

# **DISTRICT NUTRITION PROFILE**

Led by IFPRI 🕅

## FATEHABAD | 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 Fatehabad in the state/UT of Haryana

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

What factors lead to child undernutrition?

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

## District demographic profile, 2019-20

**Fatehabad** 



963/1,000

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



318,257

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



underlying and basic determinants.

17.245

Number of pregnant women



16,269

Number of live births



92,246

Total number of children under 5 vrs



16,166

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: Fatehabad, Haryana. New Delhi, 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.

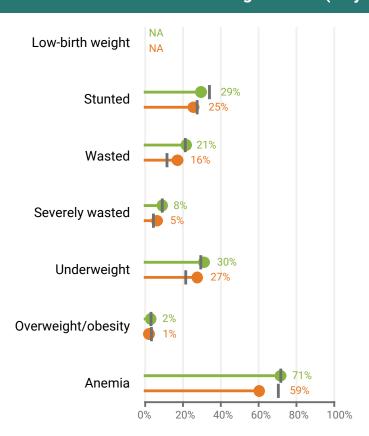












Haryana

2016



## Burden on nutrition outcomes (2020)

Indicators	No. of children (<5 yrs)
Low-birth weight	NA
Stunted	22,711
Wasted	14,769
Severely wasted	4,852
Underweight	24,491
Overweight/obesity	978
Anemia	49,139
Total children	92,246

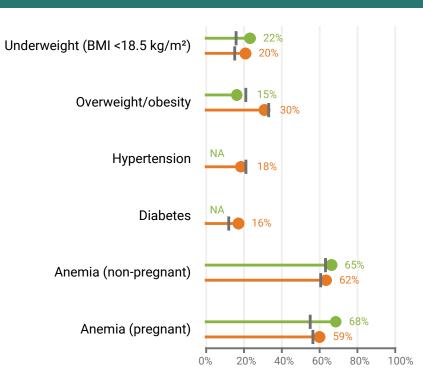
Note: NA refers to data are unavailable for a given round of NFHS data.

### 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)

**Fatehabad** 







Haryana



### Burden on nutrition outcomes (2020)

Indicators	No. of women (15-49 yrs)
Underweight	63,142
Overweight/obesity	94,872
Hypertension	55,695
Diabetes	51,208
Anemia (non-preg)	198,751
Anemia (preg)	10,176
Total women (preg)	17,245
Total women	318,257

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 **Fatehabad** Consumed IFA 100+ days (pregnant women) Haryana Consumed IFA 180+ days (pregnant women) Early initiation of breastfeeding (children <3 yrs) Exclusive breastfeeding 71% NA Continued breastfeeding at 2 years NA 39% Timely introduction of complementary foods NA 11% Adequate diet (children) NA Dietary diversity (children)

40% Note: NA refers to data are unavailable for a given round of NFHS data.

60%

80%

100%

#### 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?
- 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 NA

NA

0%

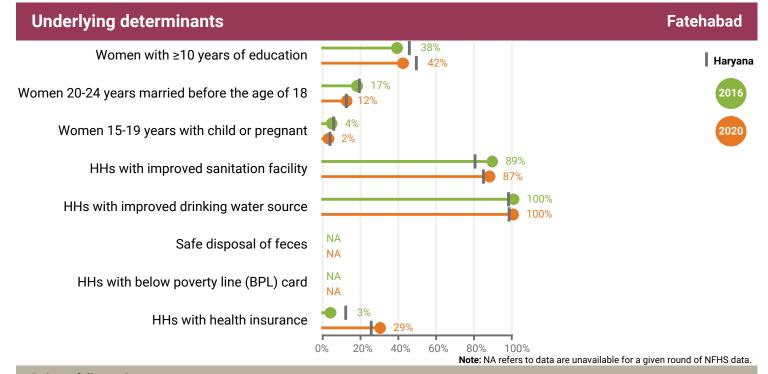
What additional data are needed to understand diets and/or other determinants?

Minimum meal frequency (children)

Sweet beverage consumption, 6-23 m

Bottle feeding of infants, 6-23 m

Eggs and/or flesh foods consumption, 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) Weighing Counselling on child growth ORS during diarrhea Zinc during diarrhea Careseeking for ARI







## 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?

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)?