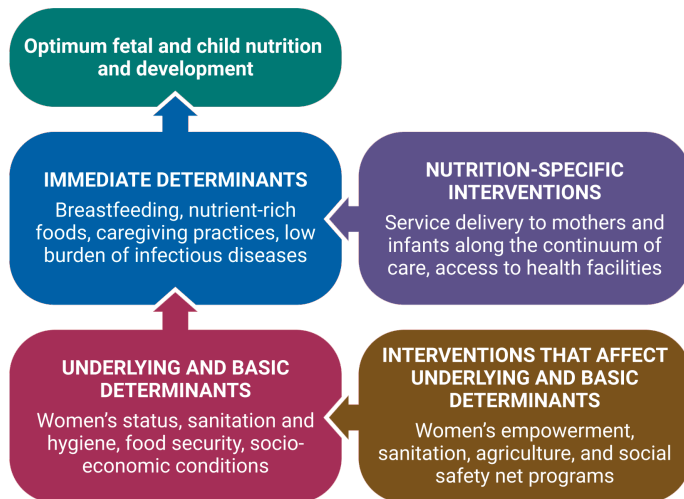


जिला पोषण प्रोफाइल के बारे में :

भारत में 707 जिलों के लिये जिला पोषण प्रोफाइल (डीएनपी) उपलब्ध है। वे पोषण और स्वास्थ्य के परिणामों में समय के साथ आए बदलाव को प्रस्तुत करते हैं। डीएनपी राष्ट्रीय परिवार स्वास्थ्य सर्वेक्षण (एनएफएस)-4 (2015–2016) और (एनएफएस)-5 (2019–2020) के डेटा पर आधारित है।



Figure 1: Map highlights district Nicobars in the state/UT of Andaman and Nicobar Islands



Source: Adapted from Black et al. (2008)

बाल कुपोषण किन कारणों से होता है ?

भारत में, बाल कुपोषण के स्तर को देखते हुए राष्ट्रीय पोषण मिशन स्थापित किया गया है, डीएनपी बाल कुपोषण के निर्धारकों पर केन्द्रित है (चित्र दाईं ओर)। जिला स्तर पर दिख रहे पोषण के परिणाम, बाल कुपोषण एवं विकास के विभिन्न निर्धारकों पर आधारित होता है। पोषण एवं स्वास्थ्य हस्तक्षेपों द्वारा इन निर्धारकों में बदलाव लाया जा सकता है। निर्धारकों में भोजन की कमी से आई नवजातों और छोटे बच्चों के स्वास्थ्य एवं देखभाल में कमी शामिल है, विशेषकर जीवन के प्रारंभिक दो वर्षों में। पोषण—विशिष्ट हस्तक्षेप जैसे गर्भवस्था के दौरान एवं बचपन में स्वास्थ्य सेवाएं उपलब्ध होना तत्कालिक निर्धारकों को प्रभावित कर सकते हैं। पोषण के आधारभूत और बुनियादी निर्धारकों में महिलाओं की स्थिति घरेलू खाद्य सुरक्षा—स्वच्छता और सामाजिक—आर्थिक स्थिति शामिल है। पोषण—संवेदलशील हस्तक्षेप, जैसे सामाजिक सुरक्षा, स्वच्छता कार्यक्रम, महिला सशक्तिकरण और कृषि कार्यक्रम आधारभूत और बुनियादी निर्धारकों में सुधार लाने की क्षमता रखते हैं।

District demographic profile, 2019-20

Nicobars



989/1,000
Sex ratio (females per 1,000 males) of the total population



12,608
Number of women in reproductive age (15–49 yrs)



525
Number of pregnant women



362
Number of live births



3,368
Total number of children under 5 yrs



283
Children under 5 yrs whose births were registered

Source:

