POSHAN

Led by IFPRI

DISTRICT NUTRITION PROFILE

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.
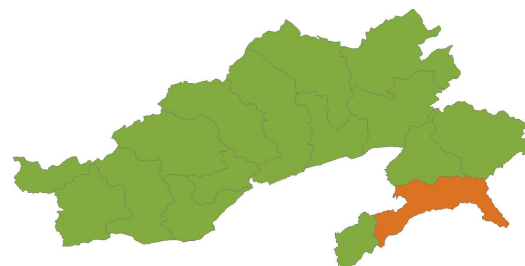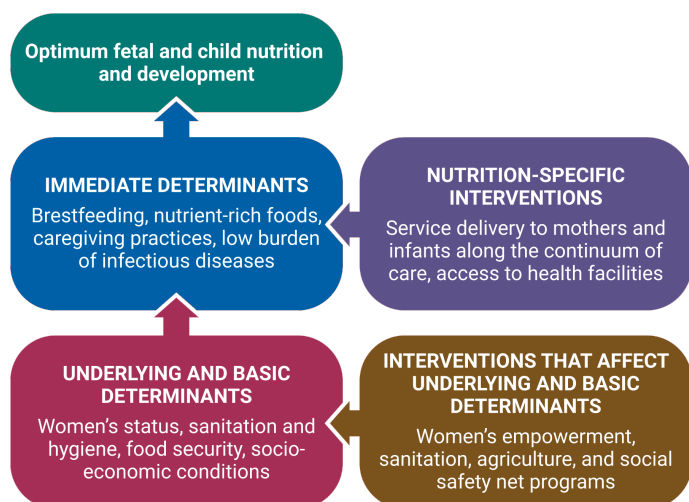

Figure 1: Map highlights district Changlang in the state/UT of Arunachal Pradesh

Source: Adapted from Black et al. (2008)

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 underlying and basic determinants.

District demographic profile, 2019-20   Changlang

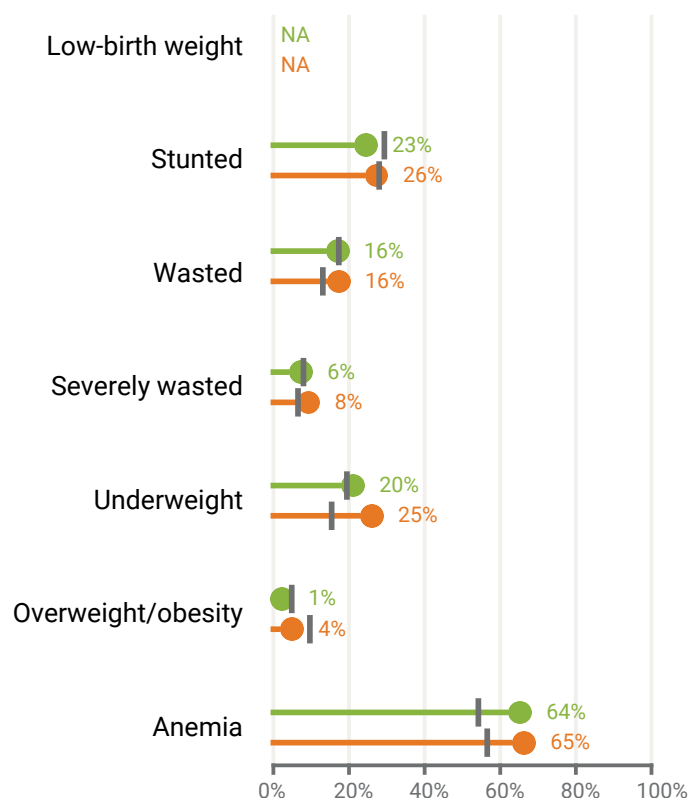|	
992/1,000 Sex ratio (females per 1,000 males) of the total population	**45,263** Number of women of reproductive age (15–49 yrs)	**3,143** Number of pregnant women
1,819 Number of live births	**13,613** Total number of children under 5 yrs	**1,381** Number of pregnant women

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).

