

Coverage of Nutrition and Health Interventions in MIZORAM *Insights from the National Family Health Survey-4*

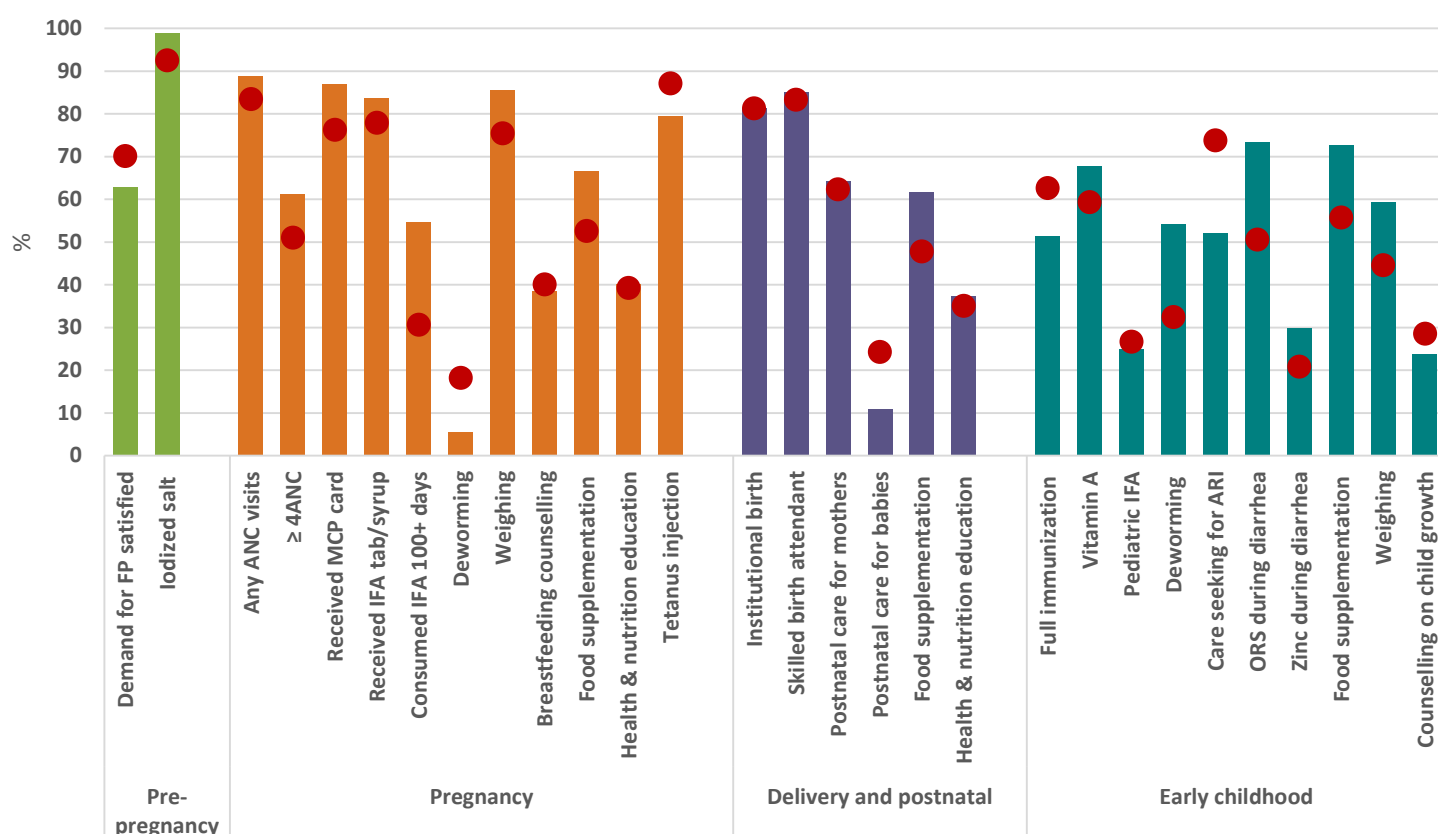
ABOUT THIS DATA NOTE

Nutrition-specific interventions are aimed at improving the proximal food, health, and care environment for women and children during the first 1000 days. They can help improve maternal and child health, improve diets and other nutrition practices, and reduce infections. These interventions span pregnancy, postnatal, and early childhood periods and include food and micronutrient supplementation, nutrition education and/or counselling, growth monitoring and promotion, as well as routine immunization, deworming, and care during illness. At 90% coverage, these interventions can contribute to 20% reduction in stunting and 61% reduction in severe wasting¹.

India's policy framework for health and nutrition is robust and includes most evidence-based nutrition and health interventions. Two large-scale national program platforms – the Integrated Child Development Services and the National Health Mission together provide the public sector delivery platforms with the mandate to deliver these interventions across the country. India's efforts at scaling up nutrition interventions are now also supported by the National Nutrition Mission.