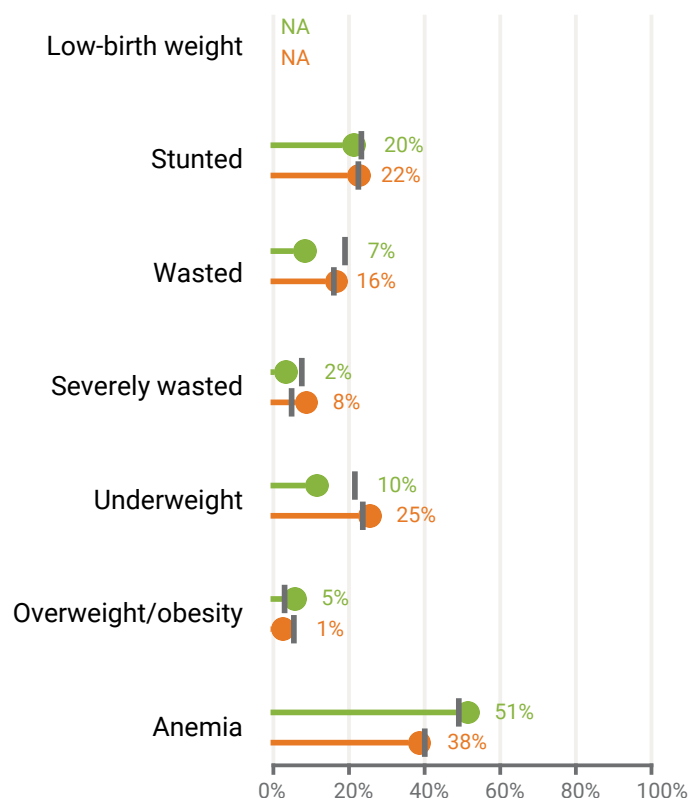
1. IFPRI estimates - The headcount was calculated as the product of the undernutrition prevalence and the total eligible projected population for each district in 2019. Projected population for 2019 was estimated using Census 2011.
2. NFHS-4 (2015-16) & NFHS-5 district & state factsheets (2019-20).

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: Nicobars, Andaman and Nicobar Islands. New Delhi, India: International Food Policy Research Institute.

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The state of nutrition outcomes among children (<5 years)

Nicobars



Andaman and Nicobar Islands

2016

2020

Burden on nutrition outcomes (2020)

Indicators	No. of children (<5 yrs)
Low-birth weight	NA
Stunted	727
Wasted	528
Severely wasted	261
Underweight	829
Overweight/obesity	50
Anemia	1,140
Total children	3,368

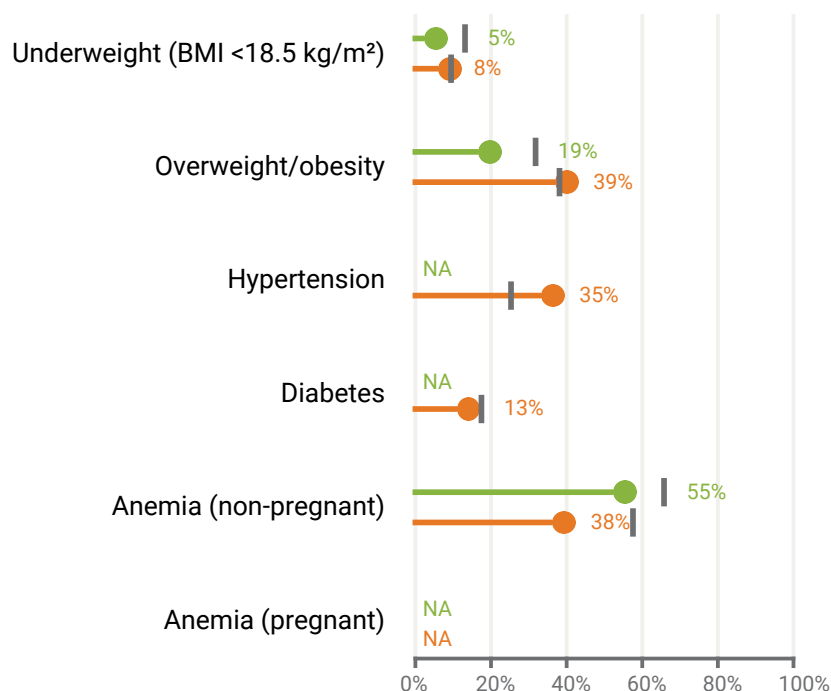
Note: NA refers to data are unavailable for a given round of NFHS data.