NITI Aayog   IIPS   unicef for every child   सत्यमेव परमो धर्म: Data DENT

Arunachal Pradesh

2016

2019

Burden on nutrition outcomes (2020)

Indicators	No. of children (<5 yrs)
Low-birth weight	NA
Stunted	3,580
Wasted	2,220
Severely wasted	1,123
Underweight	3,407
Overweight/obesity	532
Anemia	7,988
Total children	**13,613**

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)   Changlang
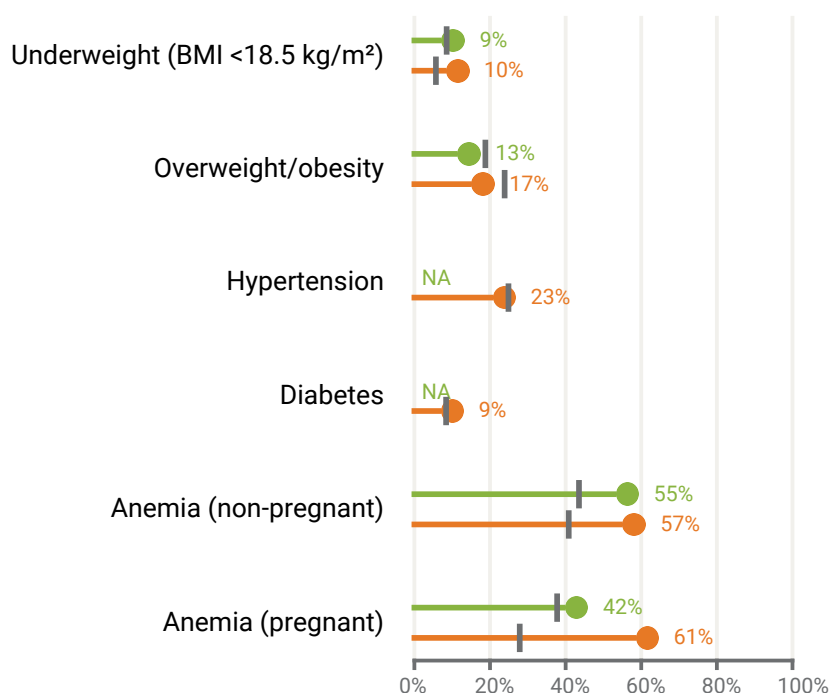
Arunachal Pradesh

2016

2019

Burden on nutrition outcomes (2020)

Indicators	No. of women (15-49 yrs)
Underweight	4,735
Overweight/obesity	7,758
Hypertension	10,329
Diabetes	4,114
Anemia (non-preg)	25,850
Anemia (preg)	1,906
Total women (preg)	**3,143**
Total women	**45,263**

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?

