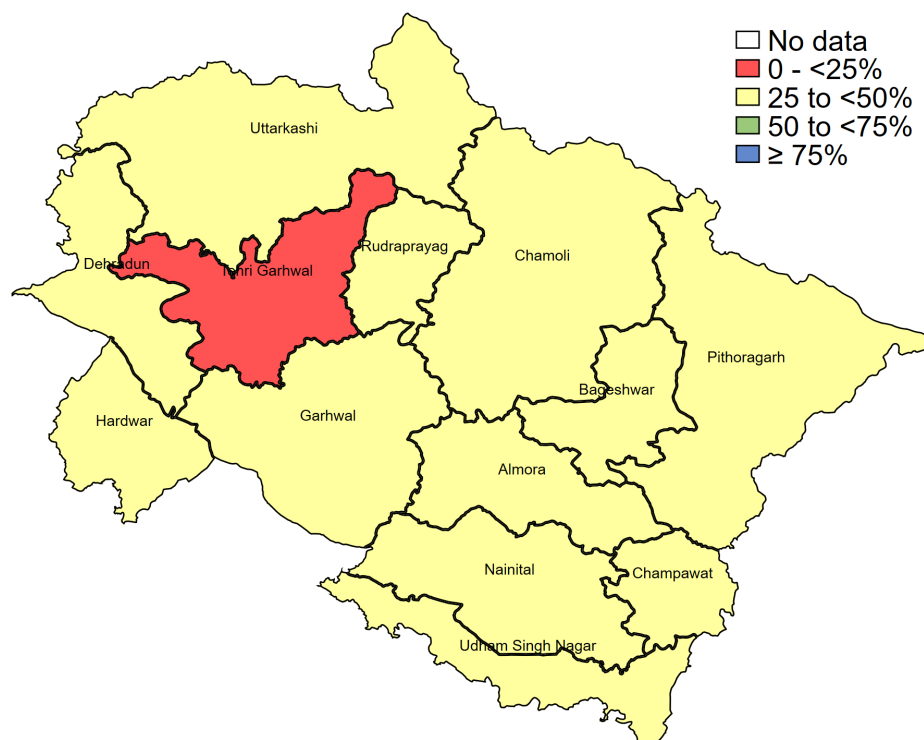


Top 5 districts, %	
Nainital	41.4
Almora	35.7
Dehradun	29.6
Pithoragarh	28.7
Uttarkashi	28.1

Bottom 5 districts, %	
Udham Singh Nagar	16.8
Chamoli	18.9
Haridwar	19.3
Bageshwar	23.9
Rudraprayag	24.6

Source: NFHS-4.

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

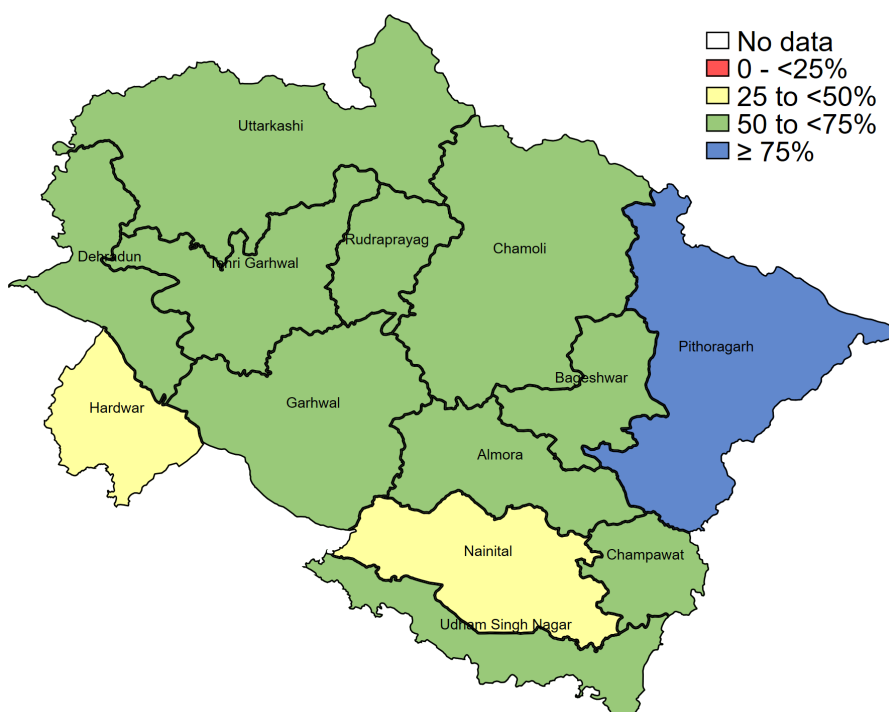


Top 5 districts, %	
Champawat	49.2
Pauri Garhwal	37.5
Almora	37.1
Udham Singh Nagar	36.5
Chamoli	35.6

Bottom 5 districts, %	
Tehri Garhwal	17.6
Dehradun	28.1
Rudraprayag	28.2
Haridwar	28.6
Pithoragarh	30.0

Source: NFHS-4.

