# **DISTRICT NUTRITION PROFILE**

# Led by IFPRI 🕅

Optimum fetal and child nutrition

and development

**IMMEDIATE DETERMINANTS** 

Breastfeeding, nutrient-rich

foods, caregiving practices, low

burden of infectious diseases

UNDERLYING AND BASIC

DETERMINANTS

hygiene, food security, socio-

economic conditions

Women's status, sanitation and 🔇

Source: Adapted from Black et al. (2008)

## KANGRA | HIMACHAL PRADESH

PØSHAN

## **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 Kangra in the state/UT of Himachal Pradesh

## What factors lead to child undernutrition?

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 **NUTRITION-SPECIFIC INTERVENTIONS** outcomes seen at the district-level. Different types of Service delivery to mothers and interventions can influence these determinants. Immediate infants along the continuum of determinants include inadequacies in food, health, and care for care, access to health facilities infants and young children, especially in the first two years of life. Nutrition-specific interventions such as health service INTERVENTIONS THAT AFFECT delivery at the right time during pregnancy and early childhood **UNDERLYING AND BASIC** DETERMINANTS can affect immediate determinants. Underlying and basic Women's empowerment, determinants include women's status, household food security, sanitation, agriculture, and social hygiene, and socio-economic conditions. Nutrition-sensitive safety net programs interventions such as social safety nets, sanitation programs, women's empowerment, and agriculture programs can affect underlying and basic determinants.

## District demographic profile, 2019

#### Kangra



#### 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: Kangra, Himachal Pradesh. 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 26% Stunted 28% Wasted 19% Severely wasted 23% Underweight 32% Overweight/obesity 47% Anemia 55% 20% 0% 40% 60% 80% 100%

Burden of nutrition outcomes (2020)

Indicators	No. of children (<5 yrs)
Low-birth weight	NA
Stunted	30,422
Wasted	21,078
Severely wasted	8,366
Underweight	34,768
Overweight/obesity	2,542
Anemia	53,974
Total children	108,651

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

#### 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)

#### Underweight (BMI <18.5 kg/m<sup>2</sup>) 5% 28% Overweight/obesity 31% 16% Hypertension 25% Diabetes 16% Anemia (non-pregnant) 64% 47 Anemia (pregnant) NA 20% 0% 40% 60% 80% 100%

#### Burden of nutrition outcomes (2020)

Indicators	No. of women (15-49 yrs)
Underweight	70,071
Overweight/obesity	142,677
Hypertension	114,971
Diabetes	75,418
Anemia (non-preg)	293,651
Anemia (preg)	NA
Total women (preg)	21,739
Total women	460,991

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?

### Kangra

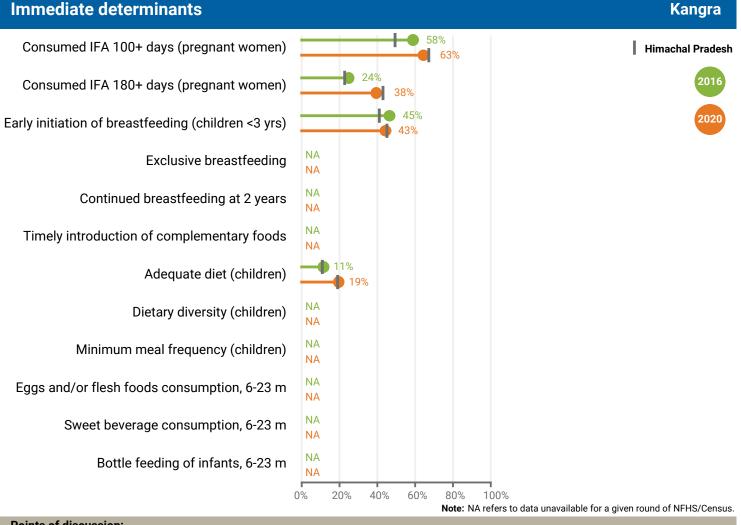
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Himachal Pradesh

## Kangra

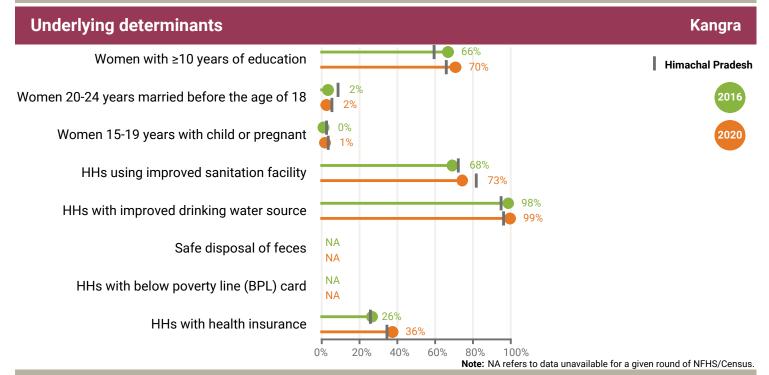
Himachal Pradesh





#### 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?

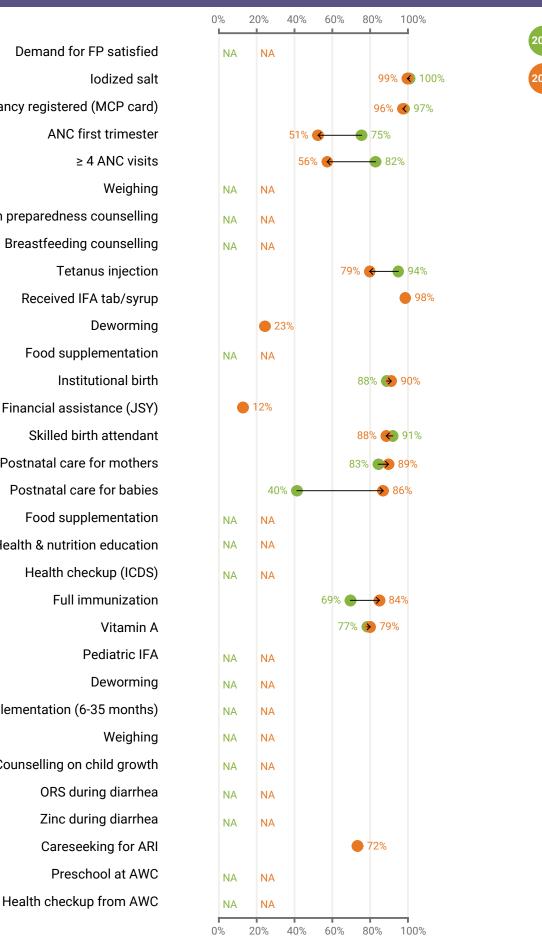


#### Points of discussion:

- · 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?

#### Kangra

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



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

lodized salt Pregnancy registered (MCP card) ANC first trimester ≥ 4 ANC visits Weighing Birth preparedness counselling Breastfeeding counselling **Tetanus** injection Received IFA tab/syrup Deworming Food supplementation Institutional birth Financial assistance (JSY) Skilled birth attendant Postnatal care for mothers Postnatal care for babies Food supplementation Health & nutrition education Health checkup (ICDS) Full immunization Vitamin A Pediatric IFA Deworming Food supplementation (6-35 months) Weighing Counselling on child growth ORS during diarrhea Zinc during diarrhea Careseeking for ARI

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)?