

SECOND FOLD NUTRITION STRATEGY

GROWTH MONITORING THROUGH COMMUNITY PARTICIPATION

Malnutrition among young children is a matter of serious concern. Damage caused in early childhood is almost irreversible. Therefore, interventions at early childhood to combat the problem of malnutrition, thereby improving the nutritional status of children is of utmost importance. ICDS, one such intervention aimed at providing basic services to child for a better start in life has become more of a government programme rather than a people's programme. The programme earlier was running in a top to down fashion but with various new initiatives taken by Haryana Govt. we are now focusing on bottom to up approach. A similar bottom up fashion would be of utmost importance to curb the problem of malnutrition. Therefore there is need to tailor the basic model to the local needs.

Involvement of community in process of growth monitoring and to have sense of community ownership of ICDS programme among people it would be of great help if we involve the Village Level Committees and Sakhsar Mahila Samooh in assessment and monitoring of nutritional status of children at village level. Growth monitoring has to be used as an educational tool for informing the parents about the nutritional status of the child and all efforts are to be made by AWW, VLC's, SMS and parents/ community to bring malnourished children back to normal grade.

Assessing the nutrition levels of children every month, analyzing the reasons for growth flatterings, taking remedial steps and giving incentive to mother's is now the need of hour. Therefore, it is proposed that the following approaches may be adopted to monitor the nutritional status of children at community/ village level:-

1. Community participation in growth monitoring through involvement of VLC/ SMS in growth monitoring.

2. Nutrition awareness camps at village level.

(a) Holding weight day every month.

(b) Holding monthly nutrition education day through SMS.

3. Incentive to mother/ VLC/ SMS to improve nutritional status of people.

I. COMMUNITY PARTICIPATION IN GROWTH MONITORING AND NUTRITION AWARENESS CAMPS AT VILLAGE LEVEL.

A) Weightment of Children.

- All the children of the village must be weighed on a specified fixed date to know the nutritional status of children of the entire village.
- The weighing should be done in every village as mass campaign for which VLC should declare one day in a month as weight day.
- SMS will be responsible for giving wide publicity for holding the campaign.
- AWW will put up the compiled report of nutritional status of children of village during meeting of VLC's.
- Based on the reports VLC's will be involved in motivation of mother's/ care taker for proper health and hygiene of these children to bring improvement in nutritional status of children.
- VLC will ensure that no child in normal grade should go down and there is no deterioration in any grade of malnutrition.
- AWW will regularly monitor the nutritional status as per norms/ criteria of ICDS scheme.
- SMS and VLC's will work in close coordination to bring improvement in nutritional status of children.
- The children falling in any grade of malnutrition will be identified. Then the mothers/ care takers of these identified children will be counseled through SMS.
- The role and responsibilities of SMS/AWC/VLC has been elaborated in Annexure-I.

B) SMS will conduct monthly nutrition education day in her village. The nutrition education day will be utilized in following manner:-

- The whole day will be used for counseling of mothers, demonstration of low cost recipes etc. SMS members along with AWW will explain to mothers about nutritional status of their child/children, consequences of poor nutritional status and child's growth and development.
- Study the food pattern of the family and give suggestion about improvements required for adequate and balanced nutrition.

- Will take note of any discrimination in providing nutrition to girl child.
- SMS will identify such cases who require supports/ services of health functionaries and will give feed back to AWW to tie up for such need.
- VLCs/SMS/AWW will review the progress of nutritional status every month as per performa enclosed (**Annexure-II given below**).
- A Sum of Rs. 200/- per month can be spent by SMS for holding monthly weight day and utilized and nutrition education day on arrangement, refreshment, demonstration etc. these point met out from SMS contingency funds.

II. INCENTIVES TO IMPROVE THE NUTRITIONAL STATUS OF CHILDREN:-

Incentives to Mothers:

- a. Such Mothers should be identified who really take care of children for better health, is enthusiastic about the health of her children, has made exemplary effort to bring improvement in nutritional status of her children.
- b. Three such mother can be given incentive in form of cash prize of Rs. 100/- per village once in six months so that other caretaker/caretaker are also motivated to keep better health of the child and for having participation of more mother in growth monitoring process.
- c. Incentive will be given to best mother on the basis of following criteria.