	Arunachal Pradesh
	2016
	2019

Consumed IFA 100+ days (pregnant women): 11% / 37%

Consumed IFA 180+ days (pregnant women): 1% / 14%

Early initiation of breastfeeding (children < 3 yr): 69% / 61%

Exclusive breastfeeding: 73% / 71%

Continued breastfeeding at 2 years: NA / NA

Timely introduction of complementary foods: NA / NA

Adequate diet (children): 7% / 29%

Dietary diversity (children): NA / NA

Minimum meal frequency (children): NA / NA

Eggs and/or flesh foods consumption, 6-23 m: NA / NA

Sweet beverage consumption, 6-23 m: NA / NA

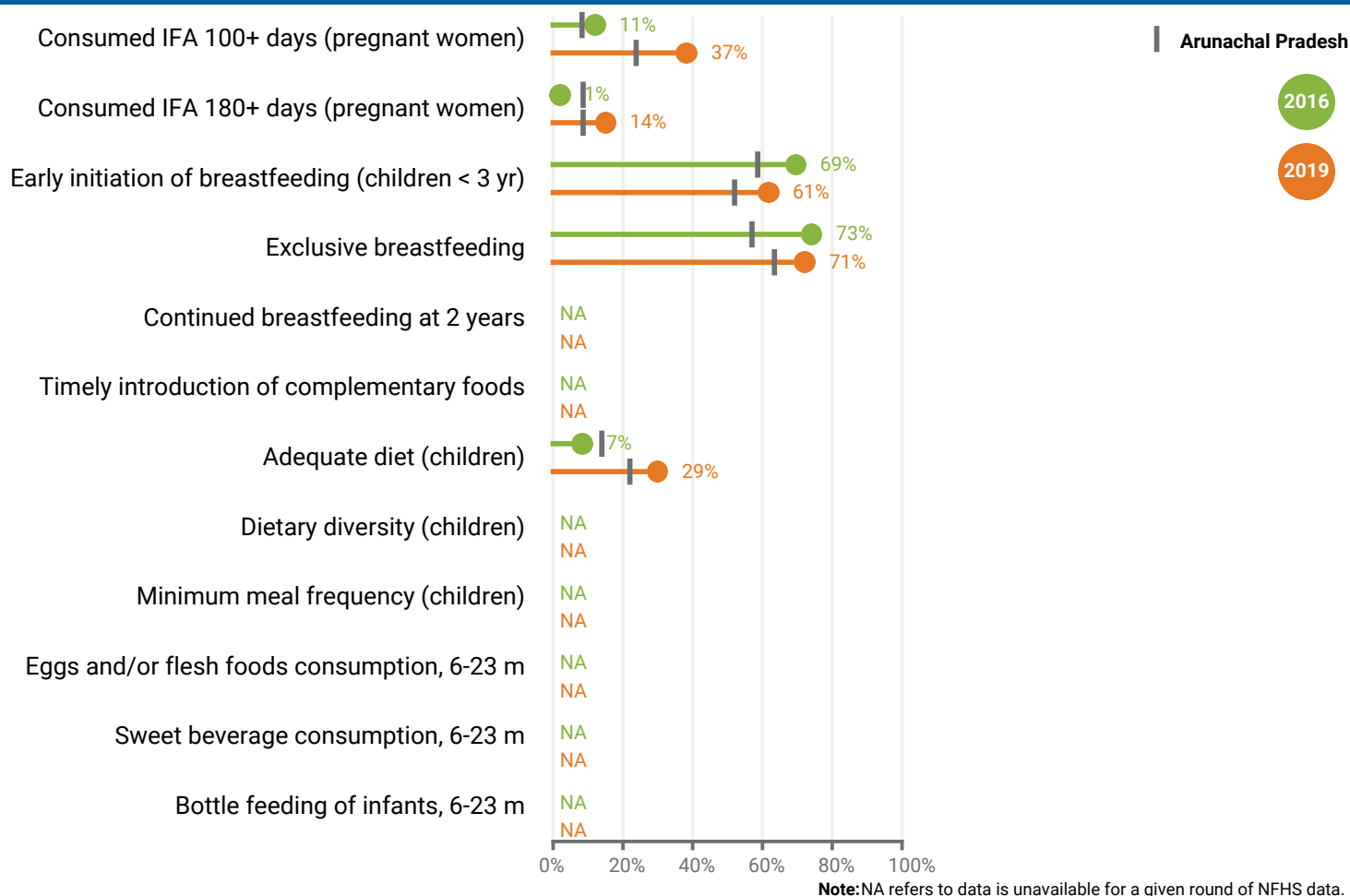Bottle feeding of infants, 6-23 m: NA / NA

(x-axis: 0% 20% 40% 60% 80% 100%)

