

# **DISTRICT NUTRITION PROFILE**

Led by IFPRI 🖔

## **PUNCH | JAMMU AND KASHMIR**

**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.

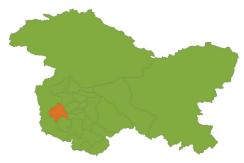


Figure 1: Map highlights district Punch in the state/UT of Jammu and Kashmir

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

Punch



934/1,000

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



138,258

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



underlying and basic determinants.

12.589

Number of pregnant women



10,229

Number of live births



39,088

Total number of children under 5 vrs



9,339

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: Punch, Jammu and Kashmir. New-Delhi, India: International Food Policy Research Institute.

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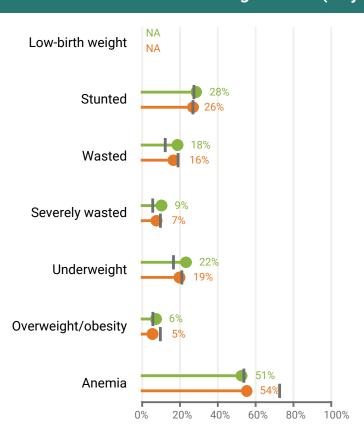












Jammu and Kashmir

2016

2020

## Burden on nutrition outcomes (2020)

Indicators	No. of children (<5 yrs)
Low-birth weight	NA
Stunted	10,120
Wasted	6,106
Severely wasted	2,564
Underweight	7,349
Overweight/obesity	1,771
Anemia	19,056
Total children	39,088

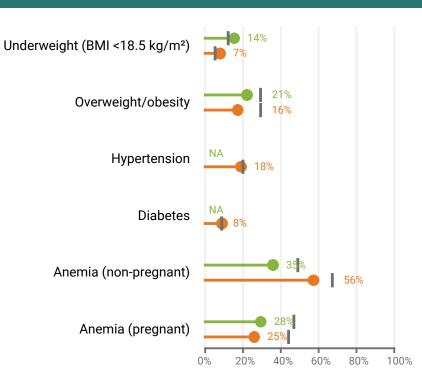
Note: NA refers to data are unavailable for a given round of NFHS data.

## 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)

**Punch** 



Jammu and Kashmir





## Burden on nutrition outcomes (2020)

Indicators	No. of women (15-49 yrs)
Underweight	9,346
Overweight/obesity	22,412
Hypertension	24,734
Diabetes	10,839
Anemia (non-preg)	77,812
Anemia (preg)	3,136
Total women (preg)	12,589
Total women	138,258

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 **Punch** Consumed IFA 100+ days (pregnant women) Jammu and Kashmir Consumed IFA 180+ days (pregnant women) Early initiation of breastfeeding (children <3 yrs) Exclusive breastfeeding 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

### 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?

## **Punch** Underlying determinants Women with ≥10 years of education Jammu and Kashmir Women 20-24 years married before the age of 18 Women 15-19 years with child or pregnant HHs with improved sanitation facility HHs with improved drinking water source NA Safe disposal of feces NA NA HHs with below poverty line (BPL) card NA HHs with health insurance 40% 60% 80% 100% Note: NA refers to data are unavailable for a given round of NFHS data.

### 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

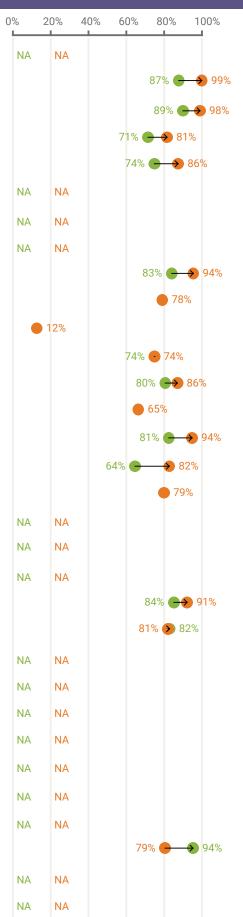
ORS during diarrhea

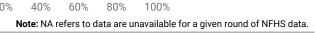
Zinc during diarrhea

Careseeking for ARI

Preschool at AWC

Health checkup from AWC





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%

· How has access to health and ICDS services changed over time (food supplementation, health and nutrition education and health checkups)?