This *Data Note* describes the coverage of a set of key nutrition and health interventions. The findings here are based on data from the National Family Health Survey 2015-2016. Indicators to capture the coverage of the interventions here are all calculated for women (15-49 years) with a child under five years of age. All analyses are based on the last-born child for each woman and indicator definitions are provided in Annex 1 of this Note. For some indicators, age categories may vary.

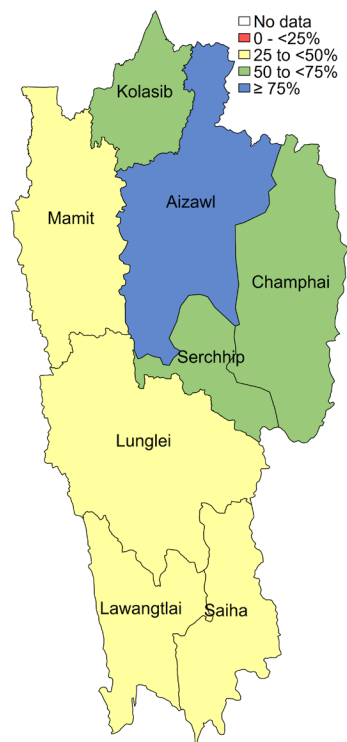
FIGURE 1 Coverage of interventions across the continuum of care, in 2016



Note: ANC = Antenatal care; ARI = Acute respiratory infection; FP = Family planning; IFA = Iron and folic acid; MCP = Mother and child protection; ORS = Oral rehydration salts; The bars represent state average, the dots represent India average.
Source: NFHS-4.

¹Bhutta, Z.A., J.K. Das, A. Rizvi, M.F. Gaffey, N. Walker, S. Horton, P. Webb, A. Lartey, R.E. Black, Lancet Nutrition Interventions Review G, et al. 2013. "Evidence-based interventions for improvement of maternal and child nutrition: what can be done and at what cost?" *The Lancet* 382(9890):452-477.

MAP 1 Percentage of women who received 4 or more ANC visits, by district, 2016

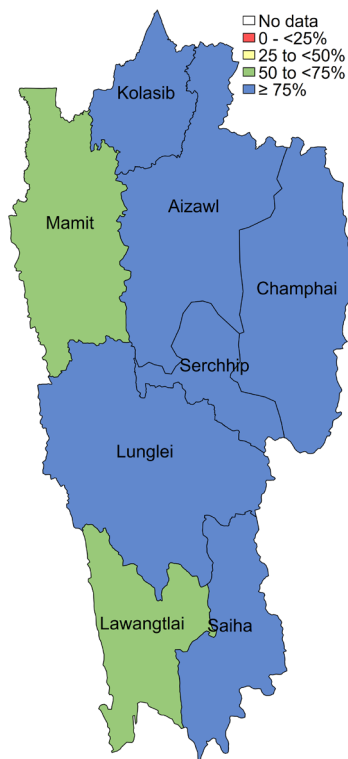


Top 4 districts, %	
Aizawl	76.5
Serchhip	68.2
Kolasib	66.8
Champhai	55.9

Bottom 4 districts, %	
Lawangtlai	38.4
Mamit	45.3
Saiha	48.1
Lunglei	49.5

Source: NFHS-4.

MAP 2 Percentage of women who were weighed during pregnancy, by district, 2016

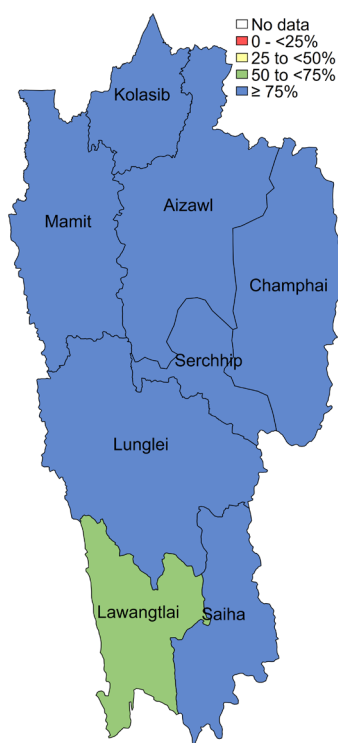


Top 4 districts, %	
Serchhip	94.3
Aizawl	92.8
Kolasib	92.2
Champhai	87.2

Bottom 4 districts, %	
Lawangtlai	62.0
Mamit	73.8
Lunglei	83.9
Saiha	84.2

Source: NFHS-4.

MAP 3 Percentage of women who received or bought any IFA during pregnancy, by district, 2016



Top 4 districts, %	
Aizawl	90.6
Champhai	89.1
Serchhip	88.4
Saiha	85.8

Bottom 4 districts, %	
Lawangtlai	62.7
Mamit	75.3
Lunglei	78.4
Kolasib	85.3

Source: NFHS-4.

