



A CSR initiative by Adani Wilmar Ltd.

MALNUTRITION A NATIONAL CONCERN

FORTUNE SUPOSHAN
A step towards curbing malnutrition





SuPoshan - An initiative of Adani Wilmar & implemented by Adani Foundation

Let's ponder over the following:

1

Is there a **lack of adequate education** in our communities towards food intake for children & women?

2

Is there a **poor understanding** of the mother & family to raise the child, particularly a girl child?

3

Is there **adequate or poor food intake** by women during pregnancy & lactation?

4

Is there **frequent child bearing** in communities?

5

Is there an **increase in number of low birth weight** babies?

6

Is there a **lack of awareness** about exclusive of breastfeeding & immunization?

7

Is the **cultural norm a barrier** in food preparation & consumption?

8

Is there a **lack of knowledge** about nutrient deficiencies & its intergenerational impact?



All this happens, as there exists a gap in food based knowledge & practices which supports human life.

These gaps lead to poor nutritional status, also called under nutrition in the body. This in the long run deprives children of their future, where as good nutritional status enables them to survive, grow, develop, learn, participate and contribute.

Under nutrition is technically defined by the term Malnutrition, where an individual is not consuming enough calories, protein, vitamins & minerals from the daily diet.

Understanding relationship between nutritional needs & nutritional intake

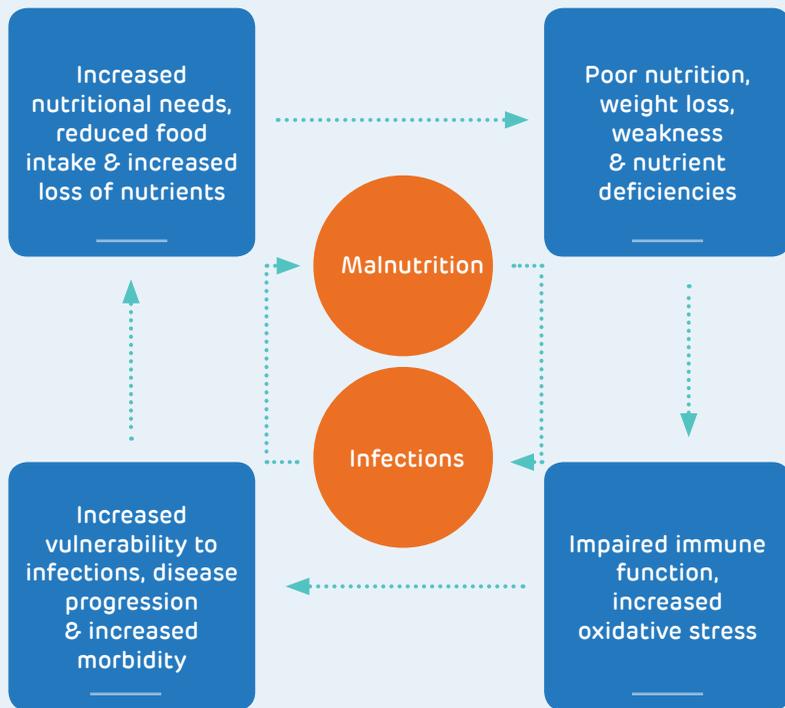
The foundation for good physical health is dependent upon the balance between needs & intake



Defining Malnutrition

World Health Organization (WHO) defines malnutrition as the result/outcome of an imbalance between a person's intake of energy or nutrients and the body's demand to ensure growth, maintenance and specific functions.

