

2.31. Nutrition

Introduction

Nutritional status of the population has a vital role in overall socio economic development of the country. The State have already implemented well formulated plans and programmes for providing food security and improving the nutritional status of its citizens, especially women and children. For the past three decades, three parallel nutrition programmes have been launched and they cover the entire target population in the State. The Nutritional schemes viz., Integrated Child Development Schemes (ICDS) project, Kishori Sakthi Yojana (KSY), Nutrition programme for Adolescent Girls (NPAG) and Puratchi Thalaivar MGR Nutritious Meal Programme (PTMGRNMP) are being implemented successfully in the State to provide adequate nutrition to the economically disadvantage to combat malnutrition among the children increasing their literacy rate and to act as a potent incentive for increasing the enrolment and reducing dropout from schools.

Objectives

The main objectives of the Annual Plan 2008-09 are as follows:

- Universalisation of child development services especially in urban areas.
- Continue emphasis on reduction of malnutrition of mother and children.
- Continue efforts on reduction of infant mortality and maternal mortality rate.
- Improvement of nutritional status and awareness levels of adolescent girls.
- Continue “Life Cycle Approach” to improve the health and nutrition status of the beneficiary.

In accordance with the Eleventh Plan, the Annual Plan 2008-09 too has given priority on the major thrust areas- eradicating severe malnutrition and targeting moderate malnutrition, micro nutrient supplementation, Universalisation of ICDS, strengthening of basic infrastructure, convergence of services and social mobilization, strengthening training and capacity building and advocacies, communication and social mobilization.

Schemes

To eradicate severe malnutrition and reduce the incidence of micronutrient deficiencies the Govt have provided one boiled egg per week to all the centres for the children in the age group of 1 to 2 years and enhanced the number of boiled eggs supplied to the age group of 2 to 15 years under Nutritious Noon Meal Programme from 2 to 3 eggs per week from the year 2007-08. Teaching mothers to take care of the children with available home foods and supplementary weaning food would be used strategically to reduce mild to moderate malnutrition. The period for the free supply of food grains 6 kg per month to lactating mothers has been increased from 6 months to 12 months. Nutrition Rehabilitation Centres (NRCS) will be set up on a pilot basis in Primary Health Centres (PHC) and Community Health Centres (CHC) in nutritionally backward districts, blocks and tribal areas for providing proper care and treatment of the severely malnourished children.

As per the revised norms, there must be one Anganwadi centre for a population of 500-1500 in rural and urban areas and 300-1500 in Tribal areas. At the end of the year 2006 there were 45726 Anganwadi centres functioning in Tamil Nadu. According to the new population norms the Government has proposed to open 1539 Additional Anganwadi Centres and 3168 Mini Anganwadi Centres at a cost of Rs.5.33 crore. Due to the opening of these additional new centres the beneficiary need not walk more than one kilometer to avail the ICDS services. The Government has also decided to upgrade the

Anganwadi Centres into AWCs cum crèches for meeting the pressing needs for child day care, so as to give due attention to younger children in the farm and non farm areas on a pilot basis.

Development of infrastructure facilities in Anganwadi Centres and Modernisation of kitchen will also be taken up during the year 2008-09 to improve the quality of services in the Anganwadi Centres.

Convergence of services with allied departments and social mobilisation will be given more priority to achieve target of the plan. Training contributes for capacity building of field (ICDS) functionaries and ensures quality in services delivery. The backlog of Job and Refresher Training of all the field functionaries and need based innovative training will be organized during the year 2008-09 as proposed by the Government of India.

Information Education and Communication (IEC) is an important in built component in ICDS. Nutrition Education and Nutrition Services are delivered concurrently. IEC activities promote Health and Nutrition services and enhance the creditability and image of Anganwadi Centres. IEC aims at improving maternal and child care practices encouraging community participation and motivating community to support ICDS services. The ultimate objective of IEC is to bring about positive Behavioral change in Health and Nutritional practices among individuals, family and community and there by facilitate reduction of malnutrition in the state.

Current Status of Nutrition Programme

(No. of Beneficiaries)

Scheme	Number of Centres	Children		AN/PN Mother & Old Age Pensioners	Total
		Supplementary Food 6-36 mths	Nutritious Meal 3-5 yrs (37 to 60 mths)		
Integrated Child Development Services	45726	953243	1171801	523952 (AN/PN mothers) 38614 (OAP)	2687610
Total	45726	953243	1171801	562566	2687610

Plan Outlay for 2008-09

The total outlay for the Nutrition sector for the Eleventh Five Year Plan is Rs.5791.60 crore of which an outlay of Rs. 986.48 crore was provided during 2007-08. It is expected that the entire amount provided for the year would be spent. For the year 2008-09 an amount of Rs. 959.19 crore is approved as the outlay. Of this, an amount of Rs. 132.75 crore and Rs. 0.33 crore is earmarked for Scheduled Caste Sub Plan and Tribal Sub Plan respectively.