

DISTRICT NUTRITION PROFILE

Led by IFPRI 🖔

PALGHAR | MAHARASHTRA

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 Palghar in the state/UT of Maharashtra

Optimum fetal and child nutrition and development

IMMEDIATE DETERMINANTS

Breastfeeding, nutrient-rich foods, caregiving practices, low burden of infectious diseases

UNDERLYING AND BASIC DETERMINANTS

Women's status, sanitation and hygiene, food security, socioeconomic conditions

Source: Adapted from Black et al. (2008)

NUTRITION-SPECIFIC INTERVENTIONS

Service delivery to mothers and infants along the continuum of care, access to health facilities

INTERVENTIONS THAT AFFECT UNDERLYING AND BASIC DETERMINANTS

Women's empowerment, sanitation, agriculture, and social safety net programs

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 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

Palghar



963/1,000

Sex ratio (females per 1,000 males) of the total population



NA

Number of women of reproductive age (15-49 yrs)



64,190

Total number of pregnant women registered for ANC



54,497

Number of live births



54,360

Number of institutional births



ΝΔ

Total number of children under 5 vrs

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: Palghar, Maharashtra. New Delhi, India: International Food Policy Research Institute.

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Stunted

Stunted

Wasted

Severely wasted

Underweight

Overweight/obesity

Anemia

Maharashtra



Burden of nutrition outcomes (2020)

Indicators	No. of children (<5 yrs)
Low-birth weight	NA
Stunted	NA
Wasted	NA
Severely wasted	NA
Underweight	NA
Overweight/obesity	NA
Anemia	NA
Total children	NA

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)?

80%

100%

• What are the trends in overweight/obesity among children under five years of age in the district?

40%

60%

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

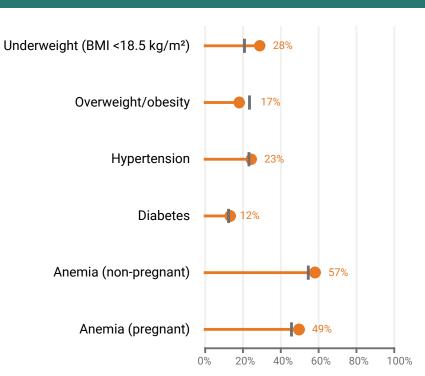
20%

0%

Palghar

Maharashtra





Burden of nutrition outcomes (2020)

Indicators	No. of women (15-49 yrs)
Underweight	NA
Overweight/obesity	NA
Hypertension	NA
Diabetes	NA
Anemia (non-preg)	NA
Anemia (preg)	31,132
Total women (preg)	64,190
Total women	NA

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

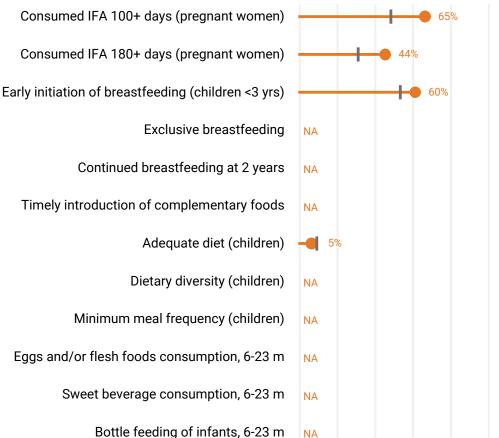
Points of discussion:

- 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?



Maharashtra





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

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?

40%

60%

80%

100%

• What are the trends in IFA consumption among pregnant women in the district? How can the consumption be improved?

20%

0%

· What additional data are needed to understand diets and/or other determinants?

Underlying determinants Palghar Women with ≥10 years of education Maharashtra Women 20-24 years married before the age of 18 Women 15-19 years with child or pregnant HHs using improved sanitation facility 75% HHs with improved drinking water source Safe disposal of feces NA HHs with below poverty line (BPL) card NA HHs with health insurance 19% 40% 60% 80% 100% Note: NA refers to data unavailable for a given round of NFHS/Census.

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?

Demand for FP satisfied 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

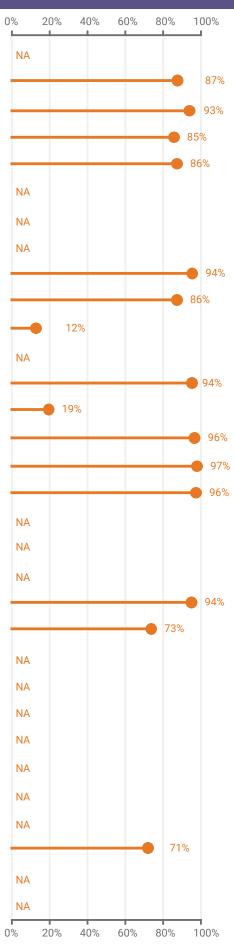
ORS during diarrhea

Zinc during diarrhea

Careseeking for ARI

Preschool at AWC

Health checkup from AWC





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)?

