

DISTRICT NUTRITION PROFILE

Led by IFPRI 🖔

UDHAM SINGH NAGAR | UTTARAKHAND

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



Figure 1: Map highlights district Udham Singh Nagar in the state/UT of Uttarakhand

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

Udham Singh Nagar



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



519,972

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



Total number of pregnant women registered for ANC



29,517

Number of live births



Number of institutional births



150,203

Total number of children under 5 vrs

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: Udham Singh Nagar, Uttarakhand. New Delhi, India: International Food Policy Research Institute.

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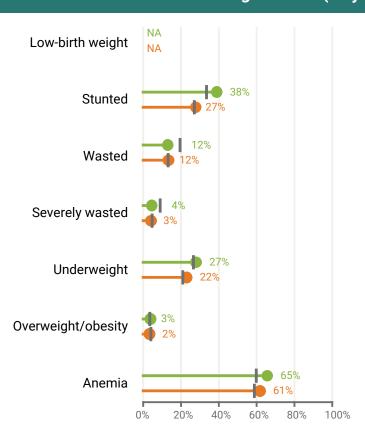












Uttarakhand





Burden of nutrition outcomes (2020)

Indicators	No. of children (<5 yrs)
Low-birth weight	NA
Stunted	40,254
Wasted	18,655
Severely wasted	4,596
Underweight	33,105
Overweight/obesity	3,605
Anemia	82,050
Total children	150,203

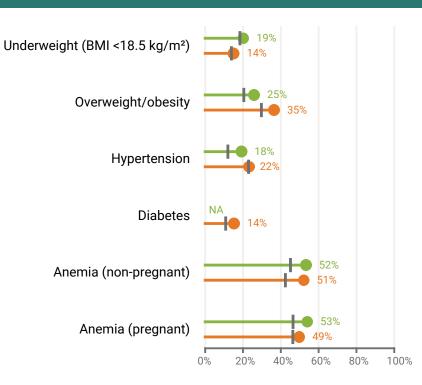
Note: NA refers to data unavailable for a given round of NFHS/Census.

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)

Udham Singh Nagar



Uttarakhand





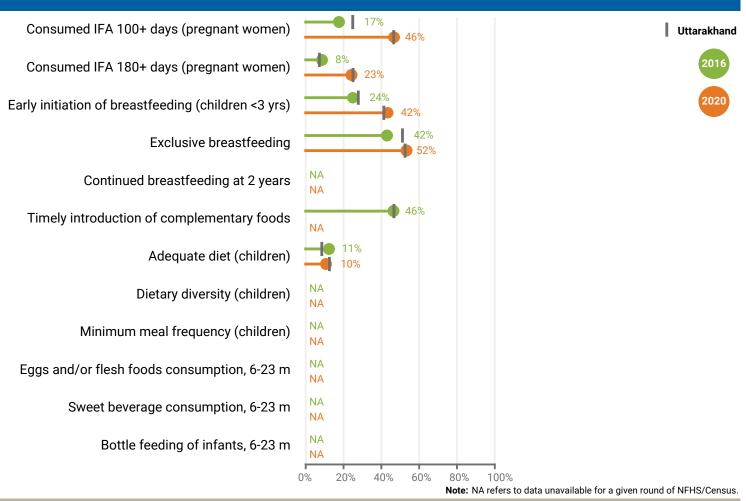
Burden of nutrition outcomes (2020)

Indicators	No. of women (15-49 yrs)
Underweight	73,056
Overweight/obesity	184,174
Hypertension	115,434
Diabetes	73,940
Anemia (non-preg)	265,758
Anemia (preg)	19,990
Total women (preg)	41,006
Total women	519,972

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?



Points of discussion:

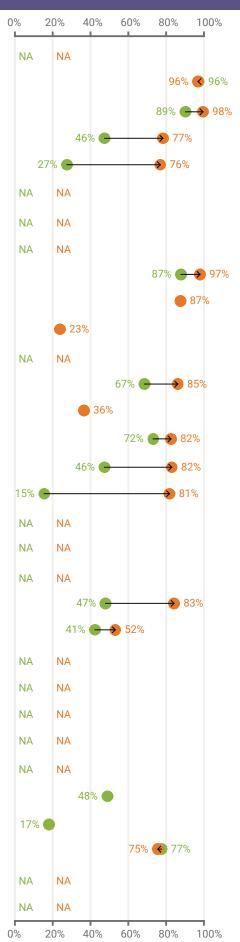
- What are the trends in infant and young child feeding (early initiation of breastfeeding, exclusive breastfeeding, timely initiation of complementary feeding, and adequate diet)? What can be done to improve infant and young child feeding?
- What are the trends in IFA consumption among pregnant women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

Udham Singh Nagar Underlying determinants Women with ≥10 years of education Uttarakhand Women 20-24 years married before the age of 18 Women 15-19 years with child or pregnant 60% HHs using improved sanitation facility 98% HHs with improved drinking water source NA Safe disposal of feces NA NA HHs with below poverty line (BPL) card NA 10% HHs with health insurance 20% 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



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?

Careseeking for ARI

Preschool at AWC

Health checkup from AWC

• How has access to health and ICDS services changed over time (food supplementation, health and nutrition education and health checkups)?