

## **DISTRICT NUTRITION PROFILE**

Led by IFPRI 🕅

## KORBA | CHHATTISGARH

**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 Korba in the state/UT of Chhattisgarh

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

Korba



985/1,000

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



371,7<u>05</u>

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



33,956

Number of pregnant women



21,644

Number of live births



139,212

Total number of children under 5 vrs



21.883

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: Korba, Chhattisgarh. New Delhi, India: International Food Policy Research Institute.

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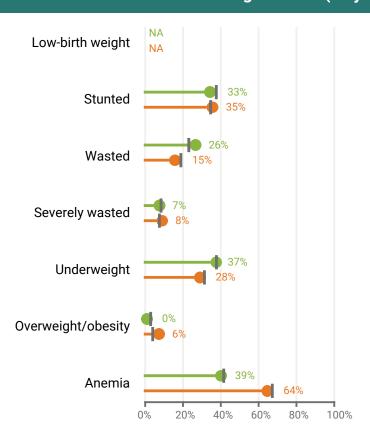












Chhattisgarh

2016

2020

### Burden on nutrition outcomes (2020)

Indicators	No. of children (<5 yrs)
Low-birth weight	NA
Stunted	48,251
Wasted	20,464
Severely wasted	11,179
Underweight	38,868
Overweight/obesity	8,743
Anemia	79,473
Total children	139,212

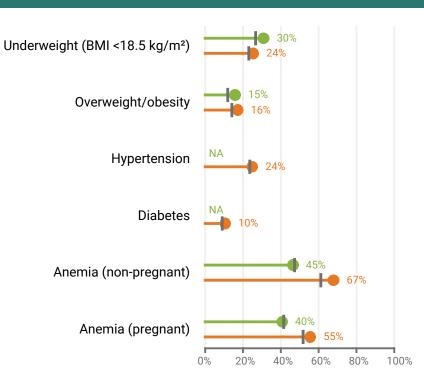
Note: NA refers to data are unavailable for a given round of NFHS data.

### 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)

Korba



Chhattisgarh



### Burden on nutrition outcomes (2020)

Indicators	No. of women (15-49 yrs)
Underweight	90,733
Overweight/obesity	60,253
Hypertension	88,912
Diabetes	35,721
Anemia (non-preg)	248,708
Anemia (preg)	18,540
Total women (preg)	33,956
Total women	371,705

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 Korba 24% Consumed IFA 100+ days (pregnant women) Chhattisgarh Consumed IFA 180+ days (pregnant women) Early initiation of breastfeeding (children <3 yrs) 82% Exclusive breastfeeding NA NA Continued breastfeeding at 2 years NA 63% Timely introduction of complementary foods NA Adequate diet (children) NA Dietary diversity (children) NA NA Minimum meal frequency (children) NA

#### 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%

100%

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

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

20%

NA

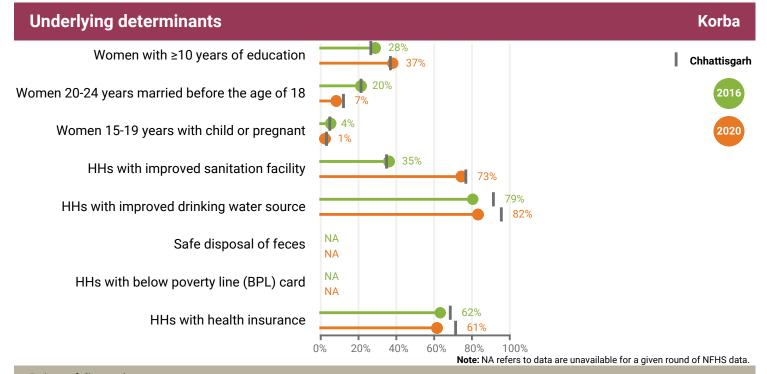
NA NA

NA NA

NA

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 lodized salt 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



### $\textbf{Note:} \ \mathsf{NA} \ \mathsf{refers} \ \mathsf{to} \ \mathsf{data} \ \mathsf{are} \ \mathsf{unavailable} \ \mathsf{for} \ \mathsf{a} \ \mathsf{given} \ \mathsf{round} \ \mathsf{of} \ \mathsf{NFHS} \ \mathsf{data}.$

#### 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)?