It is the single most dangerous threat to global public health. **Malnutrition predisposes to infection; infections aggravate malnutrition.**



Malnutrition & Infection – A Complex Mechanism

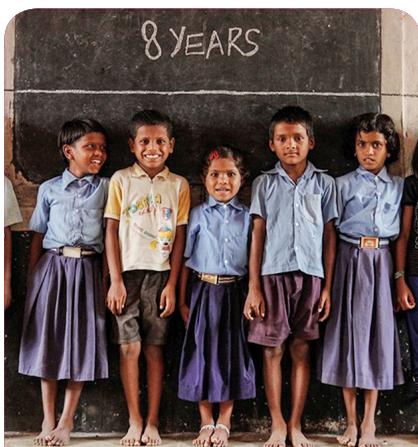
Indicators & Types of Malnutrition

Malnutrition is thus a health outcome as well as a risk factor for disease and exacerbated malnutrition, increasing the risk both of morbidity and mortality.

There are 4 broad sub-forms of Malnutrition:

wasting, stunting, underweight, and deficiencies in vitamins and minerals.

As per WHO, Malnutrition is understood by the measures of standard deviation from the mean, for ratios between any two indicators from a list of three viz. age, weight, length/height.



Stunting

Low height for age

Chronic malnutrition
Prolonged food
Deprivation/disease



Wasting

Low weight for height

Acute malnutrition
Recent food
Deficit/illness



Underweight

Low weight for age

Combined indicator to
reflect both acute and
chronic malnutrition

Stunting

It is associated with an underdeveloped brain, poor learning capacity, and increased nutrition-related diseases. The devastating effects of stunting can last a lifetime and even affect the next generation

Wasting

It is associated with decreased fat mass. It causes muscle and fat tissue to waste away

Underweight

It is associated with too low body weight to be healthy. It can reflect both stunting and wasting

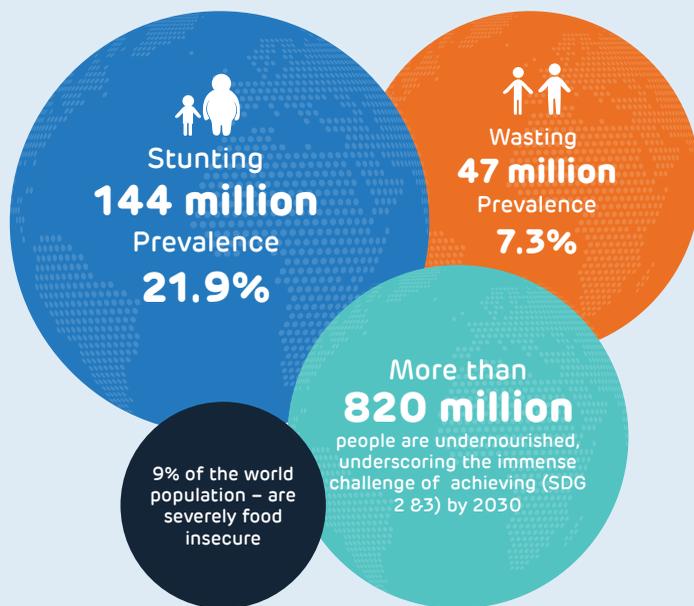
Micronutrient deficiencies

It is caused by dietary deficiency of one or more micronutrients such as iron, folate, zinc, vitamin A, vitamin B12 and vitamin D over a long period. It is also known as Hidden Hunger

Levels and Trends in child malnutrition

Malnutrition rates remain alarming: Stunting is declining too slowly while wasting still impacts the lives of far too many young children (UNICEF, WHO, WORLD BANK GROUP 2019)

Global Overview



INDIA AT THE GLOBAL LEVEL



India contributes a third of the global burden of undernutrition



India accounts for more than 3 out of every 10 stunted children in the world



India accounts for 25.5 million children out of the 50.5 million who are wasted globally

India is facing a major malnutrition crisis.

