

## **7.6. Nutrition**

Nutritional status is one of the indicators of the overall well being of population and human resources development. Tamil Nadu has a long history of providing organized child care services with the objective of providing adequate nutrition to economically disadvantaged children, to improve the health and nutritional status of children and develop their mental and physical ability, to reduce infant mortality because of malnutrition and disease, to increase the enrolment in schools and to reduce dropouts. There have been significant improvements in the overall nutritional and health status of the population in Tamil Nadu over the last three decades with a steady reduction in the percentage of underweight children and severely malnourished children, better early childhood care for survival, growth and development and better nutritional status of pregnant and lactating women. The nutritional status of children in Tamil Nadu has improved considerably over the years and percentage of normal children has improved from 51.08% in 1998 to 62.25% in October 2008, severe malnutrition has been reduced from 0.54% in 1998 to 0.04% in October 2008. The Infant Mortality Rate (IMR) has come down from 53 (1998) to 35 (2008) per 1,000 live births. The Eleventh Five Year Plan 2007-2012 has set the target for IMR as 20 per 1,000 live births.

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.

### **Objectives**

The main objectives of the Annual Plan 2009-10 under the nutrition sector are as follows:

- Universalisation of child development services especially in urban areas.
- Improvement of nutritional status and awareness levels of adolescent girls.

- Continuing emphasis on reduction of malnutrition of mother and children.
- Continuing efforts on reduction of infant mortality and maternal mortality rate.
- “Life Cycle Approach” to improve the health and nutrition status of the beneficiary.

In accordance with the Eleventh Plan, the Annual Plan 2009-10 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 Government have provided one boiled egg per week to all the centres for the children in the age group of 1 to 2 years. In addition to the nutritious meal, one boiled egg was provided to the children and students in the age group of 2-15 years from 03.06.1989. From 15.07.2006, two boiled eggs were provided every week and from 15.07.2007, it has been enhanced to three boiled eggs per week on Monday, Wednesday and Thursday under Nutritious Noon Meal Programme. From 15.07.2008 onwards, the Government have supplied Banana to those children who are not consuming egg. 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 of 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.

## **Integrated Child Development Scheme (ICDS)**

### ***Beneficiaries of the Project***

Under ICDS, Children in the age groups of 6-24 months and 25-60 months, pregnant women and Lactating mothers, Adolescent girls and Old Age Pensioners are getting benefited.

Out of 434 Projects, 385 are in rural areas, 47 are in urban areas, and 2 in Tribal areas. As per the revised norms, there must be one Anganwadi centre for a population of 400-800 in rural and urban areas and 300-800 in Tribal areas and there must be one Mini Anganwadi Centre in uncovered area having population of 150-300. At present, there are 47265 Anganwadi centres and 3168 Mini Anganwadi Centres totally 50,433 Centres are functioning in Tamil Nadu. Presently, the Anganwadi centres beneficiaries 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.

In this context, to reduce the cooking time, to provide health food without Nutritious loss and smokeless atmosphere for the Children in the Anganwadi Centres, 1000 Anganwadi Centres have been provided with Gas connection, Gas stove, pressure cooker and electrification during 2006-07 and the same facilities has been extended to 2940 Anganwadi Centres in 2007-08. During the year 2008-09, kitchens in 2000 Anganwadi Centres are being modernised. Also Major and minor repair works are done in 6626 Anganwadi Centres and 9458 Anganwadi Centres respectively.

### ***Nutritious Meal***

Children in the age group of 2 to 15 years benefiting through schools/ICDS Centres are served with Nutritious meal every day to improve the Nutritious status. Further the children of 1 to 2 years are provided boiled egg once in a week and around 70,00,000 children/students with age group of 2 to 15

years are benefited to provide three eggs per week under Puratchi Thalaivar MGR Nutritious Meal Programme (PTMGRNMP).

### **Pre School Education**

Pre-school education is provided at the Child Centres through Non-formal and play-way methods. A sum of Rs.500/- per centre per annum has been allotted for this purpose (i.e) for Educational equipments, charts, books and play materials in a Kit are supplied to each centre.

### **Health Care**

Convergence with the Public Health Department, Health and Medical Services such as immunization is being done to all the children enrolled in the Child Welfare Centres through the Primary Health Centres, Health Awareness Programmes and referral services are being provided to the pregnant women and lactating mothers and children in the age group of 0-5 years.

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 service delivery. The backlog of Job and Refresher Training of all the field functionaries and need based innovative training has been organized during the year 2008-09 as approved 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 credibility 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 Behavioural change in Health and Nutritional practices among individuals, family and community and there by facilitate reduction of malnutrition in the state.

