

Nutrition interventions in the new decade

The second decade of the new millennium has witnessed several important developments in India's efforts to meet the nutrition challenges.

The ICMR brought out the revised Recommended Dietary Allowances for Indians, at a time when the country is gearing up to fight the dual nutrition burden. The mother child protection card jointly brought out by the Ministry of Women and Child Development and Ministry of Health and Family Welfare incorporates the WHO Child Growth Standards and from now on given to every child born in the country. The card makes it possible for the frontline workers in both the ministries to plot the child's growth and detect early growth faltering. Early detection and effective management of growth faltering holds the key for prevention of stunting and under-nutrition. This is especially important in the context of the finding that under-nutrition in childhood can predispose to over-nutrition and increase the risk of non communicable disease in adult life .

The Working Groups of the Ministry of Health and Family Welfare, Ministry of Women and Child Development and Ministry of Human Resource Development have reviewed the status of ongoing intervention programmes under their ministries and have formulated strategies and programmes to improve ambit, content and quality of the ongoing interventions to combat dual nutrition burden during the Twelfth Plan.

NFI is organising a one day symposium to discuss some of the newer developments and also the proposed interventions to improve nutritional status of vulnerable groups in the Twelfth Five Year Plan .