

# **DISTRICT NUTRITION PROFILE**

Led by IFPRI 🖔

**NORTH EAST | DELHI** 

**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 North East in the state/UT of Dalhi

What factors lead to child undernutrition?

Given the focus of India's national nutrition mission on child

undernutrition, the DNPs focus in 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

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

North East



896/1,000

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



835,893

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



underlying and basic determinants.

53.984

Number of pregnant women



8,431

Number of live births



228,722

Total number of children under 5 yrs



6,831

Number of pregnant women

#### 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: North East, Delhi. New Delhi, India: International Food Policy Research Institute.

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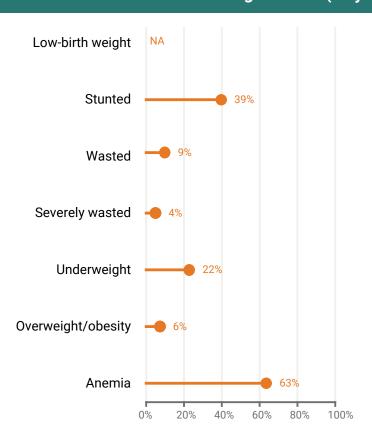












Delhi



## Burden on nutrition outcomes (2020)

Indicators	No. of children (<5 yrs)
Low-birth weight	NA
Stunted	88,493
Wasted	20,128
Severely wasted	8,760
Underweight	49,861
Overweight/obesity	14,272
Anemia	128,496
Total children	228,722

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

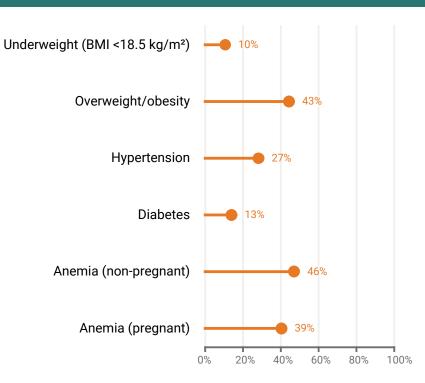
### Points of discussion:

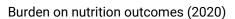
- · What are the trends in undernutrition among children under five years of age (stunting, wasting, underweight, and anemia)?
- · What are the trends in overweight/obesity among children under five years of age in the district?

## The state of nutrition outcomes among women (15-49 years)

North East

Delhi





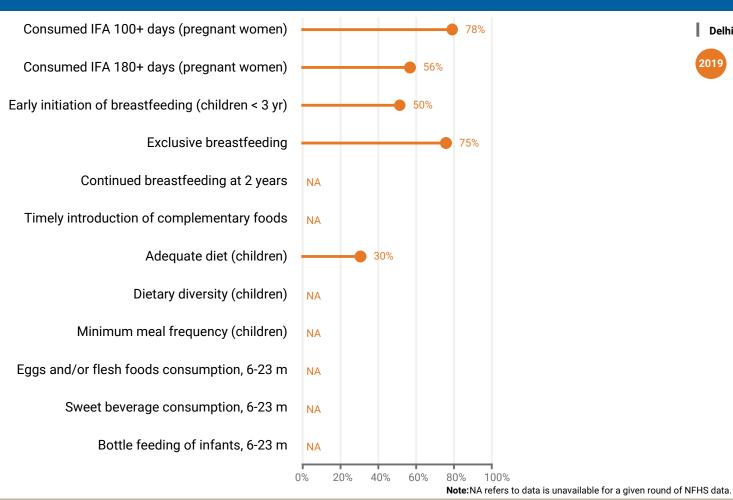
Indicators	No. of women (15-49 yrs)
Underweight	79,995
Overweight/obesity	362,192
Hypertension	227,029
Diabetes	108,165
Anemia (non-preg)	385,012
Anemia (preg)	21,254
Total women (preg)	53,984
Total women	835,893

Note: NA refers to data is 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 North East



### Points of discussion:

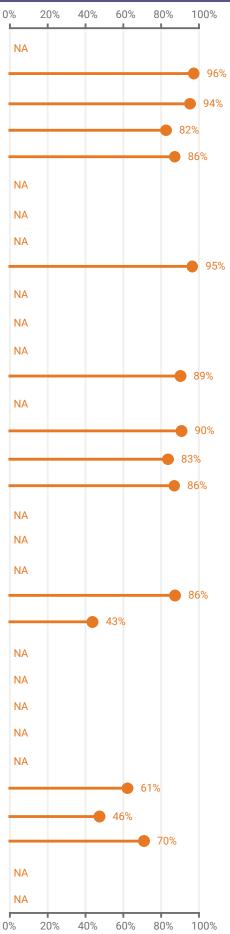
- What are the trends in infant and young child feeding (timely initiation of breastfeeding, exclusive breastfeeding, timely initiation of complementary feeding, and adequate diet)? What can be done to improve infant and young child feeding?
- What are the trends in IFA consumption among pregnant women in the district? How can the consumption be improved?
- · What additional data are needed to understand diets and/or other determinants?

## Underlying determinants **North East** Women with ≥10 years of education Delhi Women 20-24 years married before the age of 18 Women 15-19 years with child or pregnant HHs with improved sanitation facility 90% HHs with improved drinking water source Safe disposal of feces NA HHs with below poverty line (BPL) card NA HHs with health insurance 19% 40% 60% 80% 100% Note: NA refers to data is 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



Note: NA refers to data is 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?

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)?

