

2. NUTRITION PROGRAMME FOR ADOLESCENT GIRLS

The Prime Minister in his Independence Day address in 2001 stated that food grains would be provided to combat under-nutrition in adolescent girls and pregnant and lactating women. The Tenth Plan has recommended a paradigm shift from untargeted food supplementation to universal screening of vulnerable persons belonging to vulnerable groups, identification of under nourished individuals and focused intervention to improve their nutritional status. Taking these into account a Pilot Project was initiated to operationalise the announcement of the Prime Minister. The project was named as Nutrition Programme for Adolescent Girls as the majority of the beneficiaries were adolescent girls and they had not been recipients of large scale food supplementation earlier.

Selection of districts

The Project was taken up in two of the backward districts in each of the major states and most populous district (excluding the capital district) in the remaining smaller states/Union Territories (Annexure 2a). Departments of Women and Child Development are implementing the programme in the centre and in the states. Funds needed for the Pilot project were provided to the states as Special Additional Central Assistance from 2003-04. The Department of Food and Civil Supplies allocates food grains to the states at BPL rates. States provide food grains through TPDS totally free of cost to the families of identified under-nourished persons identified by anganwadi workers.

Identification of undernourished persons

The project envisages that all pregnant and lactating women and adolescent girls in the selected districts would be weighed once in three months. Pregnant and lactating women weighing less than 40 kg and adolescent girls weighing less than 35 kg would be identified. Their families would be provided 6 kg of food grains/month free of cost for the next three months. The requirements of food grains were worked out using the estimated number of adolescent girls and pregnant and lactating women in the selected districts

Text Box 2.1: Details of Project

In 2002-03 the project envisaged that:

- All pregnant and lactating women and adolescent girls in these villages/towns will be weighed once in three months.
- Pregnant and lactating women weighing < 40 kg and adolescent girls weighing < 35 kg will be identified. Their families are provided 6 kg of food grains free of cost.
- They and their families are given nutrition education so that the undernourished persons do get additional portions from the family pot. Health care as required is provided by ANM.

In 2005-06 only the component pertaining to adolescent girls is operational and so the evaluation is limited to this.

based on the census (Annexure 2b). The number of adolescent girls has been worked out using the proportion of women in that age group at the State level estimated by the Working Group on Population Projections and female population of the selected districts as available in Census 2001. The proportion

for the selected districts of a State was assumed to be same as that for the entire State. To work out the number of pregnant and lactating women, data on crude birth rate from SRS was used. The proportion of undernourished adolescent girls and pregnant and lactating women was estimated using the BMI of the women in the 15-49 years age group as available from NFHS 1998-99 and the appropriate amount of food grains to be given to the undernourished persons over one year was computed. As actual data from these backward districts were not available, undernutrition rates

have been assumed to be the same as that at the state level. As expected most of the States found that these backward districts have higher number of undernourished girls and women than the figure computed from the state level average taken from NFHS. Some states attempted to get the actual number of underweight adolescent girls from the anganwadi after the survey and then place the request for appropriate amount of food grains to be given to the girls over the next three months. This however led to delays and problems in full utilization of the amount of the food grain allocated in the three-month period.

Text Box 2.2: NPAG Scheme- 2005-06

- Earlier Planning Commission allocated the ACA; Finance Ministry released the amount to the states.
- From 2005-06 MWCD allocates and releases funds.
- The Department of Food and Civil Supplies allocates food grains to the states at BPL rate.
- The project is being implemented by Ministry of Women and Child Development in the centre and in the states.
- Right at inception it was envisaged that the programme would be evaluated after two years of implementation.

Reason for choosing food grains supplementation

Pregnant and lactating women as well as adolescent girls are usually busy through out the day. Experience with the ICDS indicates that pregnant and lactating women are seldom able to come every day to collect the food supplements and less than one fourth of pregnant and lactating women collect food supplements provided by the anganwadi; even among those who come to collect food majority do not collect food for more than 20 days/month. In view of the poor utilization of the cooked food supplements, it was decided that the food grains that can be collected once a month and used throughout the month will be provided. Undoubtedly the 'take-home' food supplements provided will be shared with the family but that would add to household food security. Moreover the anganwadi worker would be providing nutrition education to the community, family and the undernourished person so that the families do ensure that the undernourished person gets the due share of the additional food grains provided to the family. Careful monitoring of the undernourished individual by anganwadi worker for weight gain is another mechanism for monitoring whether the undernourished person does get due shares from the food supplements provided. Guidelines issued by Planning Commission for implementation of the programme is in Annexure 2c and the Flow Chart for implementation of NPAG is in Annexure 2d.

