

INSIGHTS FROM THE FIELD

CHHATTISGARH



**CHHATTISGARH
PROGRAM BRIEF**

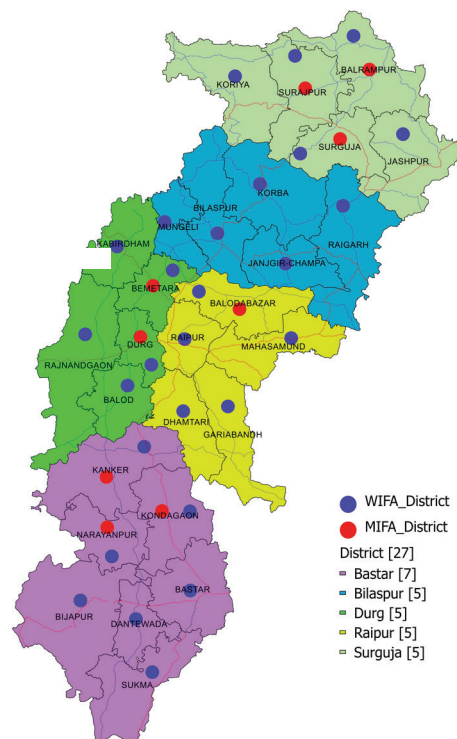


Nutrition International (NI) with the support of the Government of Canada, has been working closely with the state government of Chhattisgarh (CG) since 2006 to improve the health and nutrition of vulnerable population, especially women, adolescents and children.

Working closely with the Department of Health and Family Welfare, the Department of Women and Child Development, and the Department of Education, NI aims to reduce the mortality among children (0 to 59 months) through its Vitamin A supplementation program. Vitamin A supplementation is a proven intervention, worldwide, for reducing morbidity and mortality among under five children. NI has supported the implementation of the biannual Vitamin A program since its inception in 2006 in the 27 districts of Chhattisgarh which is called the Sishu Sanrakshan Maah (SSM) in the state.

Nutrition International supported the Anaemia Control program for adolescents in Chhattisgarh in 2010 by introducing the Weekly Iron & Folic Acid (WIFA) supplementation among adolescents through a pilot program in three districts (Raigarh, Jashpur and Dhamtari). Implemented with the support of the Department of Women and Child Development, the Department of Education and the Tribal Development Department, the WIFA program focused on improving the coverage and consumption of weekly iron & folic acid supplementation (WIFS) among school going adolescent boys and girls & out-of-school adolescent girls (age 10-19 years). The implementation includes a simple and cost-effective strategy of administering weekly dosage of IFA to address anaemia among adolescent girls. The launch of the National Iron Plus Initiative (NIPI) by the Government of India in 2013 brought significant attention to controlling anaemia across India.

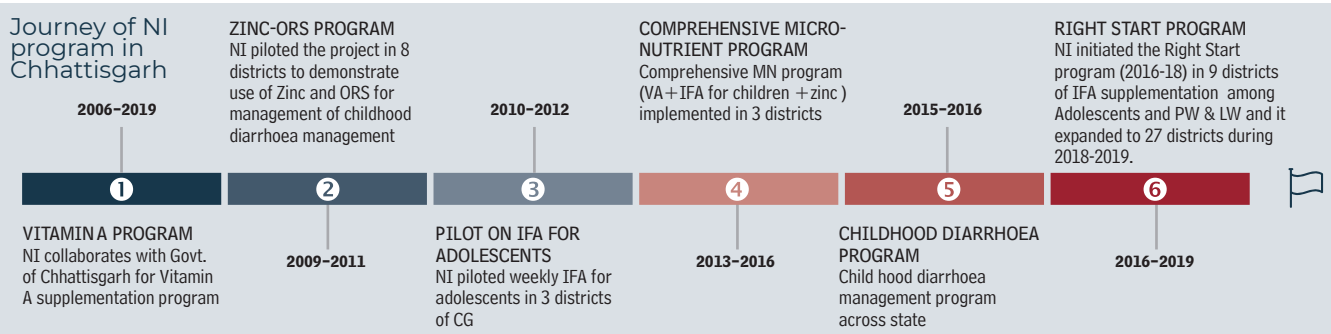
Fig 1. Geographical Reach of NI in CG



PROGRAM APPROACH



Journey of NI program in Chhattisgarh



ADOLESCENT NUTRITION PROGRAMS

Since 2016, Nutrition International has supported the Govt. of Chhattisgarh in implementing the WIFS program to reduce adolescent anaemia. What began with 9 districts expanded to 27 districts within a year and included a set of activities and trainings modules that were modified and adopted for the state.

