



THE NEED FOR NUTRITION EDUCATION/INNOVATION PROGRAMME

Minha Rajput-Ray, Shivani Bhat, Ananya Ria Roy, Rinku Banerjee, Sumantra Ray on Behalf of the NNEdPro Group

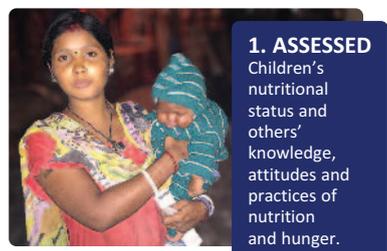
Is there a solution to tackle child malnutrition in urban slums?

Maternal and child malnutrition is a worldwide reality that carries a global burden and adverse consequences for both health and society (Black *et al*, 2013). Low body mass index continues to be prevalent across Asia and Africa, 43% of children under five years are underweight, 61 million children are stunted due to chronic undernutrition (NFHS-3, 2005-2006). From a global perspective, more than 3 out of 10 stunted children reside in India and on average 26% of the total urban population in India lives below the poverty line (HUPA, 2009).

NNEdPro's Global Innovation Panel has implemented a grassroots approach to tackling the challenge of improving maternal and childhood malnutrition.

WHAT DID WE DO?

In 2015, NNEdPro trained local healthcare and community workers 'champions' in Kolkata, India. Through a blended learning approach, we empowered them to reach out to a dislocated population mainly from neighbouring Bangladesh who have taken refuge in the urban slum of Chetla, Kolkata, West Bengal, India. Our aim was to innovate a sustainable solution that will enable the slum dwellers to challenge the burden of hunger and malnutrition.



1. ASSESSED
Children's nutritional status and others' knowledge, attitudes and practices of nutrition and hunger.

The champions assessed the current nutritional status of the households by using a series of locally translated questionnaires and focused interviews with the mothers determining their nutrition knowledge, attitudes and practices (KAP) and screening for malnutrition status using STAMP (Screening Tool for Assessment of Malnutrition in Paediatrics) and a Bengali version of the Community Childhood Hunger Identification Project (CCHIP) questionnaire. We found that 5%, 23% and 72% of the children were at high, medium and low risk of malnutrition respectively and this correlated with the KAP scores of the mothers.



2. INTERVENTION
Conducted nutrition workshop where mothers were taught to cook healthy and nutritious food for children.



3. LONG TERM SOLUTION
To build a teaching kitchen in the slum to enable mothers to cook nutritious food, and be social change hub.

We then conducted mini workshops with the mothers, teaching them how to choose low-cost nutritious food items, as well as demonstrating healthy and sustainable cooking techniques. The workshops were very well received and we are currently assessing the impact of these workshops.

WHY TARGET CHILD MALNUTRITION?

Optimal nutritional intake in childhood is fundamental for proper organ formation and function which contributes to healthy growth and cognitive development (Black *et al*, 2013). Hence, improving childhood malnutrition paves the way for improved health, social and economic progress.

WHY TEACH THE MOTHERS?

Moreover, undernutrition is more common for children of mothers who are undernourished themselves (NFHS-3, 2005-2006). During field visits, qualified team members conducted nutrition workshops on educating mothers on cooking low-cost locally available nutritious food items.

POTENTIAL SOLUTION: BUILDING A TEACHING KITCHEN

NNEdPro aims to create sustainability and has pledged to build a **health promotion Teaching Kitchen**, envisioned in line with key **UN Sustainable Development Goals**. In particular, zero hunger; good health and wellbeing; quality education; gender equality; sustainable cities and communities; and peace, justice, and strong institutions. As a model, the Teaching Kitchen will be a permanent multi-purpose space that will serve as a community hub for malnutrition screening and prevention, health promotion, and disease prevention and a safe haven within the Chetla slum.

NNEdPro endeavours to translate nutrition research into practice and to improve the health of communities. We really need **YOUR** support to make this a reality and build the Teaching Kitchen in the Chetla Slum as a meaningful contribution. Please visit our Crowdfunding page at www.justgiving.com/crowdfunding/nnedprogroup.

References: • Black RE *et al* and the Maternal and Child Nutrition Study Group. Maternal and child undernutrition and overweight in low-income and middle-income countries. *Lancet*. 2013; 382: 427-451 • National Family Health Survey (NFHS-3), 2005-06: India: Volume I. Mumbai: IIPS. International Institute for Population Sciences (IIPS) and Macro International. 2007 • Urban Poverty Report 2009. Oxford University Press, Oxford. The Ministry of Housing and Urban Poverty Alleviation (HUPA), Government of India and United Nations Development Program (2009) India • McCarthy H, McNulty H, Dixon M, Eaton-Evans MJ. Screening for nutrition risk in children: the validation of a new tool. *J Hum Nutr Diet* 2008; 21: 395-96 • Frongillo EA Jr, Rauschenbach BS, Olson CM, Kendall A, Colmenares AG. Questionnaire-based measures are valid for the identification of rural households with hunger and food insecurity. *J Nutr*. 1997 May; 27(5): 699-705.

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Twitter: @NNEdPro Email: info@nnedpro.org.uk
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