List of districts where NPAG was implemented

S.no	State	Districts
Major States		
1	Andhra Pradesh	Adilabad and Mahbubnagar
	Assam	Kokrajhar and Karbi anglong
	Bihar	Aurangabad and Gaya
	Gujarat	Panch mahal and Dohad
	Haryana	Ambala and Yamuna nagar
	Karnataka	Gulbarga and Kolar
	Kerala	Palakkad and Malappuram
	Maharashtra	Nanded and Nagpur
	Madhya Pradesh	Sagar and Damoh
	Orissa	Koraput and Kalahandi
	Punjab	Hoshiarpur and Jalandhar
	Rajasthan	Dungarpur and Banswara
	Tamil Nadu	Thiruvannamalai and Ramanathapuram
	Uttar Pradesh	Mirzapur and Sonbhadra
	West Bengal	Jalpaiguri and Puruliya
Smaller States		
	Arunachal Pradesh	Lohit
	Chattisgarh	Sarguja
	Goa	North goa
	Himachal Pradesh	Kangra
	Jammu and Kashmir	Anantanag
	Jharkhand	Pashchimi singhbhum
	Manipur	Senapati
	Meghalaya	East khasi hills
	Mizoram	Lunglei
	Nagaland	Tuensang
	Sikkhim	East
	Tripura	West tripura
	Uttaranchal	Hardwar
Union Territories		
	Andamans	
	Chandigarh	
	Dadra & Nagar Haveli	
	Diu	
	Daman	
	Lakshadweep	
	Karaikal (Pondicherry)	
	Northwest Delhi	

	Population as per Census 2001	CBR as per SRS 2000	Number of pregnant & lactating women	Female population (Census 2001)	projected proportion of adolescent	Estimated number of adolescent	Number of pregnant & lactating women adolescent	Proportion with BMI < 18.5 kg/m ²	number beneficiaries	Requirement of funds in lakhs of Rupees	State-wise requirement of funds for nutrition	Balance @ Rs.400/ Centre Rs in lakhs	IEC/Trg. @ Rs.400/ centre Rs in lakhs	Other Exp. @ Rs.200/ Centre Rs in lakhs	Total req. of funds Rs in lakhs	50% of L Rs in lakhs	1st instt. Rs in lakhs	staple food	Require ment of food grains
MAJOR STATES																			
ANDHRAPRADESH	5,986,223	21.3			23.4			37.4			935.83	23.94	23.94	11.97	995.70	467.92	527.78	Rice	
Adilabad	2,479,347		52810	1233060		288536	341346		127663	519.33									69
Mahabubnagar	3,506,876		74696	1726884		404091	478787		179066	728.44									97
ASSAM	1,742,724	26.9			25.2			27.1			214.17	6.97	6.97	3.49	231.60	107.09	124.51	Rice	
Kokrajhar	930,404		25028	452162		113945	138973		37662	153.21									20
Karbi Anglong	812,320		21851	389721		98210	120061		32537	132.36									18
BIHAR	5,469,943	31.9			24.1			39.3			715.07	21.88	21.88	10.94	769.77	357.54	412.24	Wheat	
Aurangabad	2,004,960		63958	969203		233578	297536		116932	349.39									63
Gaya	3,464,983		110533	1675752		403856	514389		202155	604.04									109
GUJARAT	3,660,257	25.2			21.8			37.0			545.14	14.64	14.64	7.32	581.75	272.57	309.17	Rice	