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)

Nicobars



Andaman and Nicobar Islands

2016

2020

Burden on nutrition outcomes (2020)

Indicators	No. of women (15-49 yrs)
Underweight	1,031
Overweight/obesity	4,931
Hypertension	4,458
Diabetes	1,645
Anemia (non-preg)	4,836
Anemia (preg)	NA
Total women (preg)	525
Total women	12,608

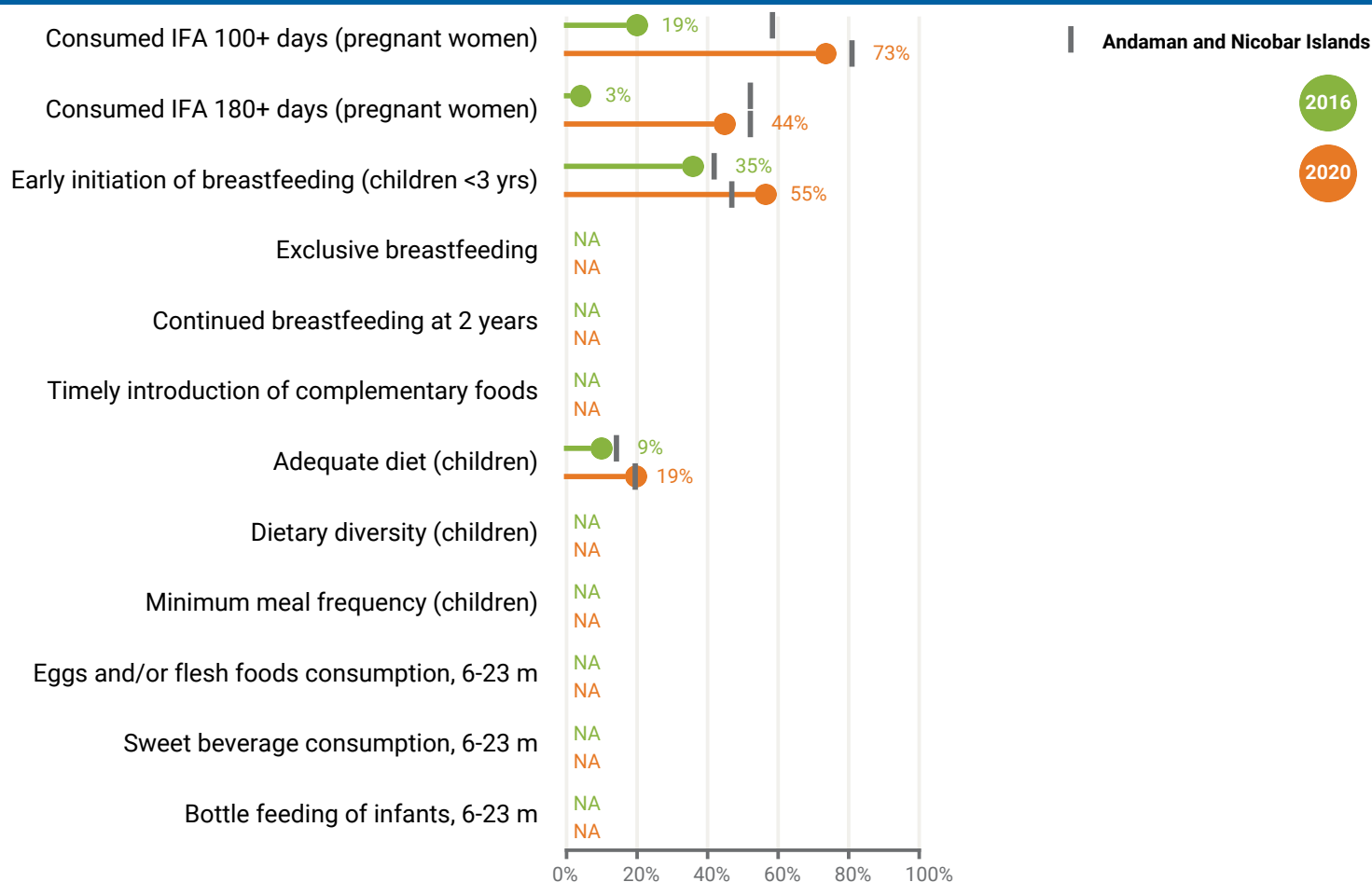
Note: NA refers to data are unavailable for a given round of NFHS data.