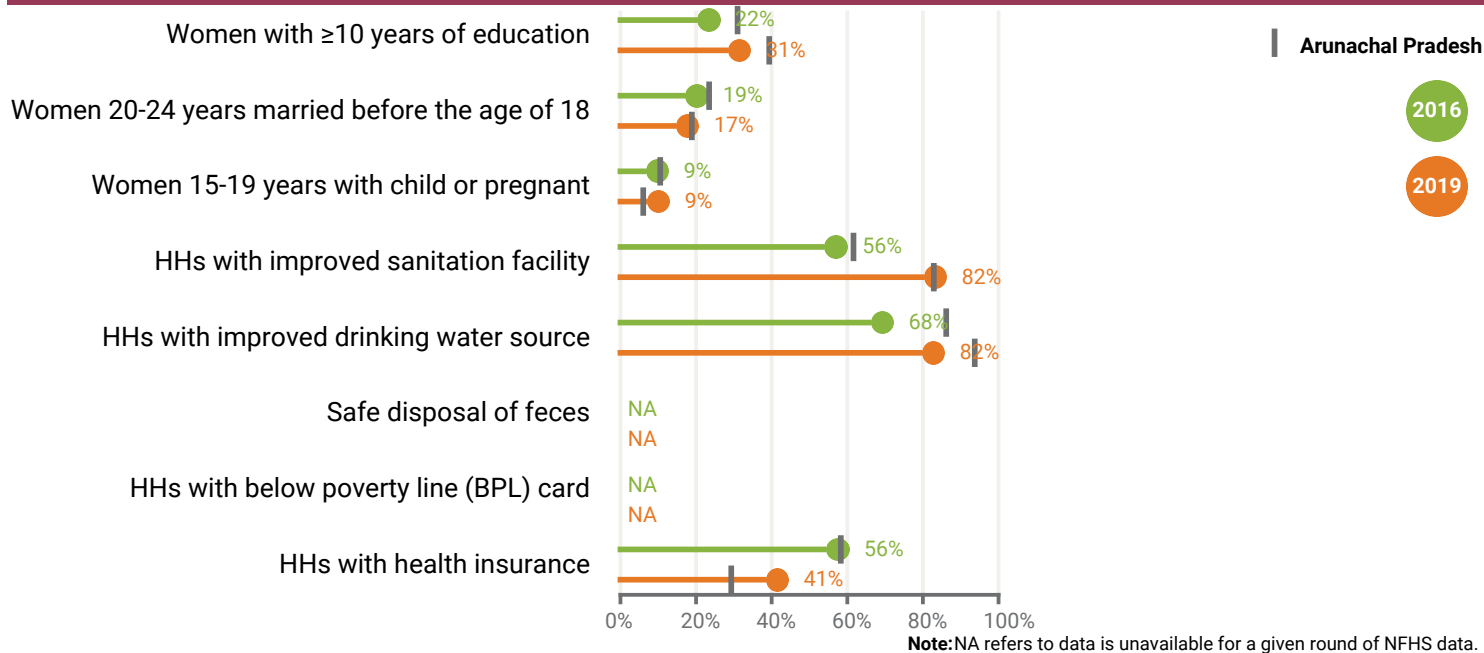**Note:** NA refers to data is unavailable for a given round of NFHS data.

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

Changlang

	Arunachal Pradesh
	2016
	2019

Women with ≥10 years of education: 22% / 31%

Women 20-24 years married before the age of 18: 19% / 17%

Women 15-19 years with child or pregnant: 9% / 9%

HHs with improved sanitation facility: 56% / 82%

HHs with improved drinking water source: 68% / 82%

Safe disposal of feces: NA / NA

HHs with below poverty line (BPL) card: NA / NA

HHs with health insurance: 56% / 41%

(x-axis: 0% 20% 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?

Trends in coverage of interventions across the first 1,000 days — Changlang

Intervention	2016	2019
Demand for FP satisfied	NA	NA
Iodized salt	74%	36%
Pregnancy registered (MPC card)		6%
ANC first trimester	0%	
> 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		

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