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

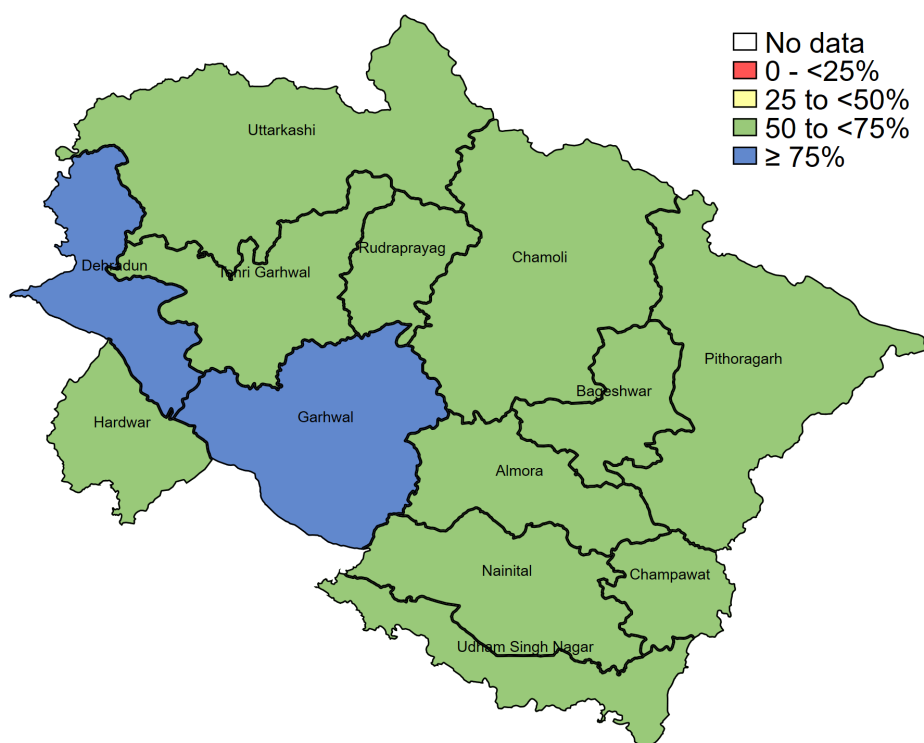


Top 5 districts, %	
Pithoragarh	77.7
Bageshwar	73.0
Uttarkashi	72.6
Champawat	70.3
Almora	67.8

Bottom 5 districts, %	
Haridwar	40.6
Nainital	42.6
Udham Singh Nagar	53.9
Chamoli	55.0
Dehradun	57.7

Source: NFHS-4.

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



Top 5 districts, %

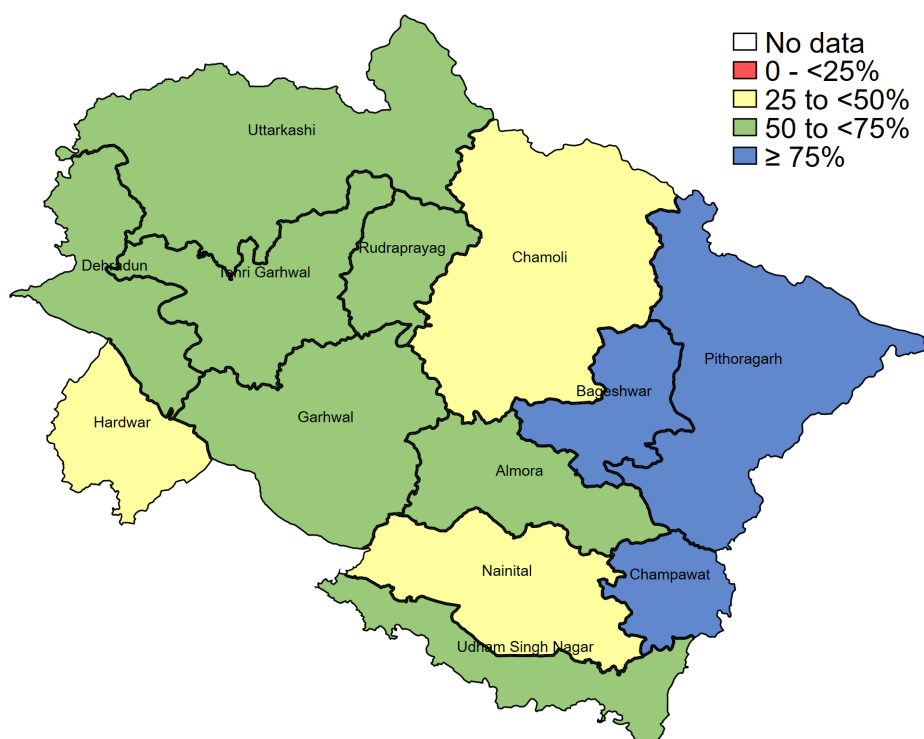
Dehradun	87.6
Pauri Garhwal	76.9
Champawat	74.8
Pithoragarh	74.2
Tehri Garhwal	72.8

