

Malnutrition and Nutritional Aspects of Children in Jharkhand with special reference to MDMS

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ABSTRACT:

Malnutrition indicates that children are either too short for their age or too thin. Children whose height is below the average for their age are considered to be stunted. Similarly, children whose weight is below the average for their age are considered thin for their height or wasted. Together, the stunted and wasted children are considered to be underweight – indicating a lack of proper nutritional intake and inadequate care post child birth.

OBJECTIVE OF THE STUDY:

According to UNICEF, India was at the 10th spot among countries with the highest number of underweight children, and at the 17th spot for the highest number of stunted children in the world. Malnutrition affects chances of survival for children, increases their susceptibility to illness, reduces their ability to learn and makes them less productive in later life. It is estimated that malnutrition is a contributing factor in about one third of all deaths of children under the age of five (5).

Jharkhand state has India's six worst infant mortality rate. Analysis of Jharkhand's National Family Health Survey shows that the health and nutritional status of children is critically low compared to the national standard. Some 9 to 23 months do not receive an adequate diet. In Jharkhand about 48% of children under five (5) are underweight and 29% wasted, the highest rates of malnourishments in the country. Poverty is one of the basic factor behind it as for example a village in Chaibasa, West Singhbhoom in Jharkhand some children are fed a local drink called "hariya" so that they remain intoxicated and do not have the energy to ask for food. Thus there is lot of works has to do in Jharkhand taking all the local factors into account which are as follows:

- Nutritional value of Mid Day Meal should be judged as per the local need and it should be implemented in Jharkhand with the additional intervention of State Government.
- An additional independent agency has to be deputed which can evaluate the development and implementation independently.

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