POSHAN

Led by IFPRI

DISTRICT NUTRITION PROFILE

ARARIA | BIHAR **JANUARY 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.

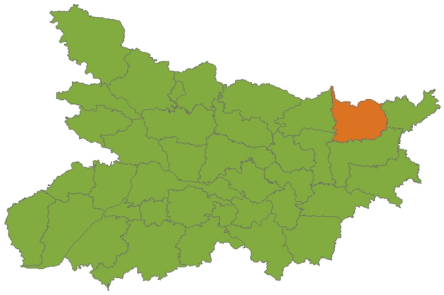
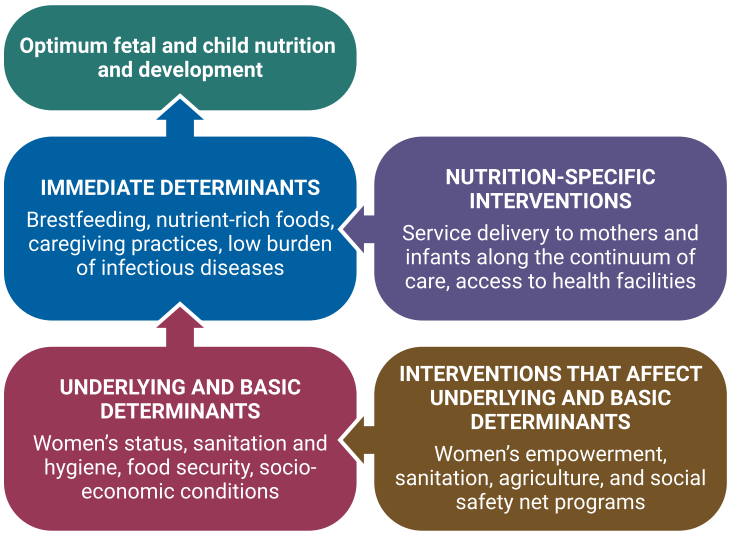


Figure 1: Map highlights district Araria in the state of **Bihar.**



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 1). 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 — Araria

942/1,000
Sex ratio (females per 1,000 males) of the total population

728,634
Number of women of reproductive age (15–49 yrs)

106,057
Number of pregnant women

476,887
Number of live births

76,197
Total number of children under 5 yrs

58,499
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).

This District Nutrition Profile was prepared by IFPRI in collaboration with NITI Aayog, International Institute for Population Sciences, UNICEF, Institute of Economic Growth, and DataDent with technical support from Amit Jena (Consultant). Funded by Bill & Melinda Gates Foundation through POSHAN, led by IFPRI.

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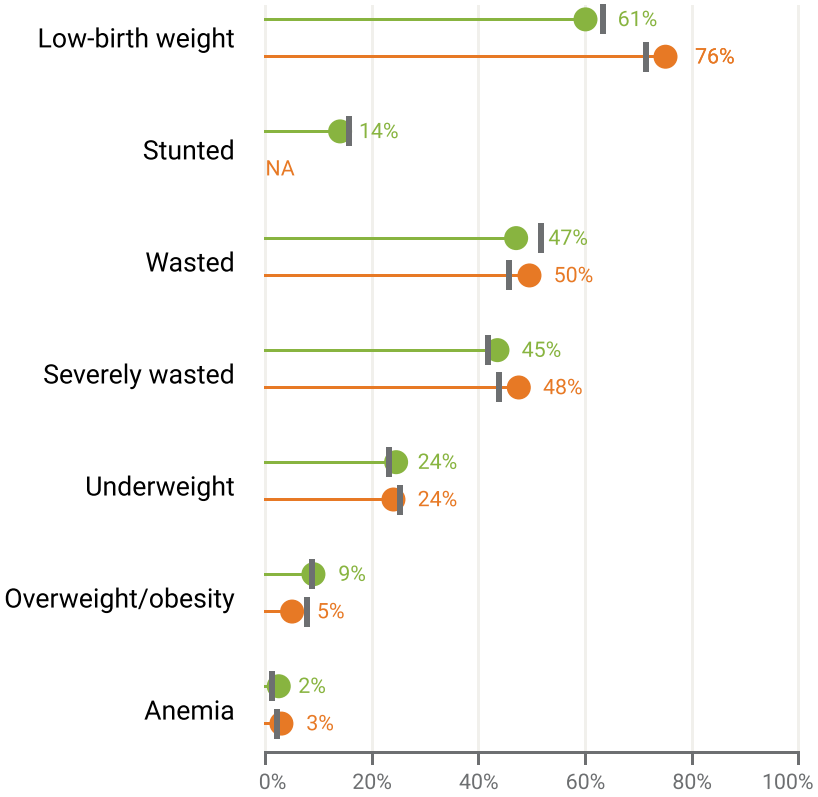
The state of nutrition outcomes among children (<5 years) — Araria