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

Nicobars

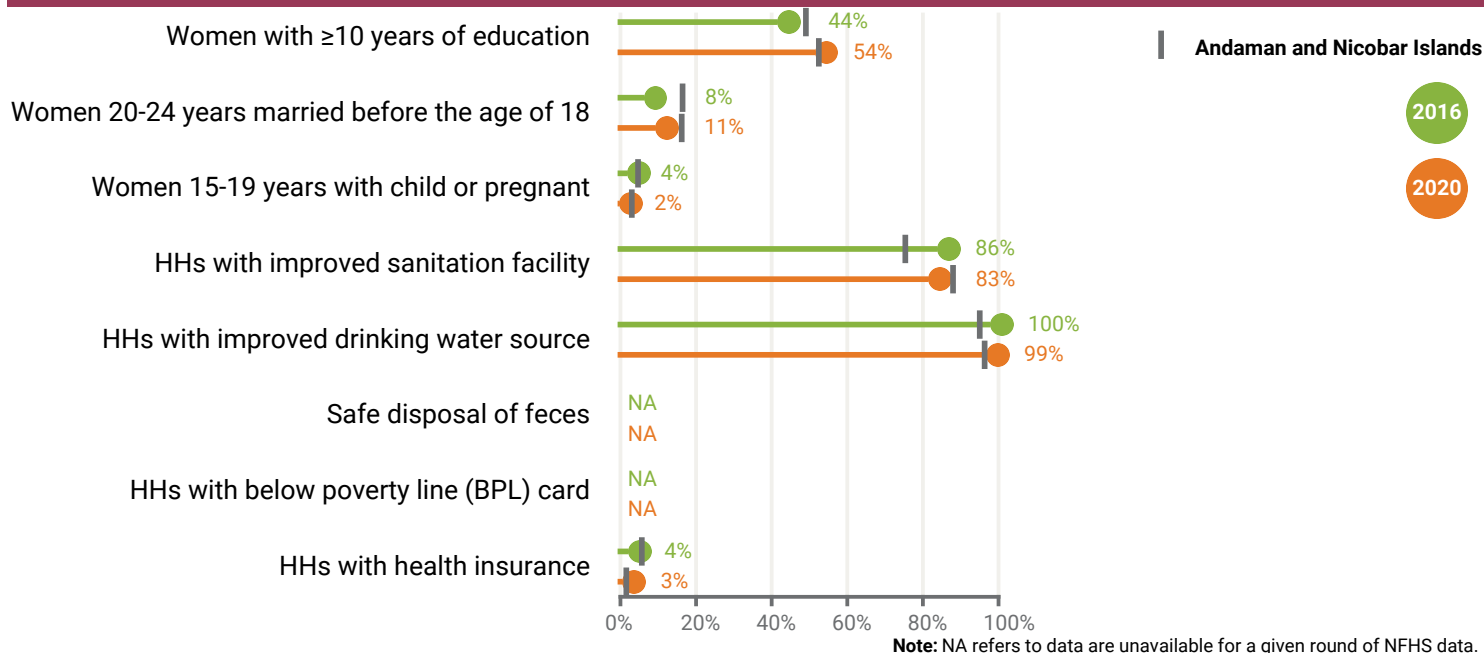


Points of discussion:

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

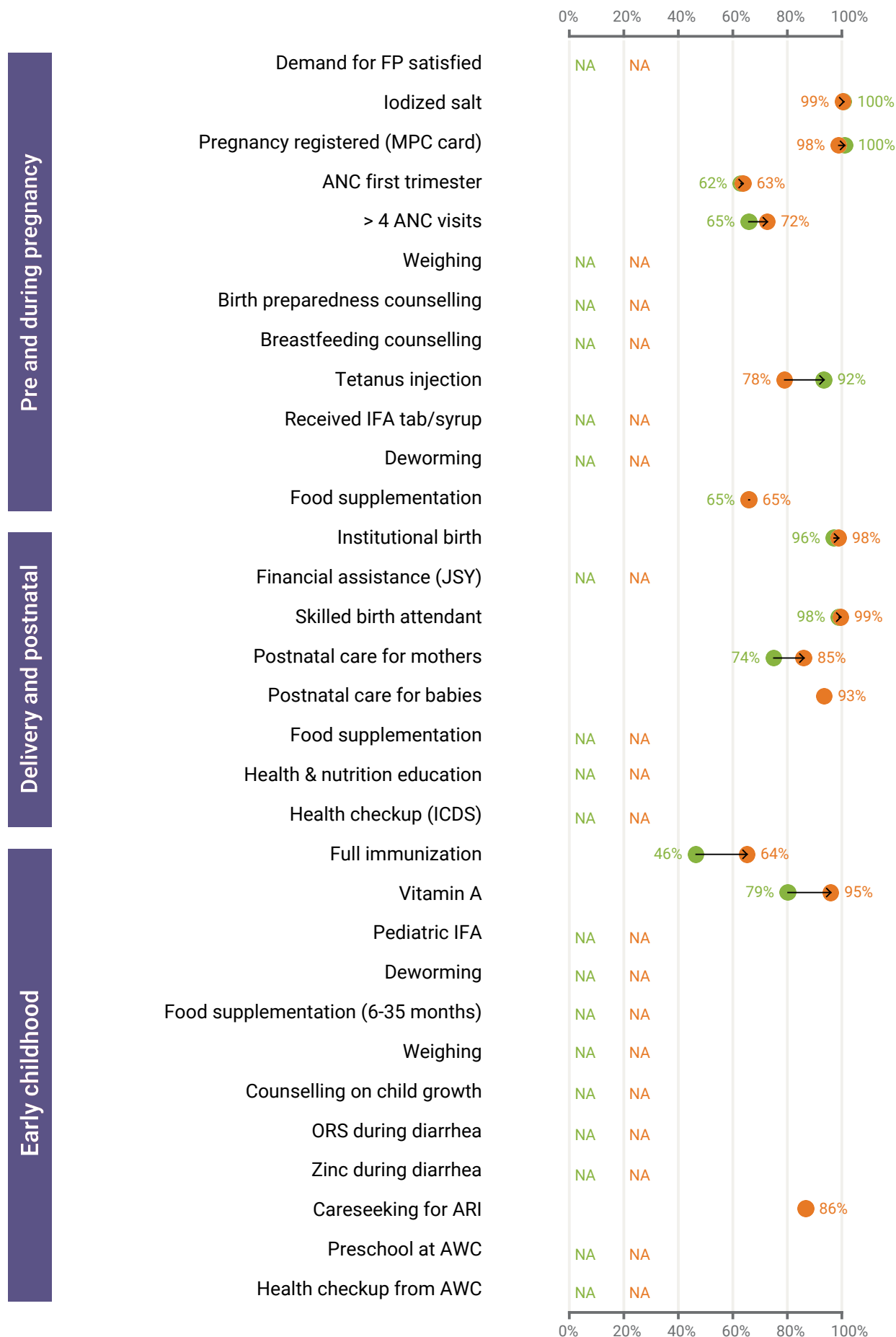
Underlying determinants

Nicobars



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?



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