

## Improving Nutritional Status of EDMC School Children



A HEAL Foundation concept implemented with the support of East Delhi Municipal Corporation (EDMC), Britannia Nutrition Foundation (BNF) and All India Institute of Medical Sciences (AIIMS)

**50,000+**  
families  
touched

**120 + EDMC**  
schools  
involved

**6 months of**  
regular  
intervention

**50% of daily**  
nutritional  
needs met

### The Challenge

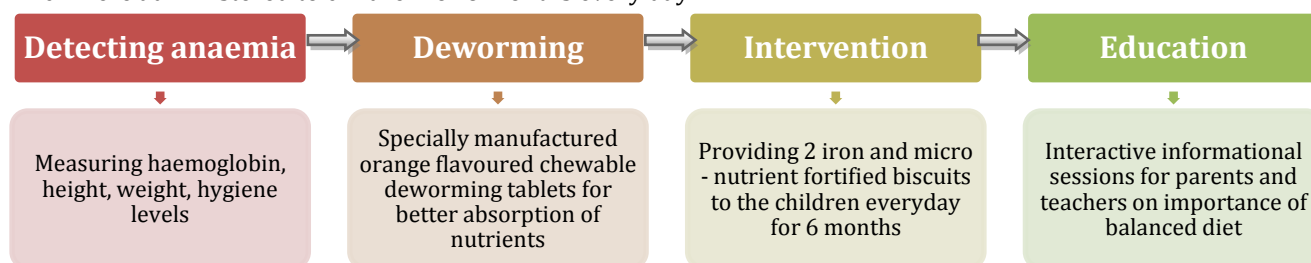
- National Family Health Survey III suspects 70-80% of Indian children to be anemic.
- With 59% children stunted, 49% underweight and 11.2% wasted (HUNGaMA report), the success of government plans like mid-day meal and ICDS is questioned
- The vulnerable groups are infants and young children, adolescent girls and boys, women of child bearing age and pregnant women (NHFS-3 & NNMB, 2003).
- Iron deficiency is one of the most common reasons for anemia.
- Several studies have reported the scenario is quite grim in government schools. Majority of students are severely malnourished and anemic.

### Our Answer

- Suposhan: Providing good nutrition, is HEAL Foundation's programme to improve the nutritional status of primary school children from lower economic sections of the society.
- The programme attempted to detect the level of anaemia in children, provide corrective measures and educate all stakeholders to ensure sustainability of the programme.
- The programme was carried out with 50,000 families with children studying in EDMC schools.
- Technical partner AIIMS carried out the study and surveys to assess the extent of anaemia prevalence in children.
- Britannia Nutrition Foundation created special iron and micronutrient fortified non - commercial biscuits for children which were administered to children for 6 months every day. HEAL Foundation had the biscuits tested for safety and all other properties and recommended by the Sriram Institute of Industrial Research, Delhi

### Programme flow

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## Intervention modules

- Easy to understand and follow educational material created in regional languages i.e. Hindi and Urdu about importance of iron in diet.
- Other communication material like posters, banners, large hoardings etc. placed in and around the school premises and localities for reinforcing messages.
- Training sessions with school staff to help them educate the children better on subject of nutrition.
- Home to home visits in over 25,000 houses in over 50 localities in East Delhi to understand living standards, dietary preferences, scope of improvement keeping in mind resources available with them etc. Interactions were also the first level interaction with the family members to educate them about importance of healthy nutrition.
- Parent interaction workshops organized in over 100 schools. Close to a 1,00,000 family members participated in the workshops to know more about healthy nutrition.

## Key findings and performance indicators

- 50,000 + participating children from over 120 schools of East Delhi region screened for anaemia, de-wormed and administered 2 iron fortified biscuits every day.
- The 2 biscuits meet 50% of the daily nutritional needs of the children.
- Mean age of the children, which included 52% girls and 48% boys, was 8.7 years.
- Around 31% children were also underweight
- 78% of the 50,000 children screened were found to be anaemic i.e. less than 11.5gm% haemoglobin as per WHO standards.
- Marked change in attendance, grades and health indicators of the children after 6 months of regular intervention.
- Remarkable change in attitude, behavior and dietary preferences of parents. Increased

## Highlights of the programme



Press conference by all partners announcing launch of the programme



Inaugural event: Participation by partners, stakeholders, parents, children, school authorities.



Advisory board meetings to fine tune the project



Screening drives at school supervised by advisors



Teacher and principal education workshop



Children enjoying eating fortified biscuits



Parent interaction sessions at schools



Home to home interactions in different parts of the city



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