

**Title : Nutritional Assessment and Target Indication towards Malnutrition Abatement:  
Case of Anganwadi Centres in Sheopur Block, Sheopur, Madhya Pradesh**

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**Introduction:**

Determinants of nutrition status of children include socio-economic status, education and infrastructural resources. This article represents study done at Sheopur district, Madhya Pradesh. The district is divided into three blocks namely Sheopur, Karhal and Vijaypur. In 2006, it was listed as one of the most backward districts of India by the Ministry of Panchayati Raj [1].

**Methodology:**

Under the aegis of Naandi Foundation, nutritional status of children (0-5 years) among 8 Anganwadi centres (AWCs) registered under the ICDS scheme was assessed in Sheopur block of District Sheopur through household surveys. A structured questionnaire was prepared to understand the socio-economic and education status of the community. In order to identify the extent of Severe/Moderate Acute Malnutrition and determine the levels of stunting, wasting and underweight conditions, anthropometric measures such as height, weight and MUAC were used for assessing nutritional status of the children. Other factors that are associated to malnutrition such as government intervention, hygiene, prevalent diseases, supply of water, literacy levels, morbidity, fertility, availability of food, and schooling of the child were also identified. A mapping tool was used to identify good performing and bad performing areas with respect to the nutritional status such as number of Moderate Underweight (MUW) and Severe Underweight (SUW) children between 0 to 2 years of age.

**Results:**

A contiguous pockets of low malnutrition emerged in some ICDS sectors as seen on the GIS map. For this a set of AWCs were identified which fulfill the criterion; severe = 0 and moderate <5. There are 26 such AWCs. It was therefore suggested to change these low malnutrition zone into a (near) 'zero malnutrition zone'. The study showed that areas under good performing category (MUW<=5 and SUW=0) also had higher levels of immunisation and better sanitation conditions.

**Conclusion:**

Mapping technique allows us to represent quantitative information and enables the decision maker to prioritize areas of work. Color coding such as green, yellow and red indicate acceptable, requiring improvement and alarming zones respectively.

**References:**

1. Ministry of Panchayati Raj (September 8, 2009). "A Note on the Backward Regions Grant Fund Programme" (PDF). National Institute of Rural Development. Retrieved on October 1, 2011.