



Department of Social Work

Summary

Assessment of Nutrition cum Counselling Centres in Assam

The National Family Health Surve- 4 (NFHS-4) reported a 36.4% of stunted children under five years of age and a 48% of Infant mortality rate. Assam continues to linger at the bottom ranks despite the proliferation of Anganwadis in the state. In this backdrop, the Nutritional rehabilitation centres (NRC) were set up under the aegis of the National Health Mission to deal with the severe acute malnourishment in children (SAM). To help the NRCs in reaching its objectives, Nutrition Counselling cum Management (NCMC) centres were set up as extension units of the NRCs in Assam. NCMCs serve as a point for (i) counselling on Maternal Infant and Young Child Nutrition; (ii) identification and referral of children with severe acute malnutrition, (iii) identify Moderate Acute Malnutrition (MAM) children, counsel the mothers and do follow ups (iv)counsel the pregnant and the lactating women (v) take up preventive measures to tackle malnourishment (vi) field visits to Village health nutrition day (VHND) etc. Considering the number of years the NCMCs are functioning, it was imperative to understand and assess the functioning of the NCMCs. It is also important to understand the role of the counsellors and the impact they are creating on improving the nutrition status of the mothers and children. A study on the NCMCs was carried out with the following specific objectives.

- Undertake qualitative and quantitative assessment of the progress made in implementing NCMCs to date and document programmatic gaps and constraints
- Assess the programme relevance, efficiency and quality of services with special reference to the nutrition counsellors (NC).
- Generate evidence-based lessons and recommendations to strengthen the expansion of NCMCs

Duration of the Project :15 August to 15 November 2018

Total outlay of the Project :Rs.19,08,700/-

Activities carried out between 15 August to 15 November 2018

A research study was carried out during the project period. It has applied both qualitative and quantitative approaches to collect and analyse data. The sample for data collection is drawn from the 17 NCMCs across the state of Assam. The NCMCs are grouped in three clusters according to their geographical location. The respondents are the Nutrition Counselors (NC), parents of SAM and MAM children, Pregnant and Lactating mothers and Key informants at the respective health facilities. The total sample size is 144.

Nature of Collaboration

The study was designed and implemented by the faculty members of the Department of Social Work, Tezpur University. The study was sponsored by UNICEF, Assam.


Head
Department of Social Work
Tezpur University