>28000

Teachers & AW Supervisors Trained on WIFS

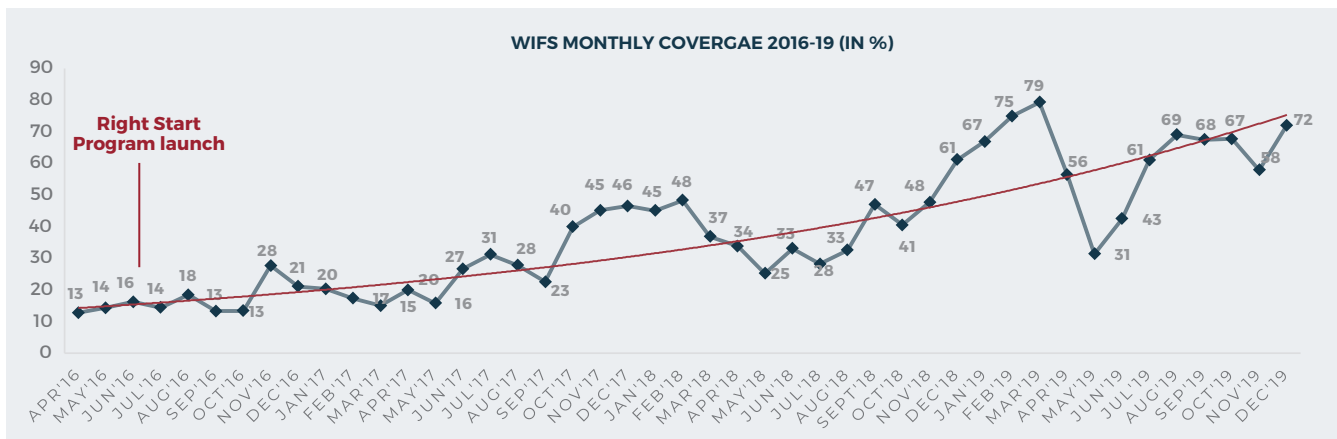
Monitoring visit made to

>3000

Schools & AWC

>3000

Adolescent girls counselled during home visit



Enhance Capacities of Teachers and Anganwadi workers

Nutrition International developed the training module on WIFA supplementation program in Chhattisgarh. This module was used to train frontline workers to help build their capacities to deliver the program for in-school boys and girls and out-of-school girls. NI trained different cadre of frontline workers, including teachers and Anganwadi workers along with their supervisors at the block & district level, on a range of themes including, anaemia, dietary sources of iron, WIFA supplementation program management, implementation, monitoring and supervision.

Development of Behaviour Change Intervention (BCI) materials

Nutrition International developed gender sensitive behaviour change strategies to address the specific needs of adolescent girls and boys as well as of parents, teachers and health workers. The BCI materials were developed to create awareness about the risks of anaemia among girls, the importance of good nutrition in reducing anaemia and generate demand and raise adherence for WIFA supplements. Among the NI developed BCI materials, the government of Chhattisgarh has adapted the "Trump Card", an innovative group game material for adolescent groups particularly.

Training of Sankul Samanwayak for WIFS

The field experiences and gap analysis in Chhattisgarh showed that Sankul (Cluster) is an important link between the school and the block level. NI piloted the Cluster Coordinator Model in one district of Chattisgarh. Through this approach, the WIFA distribution plan was developed by the cluster coordinators who mapped schools and estimated the supply requirements and developed a distribution plan. This

Nutrition International created an Interactive Voice response System (IVRS) called Jugnu Box. Through this unique concept, a caller could dial in (8287102040) and give a missed call to receive system generated call back. On this call, the listener could listen to eight adolescent centric stories in three different languages; Hindi, Gujarati & Bangla- that addresses issues around anaemia, the benefits of WIFA, iron-rich sources of food, as well as deworming and the importance of hygiene.

distribution plan moved away from the push method of supplies distribution to the pull method of supply chain mechanism. The cluster coordinators were also used for streamlining the reporting system, thereby reducing the workload of block officials. This resulted in a reduced workload in the form of cluster consolidated reporting instead of individual school-level reporting. This has also resulted in improved availability of IFA supplies at the schools. Looking at the efficacy of this approach, the state government has requested for support to scale it up across all districts in Chhattisgarh.