Bihar
2016
2020

Burden on nutrition outcomes (2020)

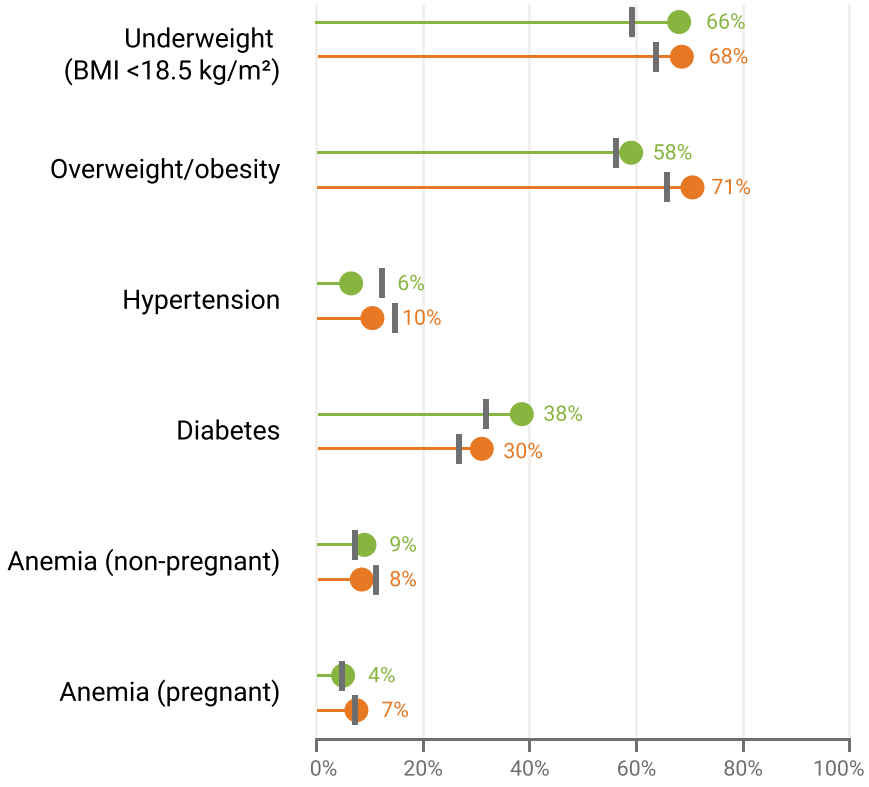
Indicators	No. of children (<5 yrs)
Low-birth weight	306,125
Stunted	NA
Wasted	224,391
Severely wasted	214,948
Underweight	107,474
Overweight/obesity	23,383
Anemia	13,490
Total children	**XXX**

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

Points for 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) — Araria



Bihar
2016
2020

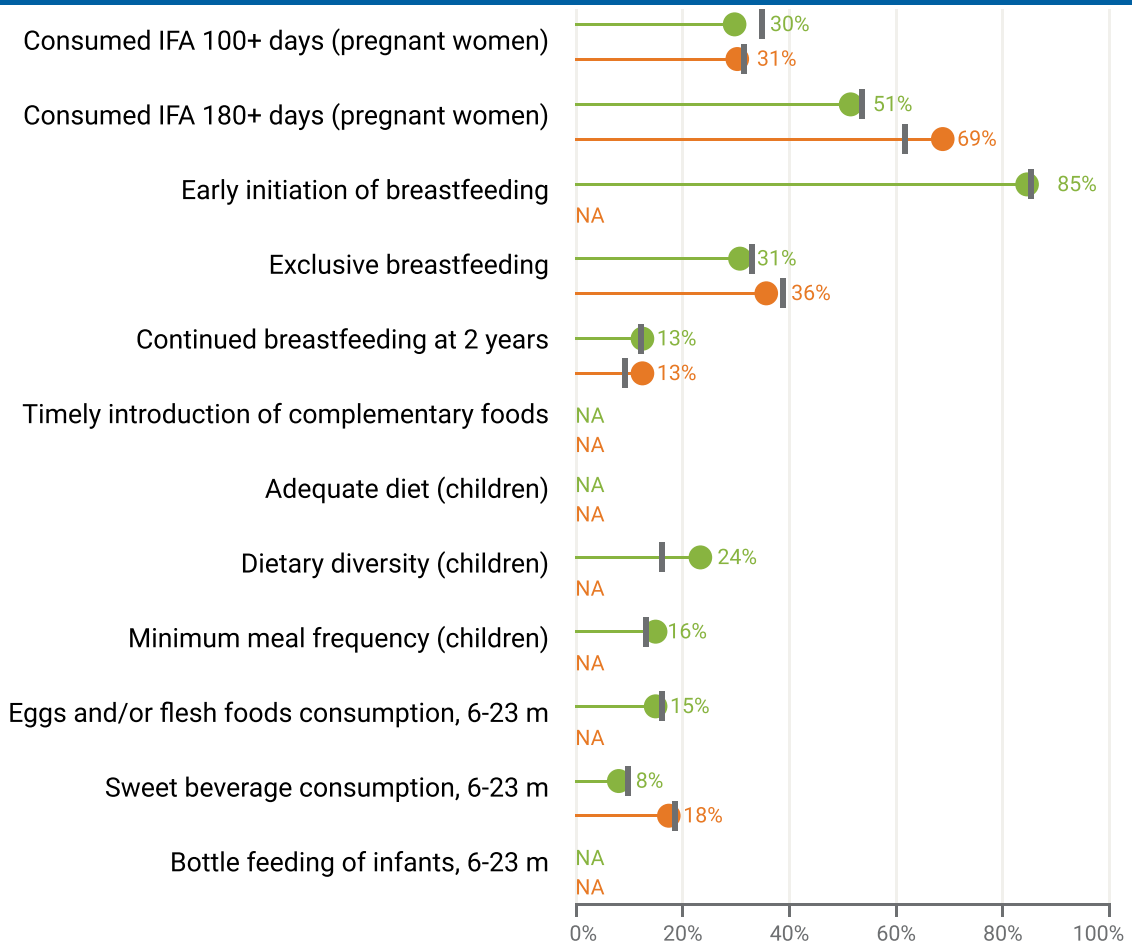
Burden on nutrition outcomes (2020)