Bottom 5 districts, %

Chamoli	55.4
Bageshwar	57.2
Uttarkashi	64.9
Haridwar	66.8
Almora	68.7

Source: NFHS-4.

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



Top 5 districts, %

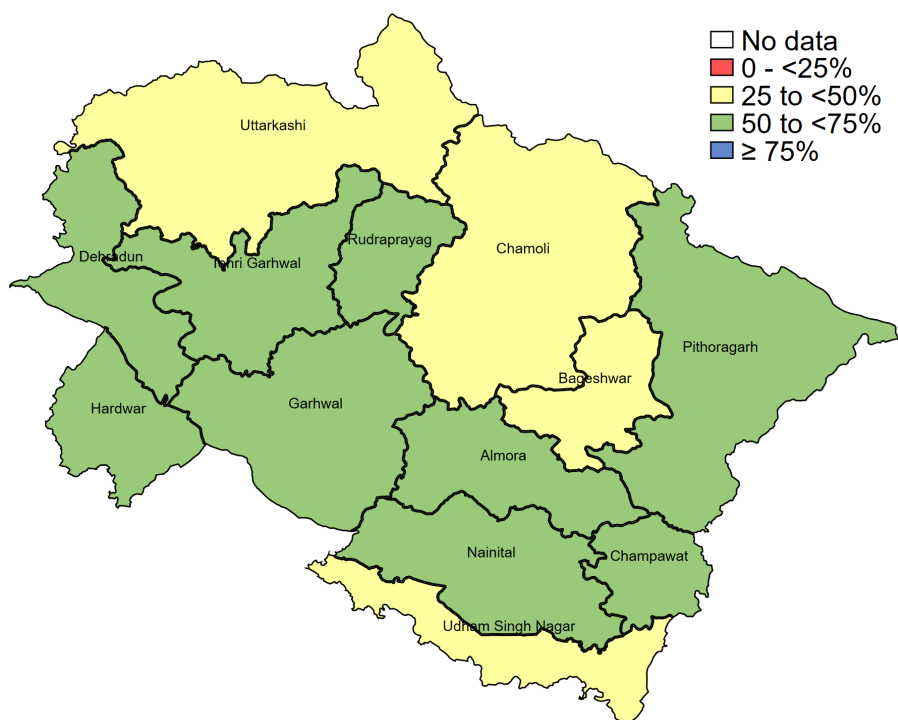
Bageshwar	81.6
Pithoragarh	80.5
Champawat	75.2
Pauri Garhwal	68.7
Uttarkashi	68.2

Bottom 5 districts, %

Nainital	42.1
Haridwar	44.6
Chamoli	47.3
Udham Singh Nagar	56.3
Rudraprayag	56.8

Source: NFHS-4.