STRENGTHENING WIFS REPORTING THROUGH MID-DAY MEAL PORTAL

Nutrition International advocated with the Department of Education to integrate the WIFA reporting system into the existing online Mid-day Meal program reporting system of the state. This enabled the WIFA program to obtain a real time information on the status of stock and coverage of the program.

CAPACITY BUILDING ON MICRONUTRIENT SUPPLIES ESTIMATION

- Nutrition International supported the Govt. of Chhattisgarh in building the capacity of district data managers, WIFS nodal managers and RMCH+A officials in all the 27 districts on micronutrient estimation. This training has helped in the estimation of all micronutrient supplies like Vitamin A, WIFS, Maternal IFA, ORS, Zinc, and Albendazole for the state as well as its supply chain and reporting mechanism.

CAPACITY BUILDING ON ANAEMIA MUKT BHARAT (AMB) COMPONENTS WITH A SPECIAL FOCUS ON HMIS

- The AMB dashboard indicator had shown a poor coverage of IFA in the state of Chhattisgarh. To address this, NI supported the state government in building the capacity of district data managers from the three departments of Women and Child Development, Education & Health in 27 districts. The capacity building included addressing AMB components in HMIS. In total 85 district officials were trained. This training helped in understanding AMB components in HMIS, data flow, reporting and its reflection through AMB dashboard.

EMPOWERMENT IMPROVES COMPLIANCE

Divya Dahiria is a standard IX student of the Government Girls High School, Rajim of the district of Gariaband, Chattisgarh. The adolescent nutrition program has been in place in the school for a while now. Divya was introduced to the blue IFA tablet in her school and had started consuming them. However, she soon developed some side effects like headache and abdominal pain. She discussed her problem with her friends who complained of the same side effects. Divya and her friends decided to stop consuming the WIFA tablets.

During one of the monitoring rounds in the school, Nutrition International came to know about Divya and her friends and their disinterest in consuming the IFA tablets. Evidently, the girls had not been counselled on how to take the tablets and the benefits that it provides. NI staff held a session with the girls in the school to dispel myths around IFA consumption, the importance of eating a healthy, balanced diet, the possible side effects of Iron folic supplements and how to deal with them and whom to report for side effects. The girls were also given the contact details of the medical officer from the nearest PHC for emergencies. The NI representative also held an informal session with the staff and the nodal teachers in the school emphasizing the importance of holding regular discussion on anaemia and its prevention, maintaining records of side effects reported by girls and regular counselling with correct information.

After the intervention by NI, Divya and her friends have not only started consuming the blue IFA tablets on a weekly basis but have become a vocal campaigner in the school advocating for the benefits of WIFS. Diya has transformed into what is truly a "change maker" after all!

MATERNAL IRON & FOLIC ACID (MIFA) SUPPLEMENTATION PROGRAM

More than half of the women in India are anaemic, and the preventable disease is estimated to be underlying cause for 20-40% maternal deaths in the country. When it comes to Chhattisgarh, NFHS data shows that the state has made significant improvement in prevalence of anaemia amongst pregnant women from NFHS-3 to NFHS-4 which reduced from 63% to 42%. The state rolled out National Iron Plus Initiative (NIPI) in 2013 and continues to provide IFA supplementation to some of the prime beneficiaries - Pregnant Women (PW) & Lactating Women (LW).

Nutrition International, with its Right Start Intervention is assisting the government of Chhattisgarh in improving the coverage and consumption of IFA & Calcium supplementation among PW & LW.

The project's technical and operational assistance aims to build the state's health department's capacity for more effective planning and management of IFA & Calcium supplementation program. Improved monitoring, capacity building of health staff and behavior change intervention (BCI) are integral components of this project's support to improve compliance & generate demand among the beneficiaries.



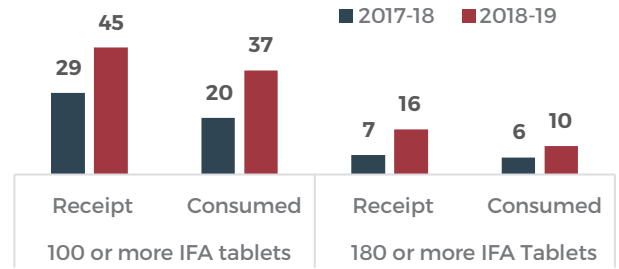
Strengthening Village Health and Sanitation Nutrition Day

Correct estimation of the supply requirements and number of beneficiaries in any Village Health and Sanitation Day (VHSND) platform is important to ensure the quality of health service delivery. NI has developed a tool containing a set of critical indicators on maternal nutrition to assess the adequacy of MIFA supplements at VHND session sites. The tool gives the estimate of the number of PW/LW to visit and the expected number of IFA & Calcium that should be brought to the VHSND by the frontline worker to distribute. Further, the tool also gives a snapshot of the IFA adequacy on the basis of actual number of PW who have come to VHSND on that day. With the help of this tool developed by NI, a better estimation and adequacy of supplies of IFA for pregnant and lactating mothers is now possible. NI trained 5000 health functionaries on using the tool during VHSNDs across the state. Taking these good practices forward, Govt. of Chhattisgarh revised the Anaemia Guidelines with clear IFA drug regimen during ANC & PNC.

