POSHAN

DISTRICT NUTRITION PROFILE

Led by IFPRI

DARBHANGA | BIHAR

MARCH 2022

About District Nutrition Profiles:

District Nutrition Profiles (DNPs) are available for 707 districts in India. They present trends for key nutrition and health outcomes and their cross-sectoral determinants in a district. The DNPs are based on data from the National Family Health Survey (NFHS)-4 (2015-2016) and NFHS-5 (2019-2020). They are aimed primarily at district administrators, state functionaries, local leaders, and development actors working at the district-level.



Figure 1: Map highlights district Darbhanga in the state/UT of Bihar

What factors lead to child undernutrition?

Optimum fetal and child nutrition and development NUTRITION-SPECIFIC **IMMEDIATE DETERMINANTS INTERVENTIONS** Breastfeeding, nutrient-rich Service delivery to mothers and foods, caregiving practices, low infants along the continuum of burden of infectious diseases care, access to health facilities INTERVENTIONS THAT AFFECT UNDERLYING AND BASIC UNDERLYING AND BASIC DETERMINANTS DETERMINANTS Women's status, sanitation and 🔇 Women's empowerment, hygiene, food security, sociosanitation, agriculture, and social economic conditions safety net programs Source: Adapted from Black et al. (2008)

Given the focus of India's national nutrition mission on child undernutrition, the DNPs focus on the determinants of child undernutrition (Figure on the left). Multiple determinants of suboptimal child nutrition and development contribute to the outcomes seen at the district-level. Different types of interventions can influence these determinants. Immediate determinants include inadequacies in food, health, and care for infants and young children, especially in the first two years of life. Nutrition-specific interventions such as health service delivery at the right time during pregnancy and early childhood can affect immediate determinants. Underlying and basic determinants include women's status, household food security, hygiene, and socio-economic conditions. Nutrition-sensitive interventions such as social safety nets, sanitation programs, women's empowerment, and agriculture programs can affect underlying and basic determinants.

District demographic profile, 2019

Darbhanga



Source:

IFPRI estimates - Headcount = Prevalence x Eligible projected population for each district in 2019. Prevalence estimates: NFHS-4 (2015-16) and NFHS-5 (2019-20) state/district factsheets and report. Projected population for 2019 (children <5yrs and women 15-49yrs) was estimated using Census 2011. Data on number of pregnant women, live births, and institutional deliveries are from HMIS. NA: unavailable/implausible data

Citation: Singh. N., P.H. Nguyen, M. Jangid, S.K. Singh, R. Sarwal, N. Bhatia, R. Johnston, W. Joe, and P. Menon. 2022. District Nutrition Profile: Darbhanga, Bihar. New Delhi, -India: International Food Policy Research Institute.

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The state of nutrition outcomes among children (<5 years)

NA Low-birth weight NA 49% Stunted 45% 17% Wasted 19% Severely wasted 41% Underweight 39% Overweight/obesity 70% Anemia 69% 20% 60% 80% 0% 40% 100%

Burden of nutrition outcomes (2020)

Indicators	No. of children (<5 yrs)
Low-birth weight	NA
Stunted	255,374
Wasted	108,562
Severely wasted	36,000
Underweight	220,499
Overweight/obesity	8,494
Anemia	348,147
Total children	562,497

Note: NA refers to data unavailable for a given round of NFHS/Census.

Darbhanga

Bihar

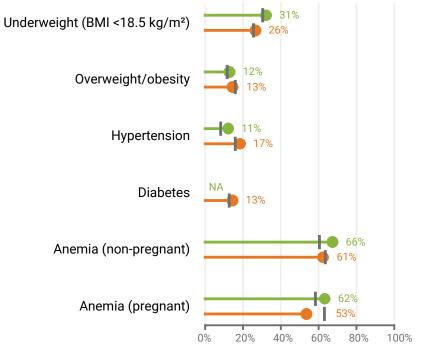
2016

2020

Points of discussion:

- What are the trends in undernutrition among children under five years of age (stunting, wasting, underweight, and anemia)?
- · What are the trends in overweight/obesity among children under five years of age in the district?

The state of nutrition outcomes among women (15-49 years)



Burden of nutrition outcomes (2020)

Indicators	No. of women (15-49 yrs)
Underweight	293,595
Overweight/obesity	154,023
Hypertension	200,126
Diabetes	154,596
Anemia (non-preg)	703,022
Anemia (preg)	74,677
Total women (preg)	142,241
Total women	1,146,855

Note: NA refers to data unavailable for a given round of NFHS/Census.

Points of discussion:

- What are the trends in underweight and anemia among women (15-49 yrs) in the district?
- · What are the trends in overweight/obesity and other nutrition-related non-communicable diseases in the district?