Panch Mahal	2,024,883		51027	980673		213787	264814		97981	398.59									53
Dohad	1,635,374		41211	811406		176887	218098		80696	328.27									44
HARYANA	1,996,029	26.9			23.4			25.9			156.96	7.98	7.98	3.99	176.92	78.48	98.44	Wheat	
Ambala	1,013,660		27267	471294		110283	137550		35626	106.45									19
Yamunanagar	982,369		26426	454943		106457	132882		34417	102.84									19
KARNATAKA	5,648,264	22			22.8			38.8			896.28	22.59	22.59	11.30	952.76	448.14	504.62	Rice	
Gulbarga	3,124,858		68747	1533479		349633	418380		162331	660.36									88
Kolar	2,523,406		55515	1242253		283234	338749		131434	534.68									71
KERALA	6,246,712	17.9			18.7			18.7			407.49	24.99	24.99	12.49	469.96	203.75	266.21	Rice	
Palakkad	2,617,072		46846	1351278		252689	299535		56013	227.86									30
Malappuram	3,629,640		64971	1870161		349720	414691		77547	315.46									42
MAHARASHTRA	6,919,602	20.9			21.9			39.7			1063.22	27.68	27.68	13.84	1132.42	531.61	600.81	Rice	
Nanded	2,868,158		59945	1391857		304817	364761		144810	589.09									78
Nagpur	4,051,444		84675	1955955		428354	513029		203673	828.54									110
MADHYA PRADESH	3,103,692	31.2			22.7			38.2			377.78	12.41	12.41	6.21	408.81	188.89	219.93	Wheat	
Sagar	2,021,783		63080	948751		215366	278446		106366	317.82									57
Damoh	1,081,909		33756	568704		129096	162851		62209	185.88									34
ORISSA	2,512,326	24.3			23			48.0			512.38	10.05	10.05	5.02	537.51	256.19	281.32	Rice	
Koraput	1,177,954		28624	588516		135359	163983		78712	320.20									43
Kalahandi	1,334,372		32425	667246		153467	185892		89228	362.98									48
PUNJAB	3,431,553	21.5			21.3			16.9			159.44	13.73	13.73	6.86	193.75	79.72	114.03	Wheat	
Hoshiarpur	1,478,045		31778	714292		152144	183922		31083	92.88									17
Jalandhar	1,953,508		42000	915768		195059	237059		40063	119.71									22
RAJASTHAN	2,607,457	31.2			23.9			36.1			317.75	10.43	10.43	5.21	343.82	158.87	184.95	Wheat	
Dungarpur	1,107,037		34540	560941		134065	168604		60866	181.87									33
Banswara	1,500,420		46813	742041		177348	224161		80922	241.80									44
TAMIL NADU	3,365,174	19.2			20.2			29.0			359.20	13.46	13.46	6.73	392.85	179.60	213.25	Rice	
Thiruvannamalai	2,181,853		41892	1088662		219910	261801		75922	308.85									41
Ramanathapuram	1,183,321		22720	601253		121453	144173		41810	170.08									23
UTTAR PRADESH	3,578,320	32.8			23.3			35.8			425.32	14.31	14.31	7.16	461.10	212.66	248.44	Wheat	
Mirzapur	2,114,852		69367	999740		232939	302307		108226	323.38									58
Sonbhadra	1,463,468		48002	771817		179833	227835		81565	243.72									44