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

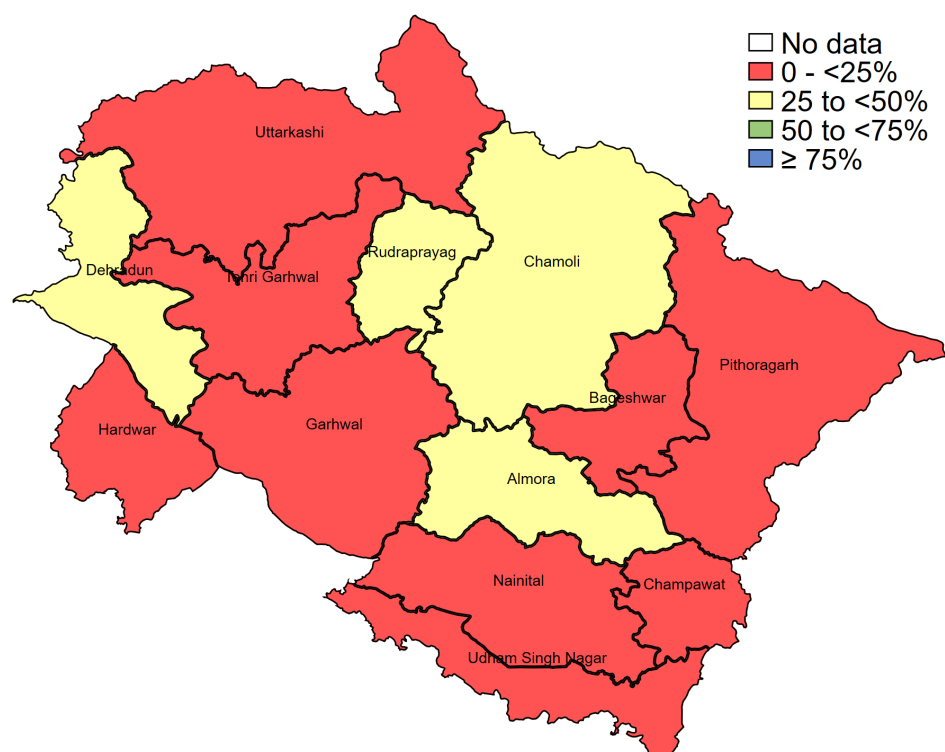


Top 5 districts, %	
Dehradun	68.6
Nainital	59.5
Almora	57.9
Rudraprayag	57.6
Pithoragarh	56.3

Bottom 5 districts, %	
Bageshwar	42.1
Uttarkashi	45.6
Udham Singh Nagar	46.3
Chamoli	47.8
Champawat	50.7

Source: NFHS-4.

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

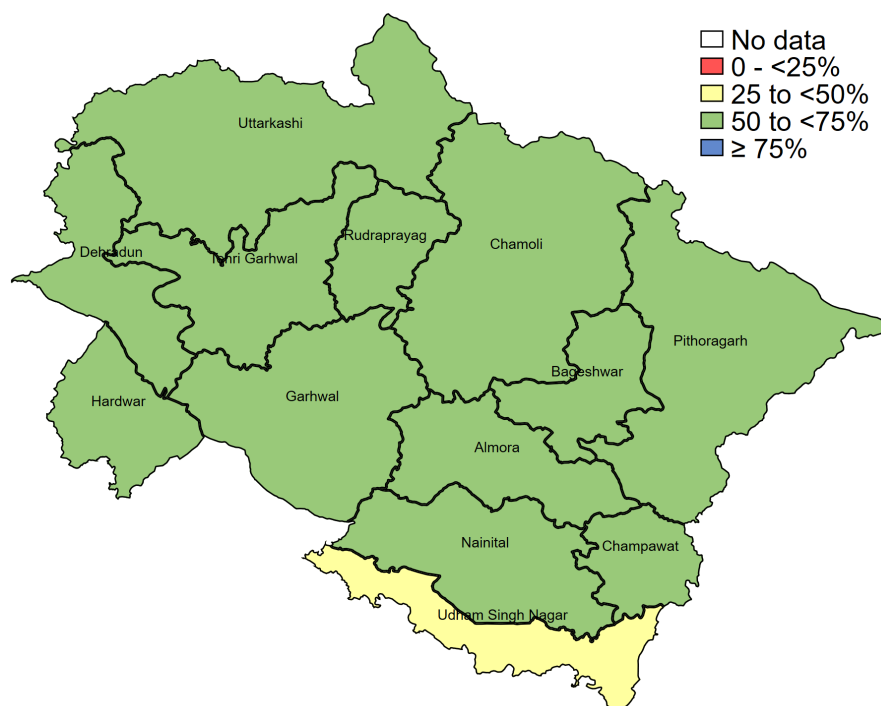


Top 5 districts, %	
Dehradun	31.0
Chamoli	30.9
Rudraprayag	30.3
Almora	29.6
Nainital	18.3

Bottom 5 districts, %	
Tehri Garhwal	10.7
Champawat	10.8
Pithoragarh	12.0
Uttarkashi	14.3
Udham Singh Nagar	14.5

Source: NFHS-4.

