

DISTRICT NUTRITION PROFILE

Led by IFPRI 🕅

UNA | HIMACHAL PRADESH

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 Una in the state/UT of Himachal Pradesh

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

Una



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



154,780

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



Number of pregnant women



Number of live births



Total number of children under 5 vrs



Children under 5 yrs whose births were registered

- 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: Una, Himachal Pradesh. New De-Ihi, India: International Food Policy Research Institute.

Acknowledgement: Financial support was provided by the Bill & Melinda Gates Foundation through POSHAN, led by the International Food Policy Research Institute. We thank Amit Jena (Independent Researcher) for design and programming support.













Himachal Pradesh





Burden on nutrition outcomes (2020)

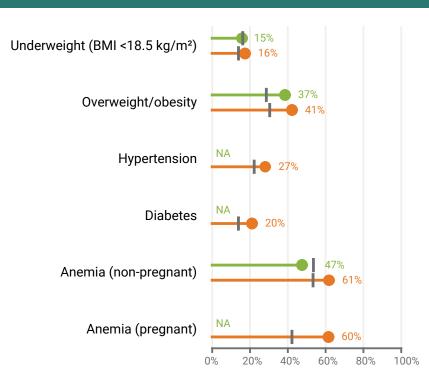
Indicators	No. of children (<5 yrs)
Low-birth weight	NA
Stunted	9,582
Wasted	5,072
Severely wasted	2,286
Underweight	10,009
Overweight/obesity	1,071
Anemia	20,475
Total children	38,809

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)







Una

Burden on nutrition outcomes (2020)

Indicators	No. of women (15-49 yrs)
Underweight	25,229
Overweight/obesity	63,723
Hypertension	41,945
Diabetes	31,064
Anemia (non-preg)	94,044
Anemia (preg)	5,134
Total women (preg)	8,495
Total women	154,780

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 Una Consumed IFA 100+ days (pregnant women) Himachal Pradesh Consumed IFA 180+ days (pregnant women) Early initiation of breastfeeding (children <3 yrs) NA Exclusive breastfeeding NA NA Continued breastfeeding at 2 years NA NA Timely introduction of complementary foods NA Adequate diet (children) NA Dietary diversity (children) NA NA Minimum meal frequency (children) NA NA Eggs and/or flesh foods consumption, 6-23 m NA

Points of discussion:

• 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

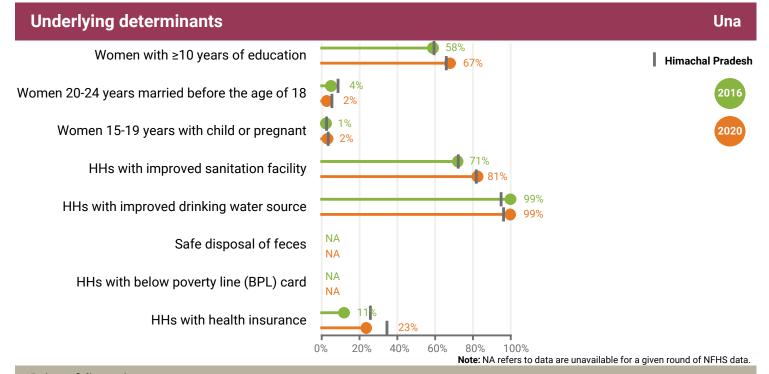
NA

0%

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

Sweet beverage consumption, 6-23 m

Bottle feeding of infants, 6-23 m



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)

80% 0% 60% 100% 20% 40% ΝΔ NA 98% 🥥 99% 96% (99% 68% (>) 71% 72% >> 72% NA NA NA NA NA 95% 22% 72% 72% 81% -> 90% 13% 86% 🙌 90% 85% 87% NA NA NA NA NA NA 76% (79% NA NA NA NA NA NA NΑ NΑ NA NA NA 81% 😝 85% NA NA NA NA

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

80%

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?

0%

20%

40%

Weighing

Counselling on child growth

ORS during diarrhea

Zinc during diarrhea

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)?