1	The age of the mother at the time her marriage should be minimum 18 years.	10
2	The birth of all her children should be registered i.e. she should have birth certificate of all her children.	10
3	The immunization status of all her children should be completed as per immunization schedule.	10
4	None of her children has died below 1 year except in case of accidental death.	10
5	Mother should not have more than 2 children. But this condition do not apply if all her children are girls.	10
6	All her children should be healthy and neat	10

::CRITERIA FOR SELECTION OF BEST MOTHER::

Total Marks - 60

::INCENTIVE TO SMS::

- a. Active group who has worked hard for bring the improvement in Nutritional status of children may be given award every year.
- b. Incentive to 3 SMS per block @ Rs.1000/-, Rs. 750/- and Rs. 500/- will be given from IEC funds available to CDPOs .
- c. Incentive will be given to 3 SMS on the basis of following criteria

::CRITERIA FOR SELECTION OF BEST SMS::

For the selection of 3 best SMS will be done on the following basis:-

1. Participation of SMS member during monthly weight day/ to Nutrition education day. Every month marks to SMS will be given on the following basis:-

- (a) If more than five SMS members present - 5 marks may be given
- (b) If 4 SMS members present - 4 marks
- (c) If 3 SMS members present - 3 marks
- (d) If 2 SMS members present - 2 marks
- (e) If only member present - 1 marks
- (f) If No members is present - 0 marks

For 12 months total marks will be - 60 marks

2. Participation in social issue:-

- (a) Prevention of early marriage -10
- (b) Prevention of female foeticide -10
- (c) Awareness camps on Nutrition issues like anemia, breast feeding etc and social issues. -10

Total -30

Marks may be given to SMS depending upon the quality of campaign which includes active involvement of SMS, active involvement of participant, quality of material used, No. of cases taken up etc. out of 10 marks on each above mentioned points.

Any special achievement / Comment - 10 marks

Total Marks - 100

:: INCENTIVE TO V.L.C. ::

- At block level, three villages should be identified who has shown max. improvement in the nutritional status of children every year. The VLC of these villages should be given some incentive through district administration and wide publicity recognition to such villages should be given.
- The incentive can be met out from IEC funds available with CDPO and PO.
- Incentive will be given to best VLC on the basis of following criteria .

::CRITERIA FOR SELECTION OF BEST VLC::

The selection of best VLC will be done on the following basis:-

1. General conditions :-

- (a) Composition of VLC should be as per notification - 10
- (b) Record of VLC maintained properly - 10
- (c) Flow of funds is regular - 10

2. Improvement of Nutrition status of children of village during this year as per criteria as in Nutrition Awards which is as under.

Parameters	Marks
1. Weighment of the children	15
2. Nutritional Status of the children	
a. % of children in grade III & IV	5
b. % improvement in children in grade-II	20
c. % improvement in children in grade-I	20
d. % increase in children in normal grade	10
3. Achievements under nutritional strategy	20
4. Special efforts done for improving nutritional status of children	10
Total:	100

The details of above can be seen from the Nutrition Awards Scheme.

Total Marks - 130

Annexure-I

::Role and Responsibilities of SMS/AWW/VLC under the strategy::

SMS	AWW	VLC
<ul style="list-style-type: none"> • Advise mother to weigh the child every month • Monitor the growth of child i.e. weighing of child and plotting on the growth chart in presence of mothers. • Advise mother for health check up of the child • Advise mothers as per following detail: • Grade-III & IV To give energy rich food by adding fat/oil to cereal pulses based recipe like Khichari, Dalia, Pulao etc.. • Take double diet from AWC. • Rest of child at home • Referral service • Grade-II • Take nutrition supplement from AWC • Give extra food to child at home • Take proper care of the child • Grade-I • Give extra food to child at home • Instruct about necessary health care. 	<ul style="list-style-type: none"> • Conduct regular weighing session • Monitor the growth of child i.e. weighing of child and plotting on the growth chart in presence of mothers • Refer the children for health check up and ensure. • Educate the mother on types of food to be given to malnourished children. • Provide nutrition supplements to the child as per norms. • Ensure the participation of mother in nutrition and health education session. • Identify the 	<ul style="list-style-type: none"> • Regular monitoring of nutritional status of children during monthly meeting of VLCs. • Ensure the monthly growth monitoring of all children of village. • Maintain liaison with Health Deptt. for Health Services like referral cases, health check up, IFA tablets etc. • Provide community support wherever required. • Put up

<ul style="list-style-type: none"> • Advise mothers to continue feeding the child during illness • Advise mothers on food related problem (Table-I) • Identify the reasons for severe malnutrition and inform the AWW & (VLC) regularly. • Encourage mothers to come and ask questions regarding feeding and care of the child • Ensure all vaccination and IFA tablets are given to the child regularly. • Ensure deworming of child. 	<p>reasons for severe malnutrition.</p> <ul style="list-style-type: none"> • Maintain proper record of immunization, deworming and IFA tablets given • Maintain liaison with ANMs for health services. 	<p>monitoring data in quarterly meeting of Gram Panchayat.</p>
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Performa Of Annexure-II is given below