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



Top 5 districts, %

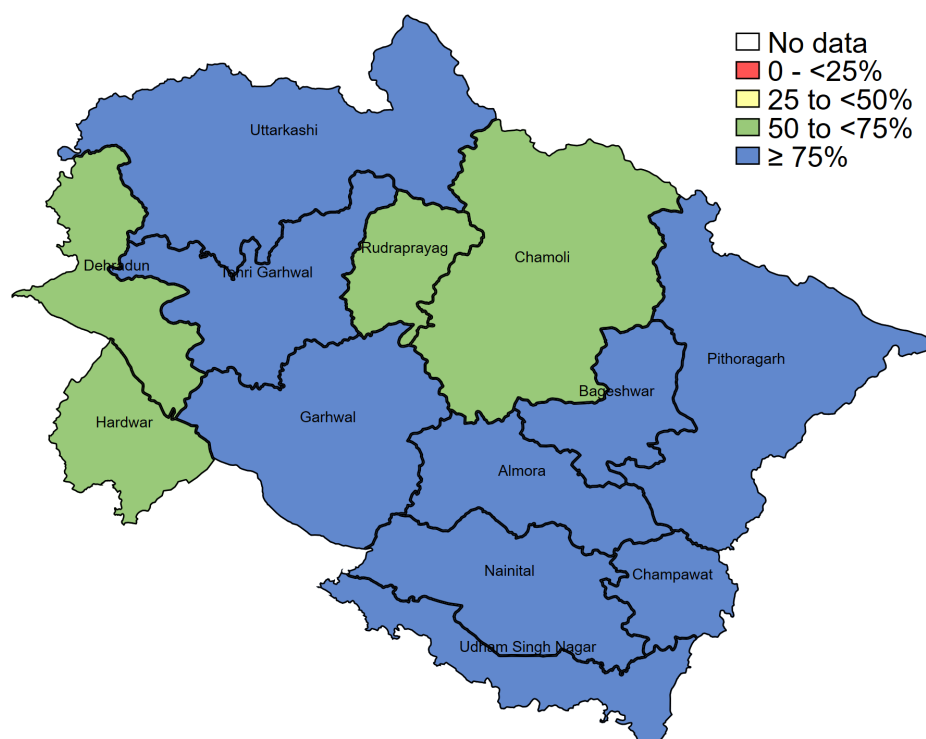
Pithoragarh	75.0
Uttarkashi	71.6
Rudraprayag	69.6
Champawat	68.3
Chamoli	63.5

Bottom 5 districts, %

Udham Singh Nagar	47.7
Tehri Garhwal	52.1
Haridwar	55.6
Nainital	57.7
Almora	58.7

Source: NFHS-4.

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



Top 5 districts, %

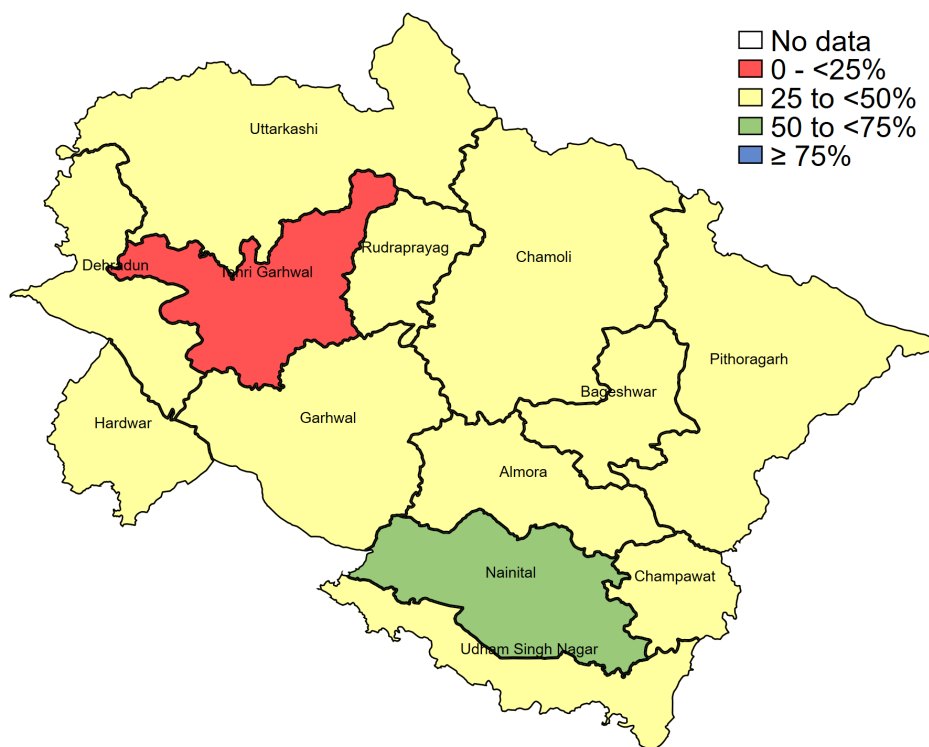
Bageshwar	93.3
Almora	92.6
Uttarkashi	84.1
Champawat	83.2
Pauri Garhwal	81.8

Bottom 5 districts, %

Rudraprayag	70.6
Chamoli	71.8
Dehradun	72.0
Haridwar	73.0
Nainital	75.4

Source: NFHS-4.