Malnutrition is behind 69% deaths among children below 5 years in India - UNICEF 2019

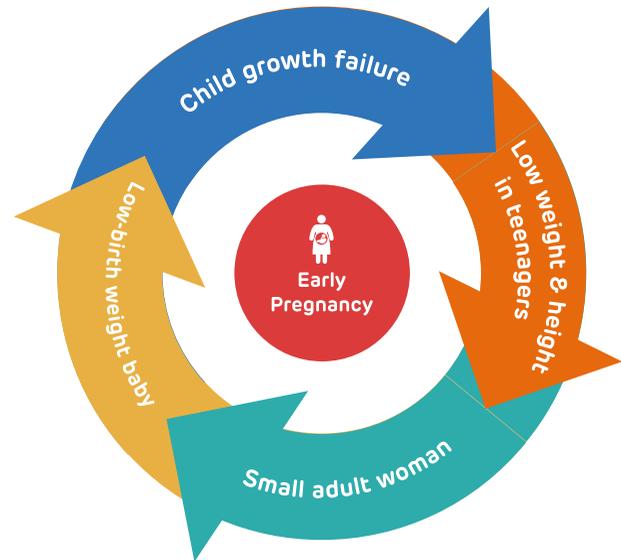
India ranks at 102 out of 117 countries on the four leading indicators - Undernourishment, Child Wasting, Child Stunting, Child Mortality - The Global Hunger Index 2019

Malnutrition is a matter of concern

The 2030 Agenda for Sustainable Development puts forward a transformational vision recognizing that our world is changing, bringing with it new challenges that must be overcome, if we are to live in a world without hunger, food insecurity and malnutrition in any of its forms. The ultimate aim is for all children to be free of malnutrition in all its forms.

The nutritional status of women and children is particularly important, because it is through women and their off-spring that the pernicious effects of malnutrition are propagated to future generations- The intergenerational cycle.

Intergenerational Cycle of Growth Failure explains the close relation between the maternal & foetal health



Fortune SuPoshan was launched in the year 2016 by Adani Foundation to be a part of curbing malnutrition as a major global concern. Fortune SuPoshan began its journey with 10 sites across India & gradually spread to 22 sites along with four aspirational districts – Godda(JH), Baran (Raj.) Narmada (Guj.), Vidisha (MP)

Fortune SuPoshan works towards the causes & impact of malnutrition across the intergenerational cycle of women, through its nutrition sensitive and nutrition specific interventions.

SuPoshan targets to alleviate malnutrition & Anaemia among



Children
(0-5 years)



Adolescent girls
(11-19 years)



Pregnant women,
lactating mothers
(19-45 years)



Women in the
reproductive age
(19-45 years)

SuPoshan works on community based approach by laying emphasis on the following



Consumption of nutritious food with a focus on different stages of life – children, adolescents, women.



Exclusive breast feeding within one hour of child birth till first six months.



Age appropriate nutritious, diverse and safe foods in early childhood months along with breastfeeding up to 2yrs.



Immunization, doses of Vitamin A and Deworming as scheduled up to 5 years of age.



Appropriate feeding for children during and after illness.



Referrals of severe acute malnutrition cases to nutrition rehabilitation centers (NRC).



Access to basic health, water, hygiene and sanitation services



Awareness about early and frequent pregnancies.

SuPoshan Sangini

A TRUE CHAMPION

One who is with family and community through thick & thin

SUPOSHAN has a structured training programme for community volunteers, who are addressed as **SuPoshan Sanginis**. These trained Sanginis visit households in their community & become a true partner in guarding their nutritional status & overall health & well-being. SuPoshan Sangini plays a key role in spreading awareness, giving support & promoting a sustainable behaviour change among children, adolescents & women through various activities, tools & techniques.

