

Mission BalamSukham

A Holistic Approach to Address Malnutrition in Gujarat, India



"Counseling session of mothers in VCNC"



Malnourished children at "Bal Sewa Kendra"

Program Description

"Mission BalamSukham" was conceptualized to mitigate the problem of malnutrition through an integrated inter-sectoral holistic approach covering various interventions across different sectors and departments. It focuses on both preventive and curative aspects which will involve strengthening on ongoing nutrition and taking up new/ innovative interventions considered necessary to reduce malnutrition. The strategy focuses on life cycle approach keeping in view various stages of desirable interventions namely adolescence, pregnancy and maternal health for the first two years after delivery (1000 days) and for children up to 6 years.

It provides an enabling mechanism to different key departments to converge together under one umbrella and undertake concerted efforts to address and improve the nutritional status of the targeted population in Gujarat.

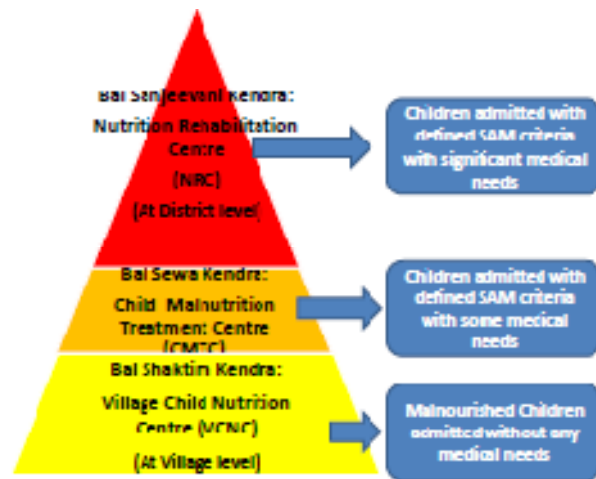
Preventive measures under the program: these include improving Infant and Young Child Feeding practices to reduce malnutrition. Strengthen micronutrient supplementation at Village Health and Nutrition days / Mamta Divas. Involvement of community support networks such as Gram Sanjeevani Samitees (VHS&NC), PRI, SHG, Sakhi Mandals and Doodh Mandlies in the management of malnutrition programs. It also envisages strengthening immunization, referral and promotion of hygienic practices and accelerating community mobilization for strengthening comprehensive nutrition programs through extensive Behaviour Change Communication.

Curative Measures: Integrated management of malnourished children are carried out through a three tiered approach. This approach includes:

Bal Shaktim Kendra (VCNC) at the Anganwadi Centre at Village level for malnourished children without medical needs. Here all malnourished children (SAM, MAM, SUW&MUW) without any medical needs are enrolled in the VCNC centre for 30 working days. They are provided supervised diet for five times and home diets twice in addition to micronutrient supplementation and medicines. Performance based incentives are given to ASHA, AWW and AWH for the management of VCNC session at AWC.

Bal Sewa Kendra (CMTC) at the PHC/ CHC/ Sub district level for malnourished children needing some medical interventions. A child with severe acute malnutrition is admitted to the CHC / Sub District level hospital for 21 days and provided supervised diet 6- 8 times along with micronutrient supplementation and medicines. The mothers of malnourished children are also provided wage loss compensation for the period they stay in the facility.

Bal Sanjeevani Kendra (NRC) at the District Hospital / Medical College for malnourished children with significant medical care. SAM child with significant medical needs are admitted in District level hospital or Medical College for 21 – 25 working days and provided with supervised diet 6- 8 times along with micronutrient supplementation and medicines. The mothers of malnourished children are also provided wage loss compensation for the period they stay in the facility.



Impact of the Program

Analyses of data from 1868 VCNC centres spread over 13 districts validate the improved trends of nutritional status in malnourished children of different categories having covered 41227 children.

Scalability

This intervention demonstrates that a comprehensive strategy to prevent children from being trapped in the vicious cycle of malnutrition is the proven strategy to tackle malnutrition in a holistic approach. Sustainable interventions can be maximized with understanding and acceptance of malnutrition as a problem in community and its empowerment to find a solution within its own settings. There is need for establishing a continuum of care for management of malnourished children at the community and facility level. The successful implementation of this program indicates with good program planning conducive to local conditions can lead to scaling of this program to other States.

For further details contact

Dr H.K Rathod, State Nodal Officer, State Nutrition Cell, Gandhi Nagar. Mobile no - +919909965923