## **Kishori Sakthi Yojana – Adolescent Girl Scheme**

“Kishori Sakthi Yojana” is exclusively for the benefit of adolescent girls to improve their literacy level and occupational skills and shape them into better citizens. This scheme was implemented in 37 ICDS projects of Pudukottai, Dharmapuri, Nagapattinam, The Nilgiris, Salem, Kancheepuram, Thiruvallur, Villupuram, Cuddalore, Dindigul and Thiruvarur Districts, from 2001-02 onwards.

- Awareness campaign on Nutrition and Health, legal rights, home management and child care are conducted through two day camps for adolescent girls aged 11 to 15 years, school going girls and school dropouts.
- 60 days Vocational training like computer, education, catering, cell phone repair etc. are imparted to adolescent girls in the age group of 16 to 18 years. Every year about 4,03,620 adolescent girls are benefited under this scheme.

## **Nutrition programme for Adolescent Girls (NPAG)**

Nutrition Programme for Adolescent Girls (NPAG) was launched as a pilot project in the year 2002-03 by Government of India in 51 identified districts across the country. Under-weighted adolescent girls are given free food grains @ 6Kg.per beneficiary per month at free of cost. At present this programme is being implemented in Thiruvannamalai and Ramanathapuram Districts in Tamil Nadu.

## **Puratchi Thalaivar MGR Nutritious Meal Programme (PTMGRNMP)**

Puratchi Thalaivar M.G.R. Nutritious Meal Programme is being implemented in rural areas from 1st July 1982, in urban areas from 15<sup>th</sup> September 1982. The scheme has been extended to the school students of 10-15 years of age from 15.9.1984, old age pensioners from 15.01.1983 and pregnant women from 06.02.1995 onwards. The main aim of the scheme is to provide adequate nutrition to economically disadvantaged children, and to combat malnutrition among the children, increase their literacy rate and to act as a potent incentive for increasing the enrolment and reducing dropouts from schools. At present 41,663 Child

Welfare Centres, 39,853 School Centres in rural areas and 1810 centres in urban areas are functioning in Tamil Nadu.

### Nutritious Meal

To combat mal-nutrition, nutritious meal is cooked at the centre and served hot to the children during the lunch time. The feeding scale for each beneficiary per day under PTMGR NMP are as follows:

Feeding scale for each beneficiary per day						
Sl No	Name of the Commodity	Children 2-5	Children 5-9	Age Groups (Years)		Pregnant and Lactating Women / OAP
				10-15		
				VI-VIII Std	IX & X Std	
1	Rice (in gms)	80	100	100	120	120
2	Dhall (in gms)	10	15	15	15	15
3	Oil (in gms)	2	1	1	1	1
4	Salt (in gms)	1.9	1.9	1.9	1.9	1.9
5	Vegetables, Condiments & Fuel (in paise)	44	44	44	44	
6	Potato (Friday) (in gms)	20	20	20	20	
7	Green gram (or) black bengal gram (Tuesday) (in gms)	20	20	20	20	
8	Egg – 3 eggs per week (Monday, Wednesday & Thursday (in gms)	46	46	46	46	-

Through all the above feeding, each student derives 475.81 calories of energy and 15.62 grams of protein per day.

### Details of PTMGRNMP beneficiaries

Sl.No	Name of the Scheme	No.of Centres	No.of beneficiaries
1	Puratchi Thalaivar MGR Nutritious Meal Programme (Rural)	39,853	59,31,992
2	Puratchi Thalaivar MGR Nutritious Meal Programme (Urban)	1,810	3,35,731
	Total	41,663	62,67,723

## **National Programme of Mid-day Meals in Schools (NP-MDMS)**

National Programme of Nutritional Support to Primary Education was launched in Tamil Nadu on 15.08.1995. Under this scheme, Government of India provide nutritional support to primary schools children studying in I to V Std @ 100g per child /per day and the scheme has been extended to the upper primary children studying in VI to VIII Std. @ 150g per child / per day of food grains for 220 school days in a year. The GOI have fixed the calorific value at 450 calories and 12g of protein and 770 calories and 20g of protein for the students studying in I to V Std. and VI to VIII Std. respectively. During the year 2007-08, 1,26,728 children in 44 Educationally Backward Blocks in the 11 Districts were covered. At present, the scheme has been further extended to all districts from April 2008 onwards.

### **Plan Outlay for 2009-10**

The total outlay for the Nutrition sector for the Eleventh Five Year Plan is Rs.5791.60 crore of which an outlay of Rs.888.75 crore was provided during 2008-09. For the year 2009-10 an amount of Rs. 1018.47 crore is approved as the outlay. Of this, the outlays approved for Scheduled Caste Sub Plan and Tribal Area Sub Plan are Rs.111.22 crore and Rs.0.43 crore respectively.