WEST BENGAL	5,938,437	20.6			23.5			43.7			1067.69	23.75	23.75	11.88	1127.07	533.85	593.23	Rice	
	Population as per Census 2001	CBR as per SRS 2000	Number of pregnant & lactating women	Female population (Census 2001)	projected proportion of adolescent	Estimated number of adolescent	Number of pregnant & lactating women adolescent	Proportion with BMI < 18.5 kg/m ²	number beneficiaries	Requirement of funds in lakhs of Rupees	State-wise requirement of funds for nutrition	Balance @ Rs.400/ Centre Rs in lakhs	IEC/Trg. @ Rs.400/ centre Rs in lakhs	Other Exp. @ Rs.200/ Centre Rs in lakhs	Total req. of funds Rs in lakhs	50% of L Rs in lakhs	1st instt. Rs in lakhs	staple food	Require ment of food grains
Jalpaiguri	3,403,204		70106	1649926		387733	457839		200075	813.91									108
Puruliya	2,535,233		52226	1237154		290731	342957		149872	609.68									81
SMALLER STATES																			
ARUNACHAL PRADESH																			
		22.3			21.0			10.7			5.58	0.57	0.57	0.29	7.02	2.79	4.23	Rice	
Lohit	143,478		3200	66,226		13907	17107		1830	7.45									1
CHATTISGARH																			
		26.7			21.0			38.2			219.69	7.88	7.88	3.94	239.39	109.84	129.55	Wheat	
Sarguja	1,970,661		52617	971,465		204008	256624		98030	292.92									53
GOA																			
		14.3			21.0			27.1			73.08	3.03	3.03	1.51	80.65	36.54	44.11	Rice	
North Goa	757,407		10831	369,291		77551	88382		23952	97.43									13
HIMACHAL PRADESH																			
		22.1			21.0			29.7			114.50	5.35	5.35	2.68	127.88	57.25	70.63	Wheat	
Kangra	1,338,536		29582	678,312		142446	172027		51092	152.66									28
JAMMU AND KASHMIR																			
		19.6			21.0			26.4			113.41	4.68	4.68	2.34	125.11	56.71	68.41	Rice	
Anantanag	1,170,013		22932	561,293		117872	140804		37172	151.22									20
JHARKHAND																			
		26.5			21.0			39.3			238.60	8.32	8.32	4.16	259.40	119.30	140.10	Wheat	
Pashchimi Singhbhum	2,080,265		55127	1,027,554		215786	270913		106469	318.13									57
MANIPUR																			
		18.3			21.0			18.8			25.97	1.52	1.52	0.76	29.76	12.99	16.78	Rice	
Senapati	379,214		6940	182,568		38339	45279		8512	34.63									5
MEGHALAYA																			
		28.5			21.0			25.8			30.56	1.18	1.18	0.59	33.50	15.28	18.22	Rice	
East Khasi Hills	294,115		8382	144,956		30441	38823		10016	40.75									5
MIZORAM																			
		16.9			21.0			22.6			11.13	0.55	0.55	0.27	12.50	5.56	6.93	Rice	
Lunglei	137,155		2318	65,802		13818	16136		3647	14.84									2
NAGALAND																			
		12.2*			21.0			18.4			26.17	1.66	1.66	0.83	30.32	13.09	17.23	Rice	
Tuensang	414,801		5061	197,913		41562	46622		8579	34.90									5
SIKKHIM																			
		21.8			21.0			11.2			9.86	0.98	0.98	0.49	12.31	4.93	7.38	Rice	
East	244,790		5336	112,045		23529	28866		3233	13.15									2
TRIPURA																			
		16.5			21.0			27.1			150.53	6.12	6.12	3.06	165.84	75.27	90.57	Rice	
West Tripura	1,530,531		25254	746,706		156808	182062		49339	200.71									27
UTTARANCHAL																			
		20.2			21.0			35.8			136.46	5.78	5.78	2.89	150.90	68.23	82.67	Wheat	
Hardwar	1,444,213		29173	671,040		140918	170092		60893	181.95									33
UNION TERRITORIES																			
Andamans	314,239	19.1	6002	143,861	21.0	30211	36213	29.0	10502	42.72	32.04	1.26	1.26	0.63	35.18	16.02	19.16	Rice	6
Chandigarh	900,914	17.5	15766	392,690	21.0	82465	98231	16.9	16601	49.60	37.20	3.60	3.60	1.80	46.21	18.60	27.61	Wheat	9
Dadra & Nagar Haveli	220,451	34.9	7694	98,720	21.0	20731	28425	39.7	11285	45.91	34.43	0.88	0.88	0.44	36.63	17.21	19.42	Rice	6
Diu	44,110	23.7	1045	23,269	21.0	4886	5932	39.7	2355	9.58	7.18	0.18	0.18	0.09	7.63	3.59	4.03	Rice	1
Daman	113,949	23.7	2701	42,312	21.0	8886	11586	39.7	4600	18.71	14.03	0.46	0.46	0.23	15.17	7.02	8.16	Rice	2
Lakshadweep	60,595	26.1	1582	29,477	21.0	6190	7772	18.7	1453	5.91	4.43	0.24	0.24	0.12	5.04	2.22	2.82	Rice	1
Karaikal (Pondicherry)	170,640	17.8	3037	86,275	21.0	18118	21155	29.0	6135	24.96	18.72	0.68	0.68	0.34	20.42	9.36	11.07	Rice	3
North West Delhi	2,847,395	20.3	57802	1,283,094	21.0	269450	327252	12.0	39270	117.34	88.00	11.39	11.39	5.69	116.48	44.00	72.48	Wheat	21
TOTAL REQUIREMENT OF FUNDS										12727.11	9545.33	315.14	315.14	157.57	10333.18	4772.67			1881