Assessing Receipt and Consumption of IFA among PW & LW by external evaluators

Evidence based advocacy for maternal nutrition is an integral part of NI's implementation framework. NI conducted yearly assessment of the IFA supplementation program to highlight the status of implementation in the state. The evaluation data showed that there has been an increment of 17% in consumption of IFA among beneficiaries consuming minimum 100 plus tablets during their last pregnancy and 4% increase in case of consumption of 180 IFA tablets in 2018-19 in comparison to the previous year.

Receipt & Consumption of IFA during last pregnancy (in %)

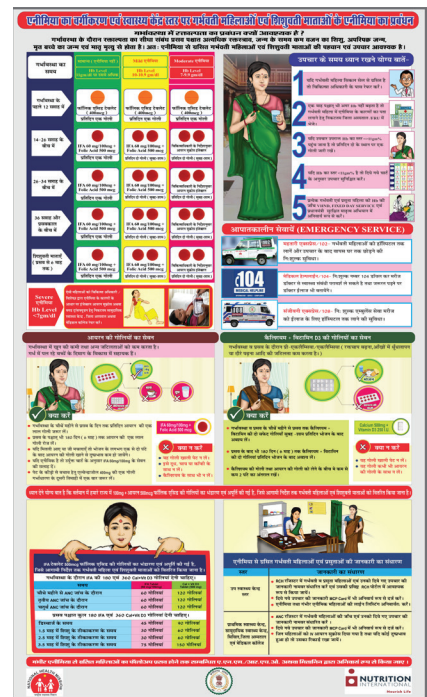


Job aid on Anaemia Management Protocol

Field visits have shown that BCI materials are not used sufficiently in the field. This has resulted in a low demand for MIFA supplements in communities as well as poor compliances in consumption of IFA and calcium. NI in coordination with the Govt. of Chhattisgarh designed a Maternal Anaemia Management Protocol Poster following the guidelines for anaemia reduction in the state. This poster helped the frontline workers to readily refer to the guidelines for managing anaemia and IFA supplement regimen. It also helped the service providers in counselling pregnant and lactating mothers. The tool was also lauded for being refreshing and interesting by the beneficiaries themselves.

Joint Visits as Problem solving Methods

Joint visits of NI field staff with the district /state level officials to assess gaps in the implemented programs and provide supportive supervision to bridge the gaps brought significant improvement in the quality of program. They emerged to be an excellent method to solve problems in the field like; issuance of letter to stop distributing WIFS tablets to pregnant women during Ante Natal check-up (ANC), finding & withdrawal of precipitated Vitamin A solutions from the field during SSM round, addressing the stock out situations in schools & AWCs, cluster wise rational distribution of WIFS tablets and ensuring quality reporting.