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

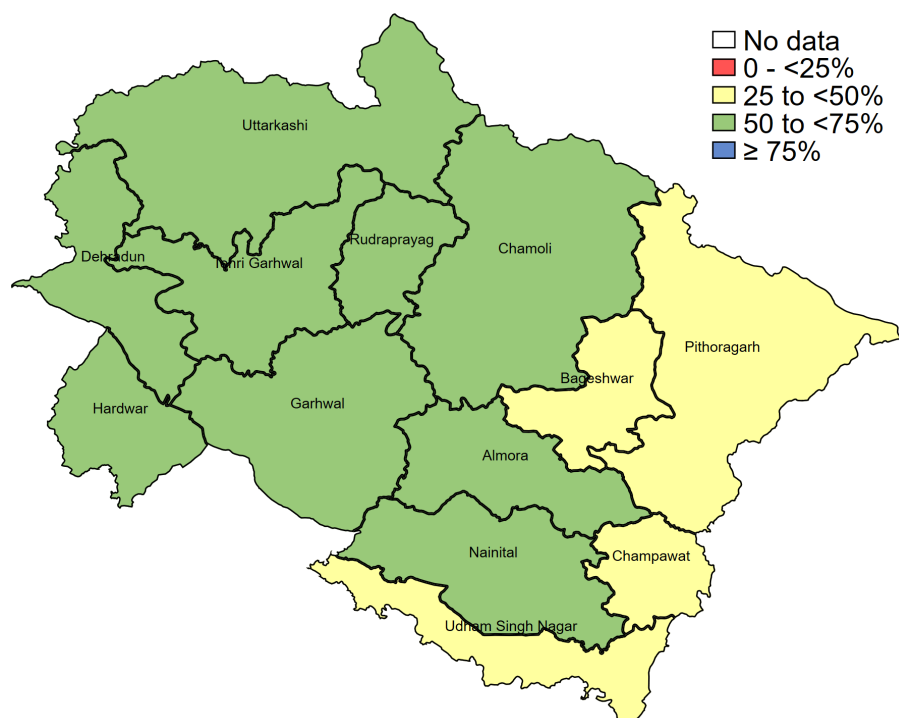


Top 5 districts, %	
Nainital	50.4
Almora	46.2
Rudraprayag	46.1
Pithoragarh	42.1
Chamoli	40.3

Bottom 5 districts, %	
Tehri Garhwal	23.7
Haridwar	29.3
Uttarkashi	29.8
Bageshwar	29.9
Dehradun	33.3

Source: NFHS-4.

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

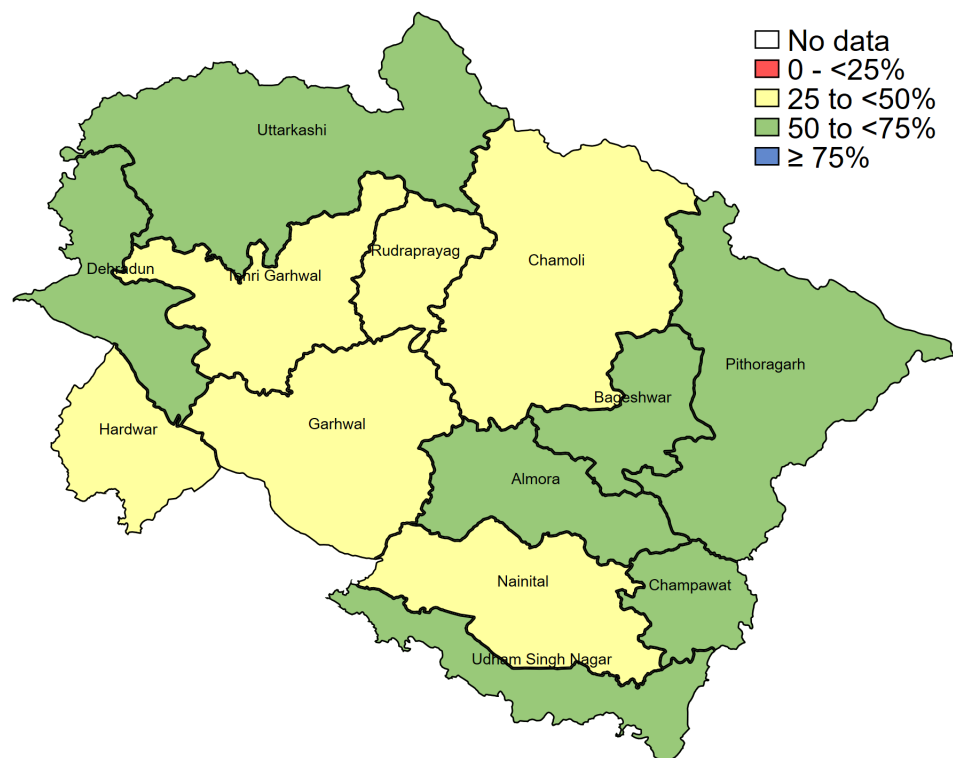


Top 5 districts, %	
Rudraprayag	66.7
Haridwar	66.3
Almora	66.0
Chamoli	63.7
Dehradun	59.1

Bottom 5 districts, %	
Pithoragarh	32.5
Bageshwar	45.5
Champawat	46.8
Udham Singh Nagar	49.5
Tehri Garhwal	52.1

Source: NFHS-4.

