



# IMPAct4Nutrition Impact Case Studies

# Malnutrition Free Hajipur

## Context

Severe Acute Malnutrition (SAM) in children continues to be one of the major public health problems in India. A child suffering from SAM has a nine-times higher possibility of death before their first birthday. Malnutrition tends to affect every aspect of a child's physical and mental development. Hence, it is important to address malnutrition at the earliest in order to reduce growth delays.

## Objective

Malnutrition-free Hajipur was a project proposed by the Niramay Charitable Trust, Gandhinagar implemented in the Hajipur village of Kalol Taluka. The project aimed at identifying and treating children suffering from malnutrition to work towards a malnutrition-free district.

## Solution Proposed

The project laid emphasis on :  
Screening all children up to the age of 10 to identify the prevalence of SAM.  
Providing Facility Based SAM (FBSAM) management as per the Government of Gujarat guidelines for children below age 5.  
Conducting a pilot test SAM management intervention for children aged 6-10.  
Providing six-week community-level follow-up and distribution of dietary supplements to completely treat children suffering from severe to moderate malnutrition and progressing towards a normal weight for height category.

## Implementation Process

SAM children with loss of appetite, pitting oedema or infection were treated at Bal Sewa Kendra (Child Malnutrition Treatment Center) over a span of 21 days via indoor admission. Looking at the population size of Hajipur village, the project proposed to establish **Bal Poshan Kendra** at Hajipur for a period of 3 months to treat ~ 60 SAM children. This was followed by community-level follow-up and distribution of dietary supplements to ensure the continuous growth of children. Furthermore, the project was carried out in phases.

### **Phase 1: Community level screening**

A comprehensive population census of the village was conducted to identify children below the age of 10 and to get a clear understanding of the demographic information, socioeconomic details along with the family history of every child.

Gujarat state suffers from high rates of malnutrition within its communities. Hajipur village of Kalol Taluka, Gandhinagar district has a population of 3,918 as per Census 2011. Based on this population estimate, approximately 400 children are below the age of five. Out of these 400 children, approximately 40 children are likely to be suffering from SAM.



*Community meeting with Villagers and Sarpanch at Hajipur*

## Phase 2- Setting up of Bal Poshan Kendra

A Bal Poshan Kendra with a holding capacity of 20 beds was set up at Hajipur for providing 21 days of inpatient care to the SAM children. This centre was headed by a paediatrician and children were offered medical consultation followed by the provision of micronutrient supplements and therapeutic feeding as advised by the paediatrician.



## Outcome

At the end of the screening, a list of children suffering from SAM, MAM (Moderate Acute Malnutrition), SUW (Severe Underweight), MUW (Moderate Underweight) and Severe and moderate Stunting was prepared.

A total of 583 children were screened during this activity at Hajipur village. Out of these 60 children were above the age of 120 months and hence were excluded from the analysis.

- It was observed that around 16% of children (86 children) were suffering from Severe undernutrition (SAM or SUW or both).
- Similarly, 205 children (39%) children were suffering from moderate undernutrition (MAM or MUW or both).
- 232 out of 523 children (44%) were in the normal weight category.
- Severe undernutrition was more common among boys (20%) compared to girls (12%).
- Further observations concluded that undernutrition continued among school-going children and increased from 51% in the 0-5 years age group to 59% in the 6-10 years age group.

Out of the 16% (86 children) suffering from SAM, 67% of children were mobilised for treatment at the centre. Facility-based treatment of the SAM/SUW children has turned out to be the most rewarding intervention helping children tremendously, as 23 out of the 43 (54%) children moved out to MAM/MUW within three weeks of treatment.

## Way Forward

Niramay trust intends on expanding these services across Gandhinagar and Gujarat, in order to help better the nutritional status of children across the state.



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