

# **DISTRICT NUTRITION PROFILE**

Led by IFPRI 🕅

## **KURUKSHETRA | HARYANA**

**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 Kurukshetra in the state/UT of Haryana

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, 2019-20

Kurukshetra



929/1,000

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



337,384

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



16.769

Number of pregnant women



15,242

Number of live births



89,837

Total number of children under 5 vrs



15,352

Children under 5 yrs whose births were registered

#### Source:

- 1. IFPRI estimates The headcount was calculated as the product of the undernutrition prevalence and the total eligible projected population for each district in 2019. Projected population for 2019 was estimated using Census 2011.
- 2. NFHS-4 (2015-16) & NFHS-5 district & state factsheets (2019-20).

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: Kurukshetra, Haryana. New Delhi, India: International Food Policy Research Institute.

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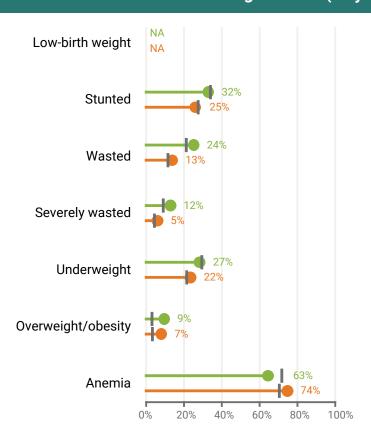












Haryana

2016

2020

### Burden on nutrition outcomes (2020)

Indicators	No. of children (<5 yrs)
Low-birth weight	NA
Stunted	22,387
Wasted	11,499
Severely wasted	4,501
Underweight	20,213
Overweight/obesity	6,280
Anemia	59,444
Total children	89,837

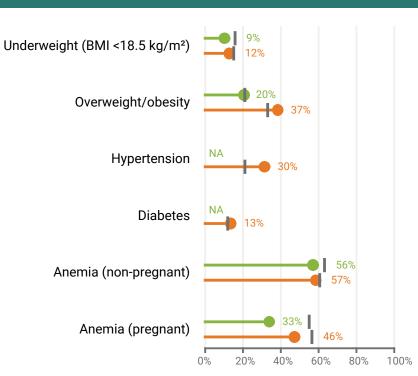
Note: NA refers to data are unavailable for a given round of NFHS data.

### 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)

Kurukshetra



Haryana



### Burden on nutrition outcomes (2020)

Indicators	No. of women (15-49 yrs)
Underweight	39,643
Overweight/obesity	125,979
Hypertension	102,497
Diabetes	42,274
Anemia (non-preg)	193,895
Anemia (preg)	7,766
Total women (preg)	16,769
Total women	337,384

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

#### 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?

Immediate determinants Kurukshetra Consumed IFA 100+ days (pregnant women) Haryana Consumed IFA 180+ days (pregnant women) 43% Early initiation of breastfeeding (children <3 yrs) 42% 38% Exclusive breastfeeding 74% NA Continued breastfeeding at 2 years NA NA Timely introduction of complementary foods NA Adequate diet (children) 29% NA Dietary diversity (children) NA NA Minimum meal frequency (children)

> 100% Note: NA refers to data are unavailable for a given round of NFHS data.

#### Points of discussion:

Eggs and/or flesh foods consumption, 6-23 m

Sweet beverage consumption, 6-23 m

Bottle feeding of infants, 6-23 m

 What are the trends in infant and young child feeding (timely 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%

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

20%

NA NA

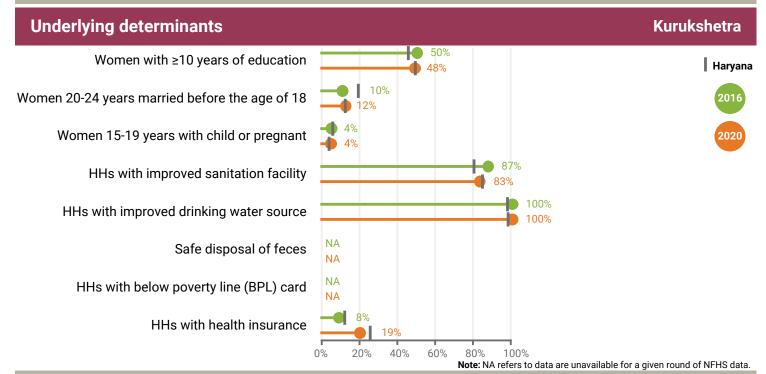
NA NA

NA NA

NA

0%

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?

Demand for FP satisfied

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Pregnancy registered (MPC 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

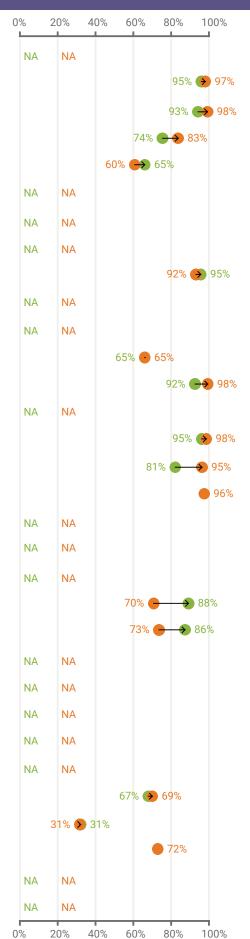
ORS during diarrhea

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)?