Indicators	No. of women (15-49 yr)
Underweight	306,125
Overweight/obesity	NA
Hypertension	224,391
Diabetes	214,948
Anemia (non-preg)	107,474
Anemia (preg)	23,383
Total women (preg)	**XXX**
Total women (non-preg)	**XXX**

Points for 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?

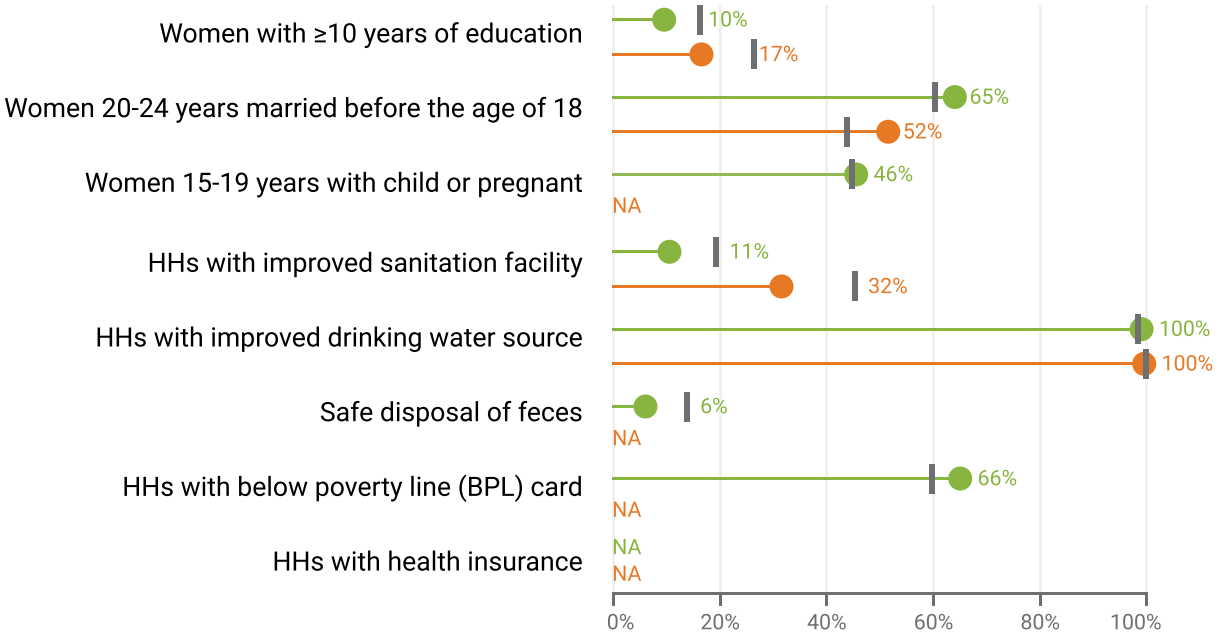
Immediate determinants — Araria



Points for 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 — Araria



Points for 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 — Araria

Points for 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)?