* : Urban Birth Rate Note: 1. To select the districts, the ranking done on index of backwardness has been used. If a district with rank 3 or 4 is much more populous than those with ranks 1 or 2, then the more populous districts have been selected.
2. Proportion of adolescent females in the smaller states and UTs has been estimated by working out the combined proportion for these as (adolescent female population of the country - ad. fem. pop. of major states)/total population of smaller states+UTs and assuming the same proportion for eachState/UT.
3. The States/UTs for which the estimates of undernourishment is not available, the proportion of the neighbouring State has been assumed.
4. Cost has been worked out taking the BPL prices and assuming the people of Bihar, Jharkhand, M.P., Chattisgarh, Rajasthan, U.P., Uttaranchal, Punjab, Haryana, H.P. and Delhi to be wheat (Rs.4.15/kg) eaters and the rest as rice (Rs.5.65/kg) eaters.

Guidelines for Operationalizing PM's Announcement to provide food-grains to Pregnant and Lactating Women and Adolescent Girls (sent by Planning Commission in 2002).

A pilot project is being initiated to operationalize the above announcement of the Prime Minister. The project will be taken up in two of the backward districts in each of the major states identified on the basis of ranking developed by R.D. Division of the Planning Commission and most populous district (excluding the capital district) in remaining smaller states/UTs. The Pilot project is initially for a period of two years. The funds for the Year 2002-03 is being given as Special Additional Central Assistance to the states so that they can provide food grains through TPDS totally free of cost to the families of identified undernourished persons. The Planning Commission will be issuing the ACA Order shortly.

The programme will be operationalized through the DWCD in the Centre and in the states. The food-grains at BPL rates will be provided to the states for the programme. Anganwadi workers hold the key to this programme. In the selected districts, every Anganwadi worker will be given an adult weighing machine. The funds for this have been provided in the ACA. State Governments will procure weighing machine locally and distribute the same to all the Anganwadi workers within a period of two weeks.

The Anganwadi workers are already trained in weighing children. A short training course will be given to ensure that they do follow appropriate quality control measures and accurately learn to weigh pregnant and lactating women and adolescent girls. The funds for this training are also provided as a part of ACA. As a part of the training programme, the Anganwadi workers, supervisors and the CDPO will be trained to give appropriate nutrition education to these two groups; it is expected that they in turn will impart the knowledge to community and families, bring about a change in the existing pattern of intrafamilial distribution of food so that undernourished pregnant and lactating women and adolescent girls get their due share of the family food to meet their nutritional requirements. Improvement in food security of the family through the free food grain and improved intra-familial distribution of food as a result of nutrition education when coupled with health care can result in substantial improvement in the nutritional status of these undernourished individuals.

Guidelines to be followed by the Anganwadi Workers and Supervisors:

1. AWWs will weigh all pregnant and lactating women and adolescent girls in the community four times in a year. First round of weighment will be completed in August 2002. They will identify pregnant and lactating women with body weight less than 40 kg and adolescent girls with body weight less than 35 kg.
2. AWWs will give the identified women/girls a signed note requesting the PDS shop to provide the family of the identified undernourished person 6 kg of food-grains (wheat/rice based on habitual consumption pattern of the state) totally free of cost. The Anganwadi workers will continue to sign the request every month for a period of

three consecutive months to enable the family to collect 6 kg of food-grains totally free of cost from the PDS shops every month for three consecutive months.

3. The Supervisor will randomly check about 5% of individuals who had been weighed for accuracy. She will ensure that accurate records of weights of women and girls are maintained at the Anganwadi, compiled and reported in the format supplied.
4. The Anganwadi workers and ICDS supervisors will monitor and report every month the regularity of off-take of food-grains. If the families are not taking food-grains from PDS shops they will be persuaded to do so. In case there are any lacunae in the food-grains supply at PDS shop, the ICDS supervisors or CDPO will take up the matter at appropriate level and sort out the problem.
5. The AWWs will provide appropriate nutrition education to the beneficiaries and their families. The ANMs will provide necessary health education & health check-up to them and if any problem is detected, the beneficiaries with problem will be referred to the PHC doctor.
6. At the end of three months all these under nourished persons will be weighed. Those who show improvement in nutritional status and hence cross the cut off point for weight or cross the eligible group (e.g. no longer lactating or crossed 19 years) will no longer receive food-grains. Those persons who in spite of receiving food grains for three consecutive months have not shown improvement in nutritional status will be investigated by AWW/ANM, if necessary referred to doctor and report the reasons for non-improvement. They will in the mean time continue to receive free food grains for the next three months.
7. As a part of the routine weighment, all the other eligible persons (even those who were not covered in the earlier round) will also be weighed. Some of the persons who had earlier been above the cut off point may now be below the cut off point. They will be given food grains every month for the next three months .

Elected representatives, especially women in PRIs, NGOs and Women self-Help Group will be involved in advocacy, nutrition education, improving community participation and local monitoring of the programme.

A proforma has been designed to report the data on three monthly weighment as well as the off-take of food grains, proportion of people who had received food grains and the proportion who had crossed the cut-off point. The report will be sent to by the State Department of WCD to Central DWCD and Planning Commission for monitoring the project. Based on the review of performance upto December, the funds towards the second installment will be released by the Planning Commission.

Performance under the programme will be assessed on the basis of the following performance criteria:

- i) Number of under-nourished women and adolescent girls identified through the programme;
- ii) Number of families who have under-nourished persons and take the grains from the PDS;
- iii) Number of these persons who had taken grains continuously for three months and have crossed a cut-off point after taking food-grains

The programme will be evaluated after completing two years of implementation.

Flow chart for Implementation of NPAG