Measuring Malnutrition -

During household visit, SuPoshan Sangini identifies malnourished children, checks for symptoms & assess them through anthropometric measurements for SAM, MAM & Underweight



Severe Acute Malnutrition (SAM)

Includes all Children in the age group of 6 to 59 months having a weight for height (wasting) score of below - 3 standard deviations & mid-upper-arm circumference (MUAC) < 11.5 cm with or without bilateral edema



Moderate Acute Malnutrition (MAM)

Includes all Children in the age group of 6 to 59 months who are between -2 and -3 standard deviation for weight for height (wasting) score & MUAC <12.5cm & > 11.5cm



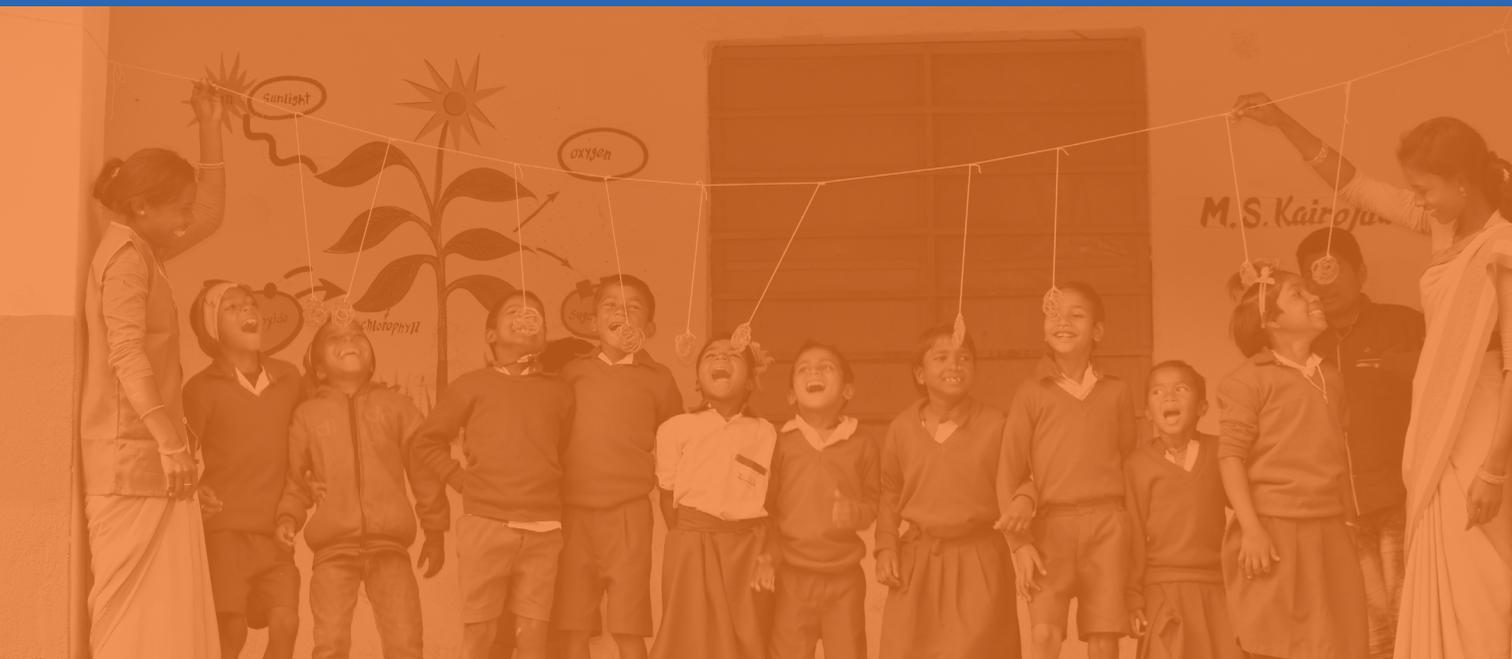
Underweight

Includes all Children in the age group of 6 to 59 months who weight for age < -2 standard deviations



The right approach to eliminate malnutrition calls for prevention of different illnesses, spreading awareness of maintaining good hygiene and right dietary practices, providing food security to children and make sufficient treatment facilities accessible

Fortune SuPoshan is a flagship nutrition intervention program of Adani Foundation, across India covering a population of around 15 lakh people



For a healthy growing India



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