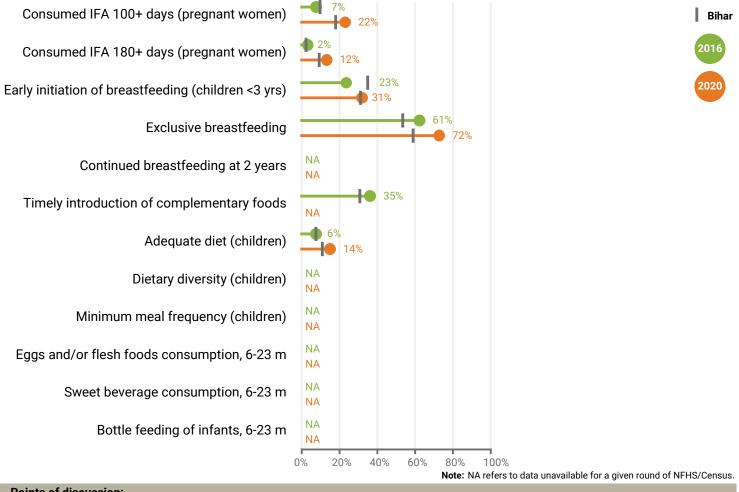
Darbhanga

Bihar 2016 2020

Immediate determinants

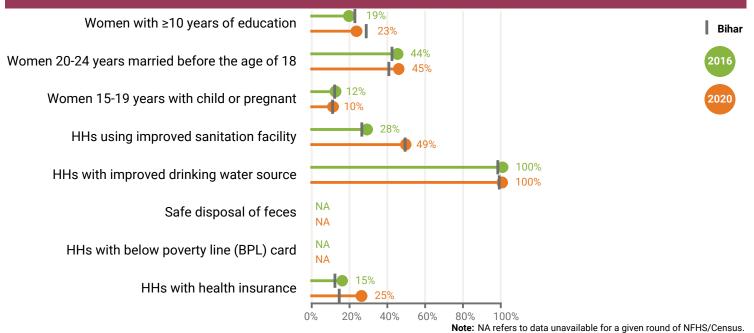
Darbhanga

Darbhanga



- Points of discussion:
 - What are the trends in infant and young child feeding (early initiation of breastfeeding, exclusive breastfeeding, timely initiation of complementary feeding, and adequate diet)? What can be done to improve infant and young child feeding?
- What are the trends in IFA consumption among pregnant women in the district? How can the consumption be improved?
- What additional data are needed to understand diets and/or other determinants?

Underlying determinants



Points of discussion:

- · How can the district increase women's literacy, and reduce early marriage, if needed?
- How does the district perform on providing drinking water and sanitation to its residents? Since sanitation and hygiene play an important role in improving nutrition outcomes, how can all aspects of sanitation be improved?
- How can programs that address underlying and basic determinants (education, poverty, gender) be strengthened?
- · What additional data are needed on food systems, poverty or other underlying determinants?

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Darbhanga

Trends in coverage of interventions across the first 1,000 days

Demand for FP satisfied

ANC first trimester

≥ 4 ANC visits

Weighing

Pregnancy registered (MCP card)

Birth preparedness counselling

Breastfeeding counselling

Received IFA tab/syrup

Food supplementation

Skilled birth attendant

Financial assistance (JSY)

Postnatal care for mothers

Postnatal care for babies

Health & nutrition education

Food supplementation (6-35 months)

Counselling on child growth

ORS during diarrhea

Zinc during diarrhea

Careseeking for ARI

Preschool at AWC

Health checkup from AWC

Food supplementation

Health checkup (ICDS)

Full immunization

Vitamin A

Pediatric IFA

Deworming

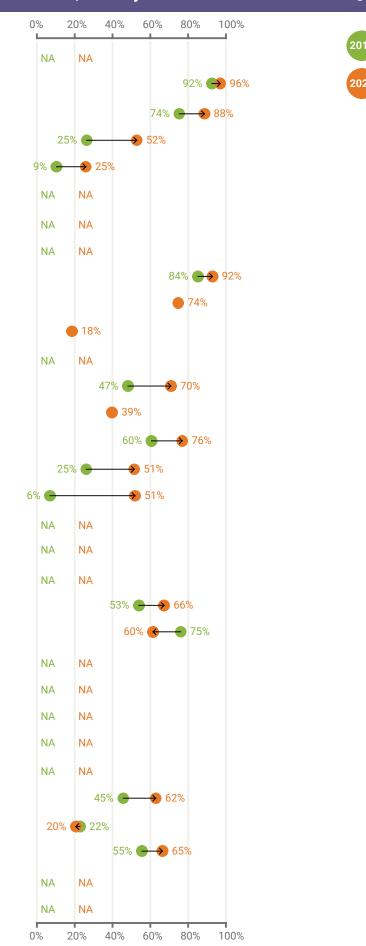
Weighing

Institutional birth

Tetanus injection

Deworming

lodized salt



Note: NA refers to data unavailable for a given round of NFHS/Census.

Points of discussion:

- · How does the district perform on health and nutrition interventions along the continuum of care? Does it adequately provide both prenatal and postnatal services to women of reproductive age, pregnant women, new mothers and newborns?
- · How has access to health and ICDS services changed over time (food supplementation, health and nutrition education and health checkups)?