

## **2.26. Nutrition**

**2.26.1.** Nutritional status is one of the indicators of the overall well being of population and human resources development. Malnutrition is the cumulative effect of factors like poverty, inadequate access to food, illiteracy, large size families, poor environmental sanitation, lack of basic minimal health care, lack of personal hygiene, lack of easy access to adequate safe drinking water and lack of awareness. The manifestations of malnutrition could be seen in the prevalence of specific nutrient-deficiency disorders such as protein-energy malnutrition, anaemia, night blindness, goitre, susceptibility to a number of infectious diseases, low birth weight of children, high IMR and MMR, lack of resistance to illnesses among mothers and children, growth retardation (both physical and mental) and stunting among toddlers. Infants, growing children, pregnant and lactating women are the most malnourished segments of the society and they need adequate nutritional support.

**2.26.2.** With its focus on nutrition and on making Tamil Nadu a Malnutrition Free State, the Government of Tamil Nadu aims at improving the nutritional status, especially of those below poverty line with special focus on children and the aged. The nutritional status of the children during preschool age reflects overall living conditions of the society. With the advent of several measures, in Tamil Nadu, nutritional status of children has improved considerably over the years and the %age of normal children has improved from 41.40 in 1992-93 to 61.45 in 2005-06. Severe malnutrition has been reduced from 0.45% in 1999 to 0.07% in March. The Infant Mortality Rate has come down from 53 (1998) to 37 (2005) per 1000 live births.

**2.26.3.** At present, there are 116 General ICDS Projects in the State, of which 67 are in rural areas, 2 in tribal areas and 47 in urban slums. In addition, there are 318 WB-ICDS Projects, all in rural areas. Totally, there are 42677 centres (23177 Anganwadi Centres (AWCs) under General ICDS III and 19,500 under WB ICDS project functioning in Tamil Nadu. In respect of coverage of SC/ST, two separate tribal projects are under operation in General ICDS. From 01.04.2006, all the 434 (318 WB-ICDS

Projects + 116 General ICDS Projects) Projects comprising, 42677 Anganwadi Centres are functioning under the Centrally Sponsored ICDS scheme. As per the revised norms, there must be one Anganwadi centre for a population of 500-1500 in plains and 300-1500 in Tribal areas. To cover all habitations in the State, Government of India has sanctioned 3049 additional Anganwadi Centres for Tamil Nadu.

**2.26.4.** The package of services comprises noon meal, supplementary nutrition, immunization, health check-up, referral services, pre-school education, health and nutrition education for the mothers. The target groups are children in the age group of 0-6 and expectant women and nursing mothers. Both in General and WB ICDS Schemes weaning food is given to 6.5 lakh children in the age group from 6 months to 3 years, 10.7 lakh children are given nutritious meal in the age group of 2 to 5 years. Along with nutritious meal one boiled egg was supplied to children and students in the age group of 2 to 15 years. From 2006 onwards (15.7.2006) 2 eggs per week is being supplied (Mondays and Wednesdays) to the children and students in the age group of 2 to 15 years. Iron and folic Acid (IFA) supplementation and de-worming are provided to improve their health condition. Iron fortified salt is used in the preparation of meals under PT MGR school programme to control and prevent iron deficiency/ anaemia which is the commonest nutritional disorder widely prevalent among children in the age group of 2-15 years. 5 lakh Pregnant/ Nursing mothers are given weaning food from 6<sup>th</sup> month of pregnancy and upto 6 months after delivery. From 1995, the pregnant women who have been given a cash assistance of Rs.500/- has now been given an enhanced amount of Rs.1000/- as support under National Maternity benefit scheme and are being entitled to take free meal every day at the Nutritious Meal Programme centre for a period of 6 months.

**2.26.5.** Thus, though the feeding programmes would have been started to combat hunger, the Government has over the years made serious efforts to combine provision of food under NMP with other services such as health care, immunization, growth monitoring, pre & post natal care for women,

communication and nutrition education through programmes like ICDS and TINP.

**2.26.6.** *Current Status* - The number of centres and number of beneficiaries at present under the various nutrition programmes are given below:

**Table: 2.12 Current status of Nutrition Programmes**

Scheme	Number of Centres	Number of Beneficiaries			Total
		Children		AN/PN Mothers and Old Age Pensioners	
		Supplementary Food 6-36 mths	Nutritious Meal 2-5 yrs (24 to 60 mths)		
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Integrated Child Development Services Scheme	23177 **	314462	319076	150780 (AN/PN mothers) 10975(OAP)	795293
WBICDS	19500	357086	720691	359116 (mothers) 33428 (OAP)	1470321
<b>Total</b>	<b>42677</b>	<b>671548</b>	<b>1039767</b>	<b>554299</b>	<b>2265614</b>

\*\* GOI's approval obtained for 3049 new centers

**2.26.7.** The outlay approved for Nutrition for the Tenth Plan (2002-07) was Rs.400.00 crore. During the Tenth Plan period, the anticipated expenditure is reported to be Rs.2761.98 crore. The outlay proposed for 11<sup>th</sup> Five Year Plan is Rs.4869 crore. The agreed outlay for 2007-08 is Rs.986.48 crore. Of this, the outlay of Rs.197.30 crore is set apart for Scheduled Caste Sub Plan.