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

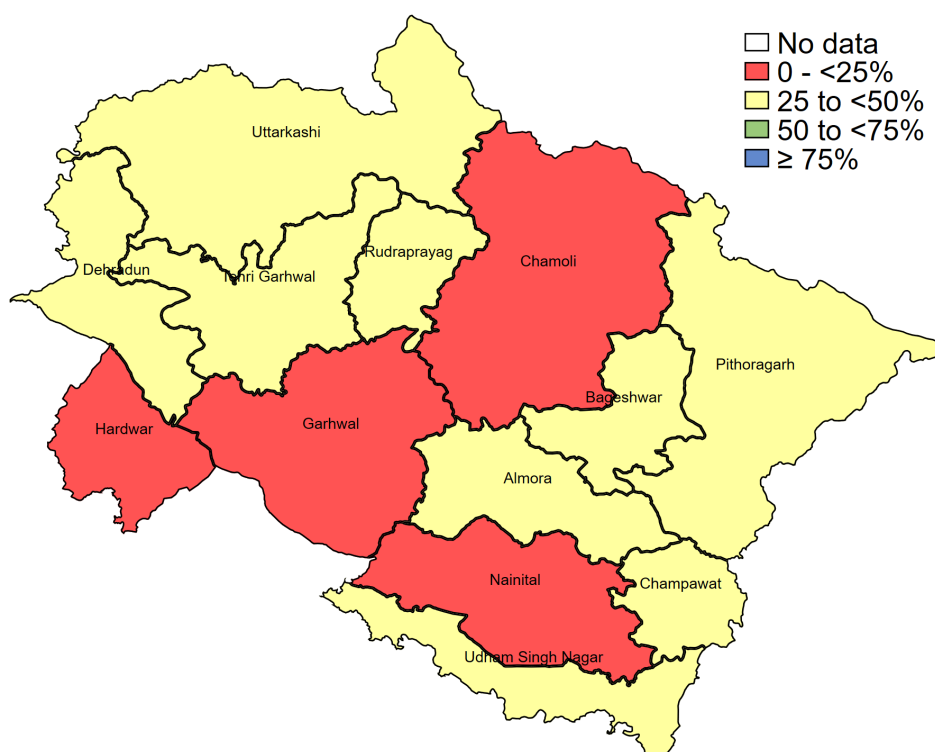


Top 5 districts, %	
Bageshwar	65.6
Almora	64.7
Pithoragarh	60.9
Uttarkashi	57.8
Champawat	52.8

Bottom 5 districts, %	
Tehri Garhwal	10.7
Champawat	10.8
Pithoragarh	12.0
Uttarkashi	14.3
Udham Singh Nagar	14.5

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, %	
Bageshwar	45.9
Pithoragarh	44.2
Champawat	32.4
Tehri Garhwal	30.7
Almora	29.4

Bottom 5 districts, %	
Haridwar	15.3
Nainital	18.0
Chamoli	22.8
Pauri Garhwal	23.8
Udham Singh Nagar	25.0

Source: NFHS-4.