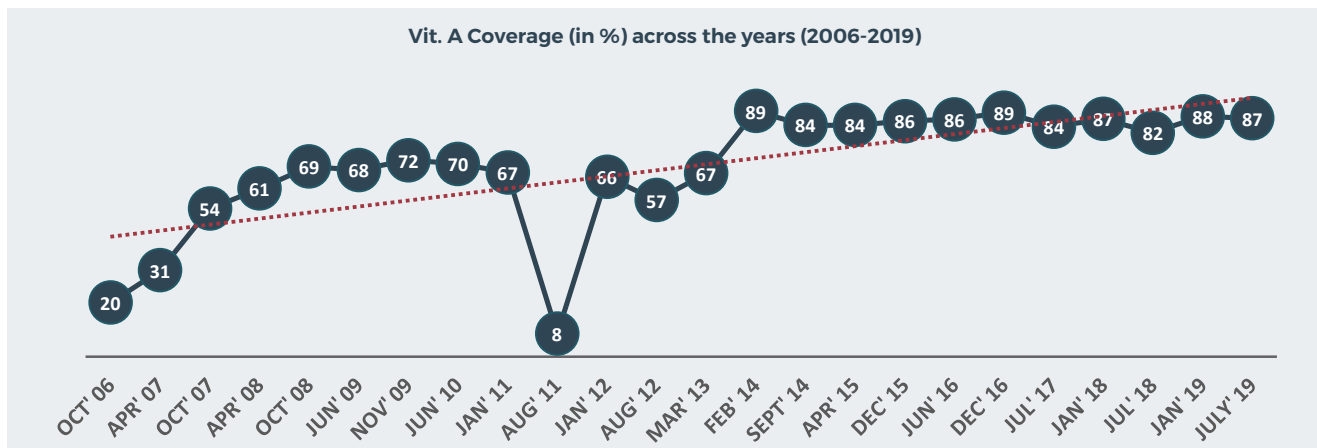


SISHU SANRAKSHAN MAAH (SSM); VITAMIN A BI-ANNUAL ROUND PROGRAM IN CHHATTISGARH

Since 2006, Government of Chhattisgarh following the national policy in implementing the Vitamin A supplementation (VAS) program for under 5 children. Nutrition International is supporting the Govt. of Chhattisgarh in the implementation of the program since 2006 by providing technical and operational support to the program that is rolled out through the routine healthcare delivery system and the bi-annual Vitamin A distribution campaign. Nutrition International has provided trainings to frontline health workers that have enabled them to ensure a higher coverage of Vitamin A, learn about correct dosage, help to improve awareness among family members and also provide counselling to mothers and caregivers on young child nutrition. At the state, NI supported the development of supplies distribution plan by



assessing and reporting on the pre-round supplies at the facility level. NI also developed a plan for monitoring visits and conducted post round data validation by external agencies. Data from the National Family Health Survey have indicated that the state has made significant improvement in coverage of Vitamin A supplementation (from 9.1% in NFHS III to 70.2% in NFHS IV) among infants in the age group of 9-59 months in the last decade.



IEC development in consultation with different stakeholders

Nutrition International organized state level BCI consultation with various departments to develop the IEC materials to enhance the demand generation in the field. NI supported the Govt. of Chhattisgarh in designing, printing and distribution of Vitamin A posters and danglers up to the last mile of the health care service provider for generating awareness regarding Vitamin A rounds and the benefits to the community. NI supported with more than 2.5 lakh posters and danglers for the Vitamin A rounds.

Since 2008, Nutrition International has supported the Govt. of Chhattisgarh in implementing the Zinc & ORS program for diarrhoea management. Additionally, since 2014, NI is also supporting Intensive Diarrhea Control Fortnight (IDCF) to reduce diarrhoeal episodes and its related complications among the under five children



Prepositioning of ORS at household level (in %)

Period	Percentage (%)
2016-17	73
2017-18	90
2018-19	93

7.4 MILLION
Prepositioning of ORS packets done at Household level

100% coverage of ORS and **98%** coverage of Zinc against diarrheal cases in 2019

NI at state and district level supported the Govt. of Chhattisgarh in program

CONTRIBUTING TO REDUCE IODINE DEFICIENCY DISORDERS

As part of the Universal Salt Iodization program, Nutrition International extended its support to the state Iodine Deficiency Disorder (IDD) Cell by building capacity of the state Food Supply Officer (FSO) through regular trainings and advocating with them to prioritize monitoring of iodized salt. This yielded significant results in improving the quality and quantity of adequately iodized salt at household level and capacitated the frontline workers for carrying out iodine surveys at household level. Besides these, NI also supported the Govt. of Chhattisgarh logistically by providing Salt Testing Kits to all FSOs and trained nine divisional coordinators on salt testing at household level.

WAY FORWARD

Although Nutrition International has made significant contributions in strengthening the health systems and improving Vitamin A & IFA supplementation services in the state, there is a critical need to sustain the progress. NI will continue to support Government of Chhattisgarh to improve the health and nutrition of mothers and children with focus on adolescent nutrition with its multipronged approach of supply chain strengthening, robust monitoring and validation, quality reporting along with increase in coverage & compliances.

About Nutrition International

Founded in 1992, Nutrition International is a global organization dedicated to delivering proven nutrition interventions to those who need them most. Working in partnership with countries, donors and implementers, our experts conduct cutting-edge nutrition research, support critical policy formulation, and integrate nutrition into broader development programs. In more than 60 countries, primarily in Asia and Africa, Nutrition International nourishes people to nourish life. To learn more, visit www.nutritionintl.org



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