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

<25% 25-50% 50-75% ≥75%

State/District		UTTARAKHAND	Almora	Bageshwar	Chamoli	Champawat	Dehradun	Haridwar	Nainital	Pauri Garhwal	Pithoragarh	Rudrapur	Tehri Garhwal	Udham Singh Nagar	Uttarkashi	
Pre-pregnancy	Demand for FP satisfied	73.8	76.5	73.0	80.5	76.9	75.5	63.9	68.8	75.6	82.5	82.6	78.8	62.3	82.1	
	Iodized salt	94.8	85.2	94.3	85.1	95.2	98.7	95.8	94.7	95.4	94.3	86.8	96.6	95.7	92.5	
Pregnancy	Any ANC visits	78.2	81.6	74.5	72.5	78.7	90.4	70.2	83.1	85.9	81.8	77.1	75.8	72.9	75.4	
	≥4ANC	30.9	31.8	23.5	20.3	29.0	47.2	24.2	40.5	36.3	30.7	17.3	24.0	26.5	22.2	
	Received MCP card	75.7	86.8	84.7	86.5	87.0	84.7	63.5	73.8	85.6	89.7	82.5	88.6	61.8	86.9	
	Received IFA tab/syrup	78.4	88.5	75.5	84.9	87.5	85.4	64.7	89.8	83.5	91.0	84.0	73.1	75.6	77.3	
	Consumed IFA 100+ days	25.2	35.7	23.9	18.9	27.7	29.6	19.3	41.4	26.4	28.7	24.6	25.0	16.8	28.1	
	Deworming	7.3	10.2	5.3	12.7	7.5	7.5	4.2	10.2	9.7	3.2	12.3	9.1	5.5	15.2	
	Weighing	66.3	72.5	61.3	57.0	66.8	86.4	54.1	72.6	79.3	70.7	67.5	69.6	53.1	71.8	
	Breastfeeding counselling	31.5	37.1	32.9	35.6	49.2	28.1	28.6	31.1	37.5	30.0	28.2	17.6	36.5	33.3	
	Food supplementation	55.0	67.8	73.0	55.0	70.3	57.7	40.6	42.6	60.2	77.7	58.3	64.5	53.9	72.6	
	Health & nutrition education	26.1	28.6	37.9	16.3	35.9	31.5	17.8	22.0	28.5	33.5	17.1	26.2	28.1	36.2	
	Tetanus injection	89.2	90.5	90.6	89.8	96.0	97.6	85.1	87.1	93.6	90.7	92.2	90.2	83.0	93.2	
	Delivery & postnatal	Institutional birth	72.2	68.7	57.2	55.4	74.8	87.6	66.8	69.2	76.9	74.2	69.7	72.8	71.2	64.9
		Skilled birth attendant	74.4	71.5	63.7	64.0	75.1	87.9	68.0	74.4	76.9	76.5	68.8	73.1	75.2	65.9
Postnatal care for mothers		54.8	57.9	42.1	47.8	50.7	68.6	52.7	59.5	56.3	56.3	57.6	52.7	46.3	45.6	
Postnatal care for babies		19.2	29.6	14.8	30.9	10.8	31.0	16.2	18.3	15.7	12.0	30.3	10.7	14.5	14.3	
Food supplementation		57.5	61.7	81.6	47.3	75.2	63.3	44.6	42.1	68.7	80.5	56.8	66.1	56.3	68.2	
Health & nutrition education		25.5	26.6	40.2	16.8	32.7	30.9	19.9	21.6	28.1	32.9	19.5	22.5	25.2	35.3	
Early childhood	Full immunization	57.8	58.7	59.1	63.5	68.3	59.8	55.6	57.7	63.4	75.0	69.6	52.1	47.7	71.6	
	Vitamin A	35.7	46.2	29.9	40.3	36.1	33.3	29.3	50.4	35.5	42.1	46.1	23.7	37.8	29.8	
	Paediatric IFA	14.2	11.2	3.9	7.6	13.7	13.0	13.8	19.0	16.4	7.8	13.7	13.3	18.2	16.8	
	Deworming	16.4	19.6	14.9	15.1	22.5	16.2	9.1	23.2	12.8	24.7	12.9	16.4	20.8	15.4	
	Care seeking for ARI	78.9	66.6	60.6	68.8	66.8	84.1	86.8	78.7	81.1	68.1	81.6	76.2	77.5	80.4	
	ORS during diarrhea	56.9	66.0	45.5	63.7	46.8	59.1	66.3	56.0	56.7	32.5	66.7	52.1	49.5	58.2	
	Zinc during diarrhea	30.4	14.4	6.1	6.8	20.2	19.9	46.0	16.2	68.3	15.1	17.6	58.4	18.6	60.3	
	Food supplementation	76.7	92.6	93.3	71.8	83.2	72.0	73.0	75.4	81.8	81.2	70.6	75.4	76.2	84.1	
	Weighing	50.7	64.7	65.6	45.6	52.8	50.4	46.7	43.2	49.5	60.9	49.6	48.4	51.2	57.8	
	Counselling on child growth	25.1	29.4	45.9	22.8	32.4	29.2	15.3	18.0	23.8	44.2	28.7	30.7	25.0	28.8	

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, any ANC visits, MCP cards, IFA provision, tetanus toxoid injection.
 - *Delivery & postnatal:* no interventions achieved high coverage.
 - *Early childhood:* care seeking for ARI, food supplementation.
- **Low coverage ($< 50\%$):** The state should focus efforts on increasing coverage of the following interventions:
 - *Before & during pregnancy:* at least 4 ANC visits, consumption of 100+ IFA, deworming, breastfeeding counselling, health & nutrition education.
 - *Delivery & postnatal:* postnatal care for babies, health & nutrition education.
 - *Early childhood:* vitamin A supplementation, IFA supplementation, deworming, zinc during diarrhea, 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, and few women receive deworming pills. Weight monitoring during pregnancy is higher than during early childhood. When children are weighed, the mother often does not receive counselling on the child's weight. During childhood diarrhea, ORS is often provided but zinc is not.

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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