MAP 4 Percentage of women who consumed IFA for 100+ days during pregnancy, by district, 2016

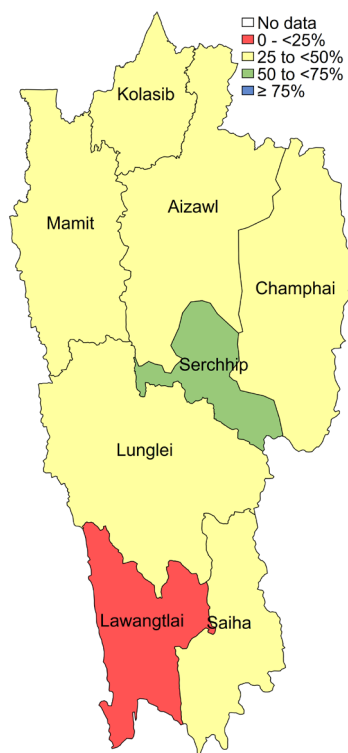


Top 4 districts, %	
Serchhip	62.9
Aizawl	61.9
Kolasib	59.3
Saiha	54.8

Bottom 4 districts, %	
Lunglei	40.8
Lawangtlai	42.9
Mamit	52.1
Champhai	53.7

Source: NFHS-4.

MAP 5 Percentage of women who received breastfeeding counselling during pregnancy, by district, 2016

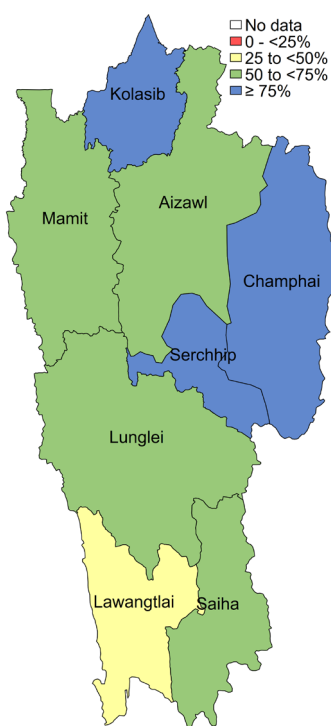


Top 4 districts, %	
Serchhip	55.9
Champhai	44.1
Kolasib	43.8
Aizawl	40.7

Bottom 4 districts, %	
Lawangtlai	22.8
Lunglei	34.6
Mamit	35.8
Saiha	36.2

Source: NFHS-4.

MAP 6 Percentage of women who received food supplements during pregnancy, by district, 2016

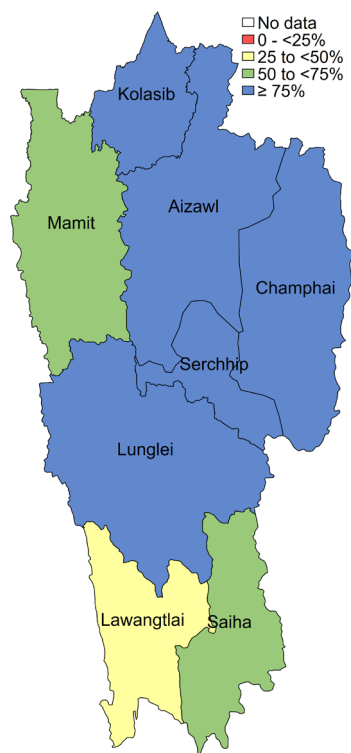


Top 4 districts, %	
Champhai	89.0
Serchhip	82.7
Kolasib	82.0
Mamit	74.2

Bottom 4 districts, %	
Lawangtlai	45.8
Aizawl	58.7
Saiha	61.8
Lunglei	71.2

Source: NFHS-4.

MAP 7 Percentage of women who gave birth in a health facility, by district, 2016

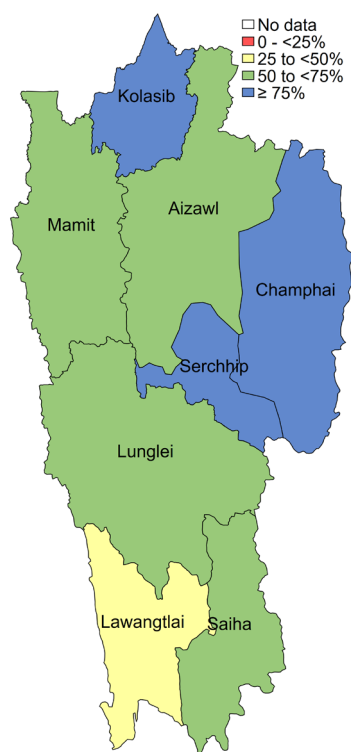


Top 4 districts, %	
Aizawl	96.6
Serchhip	90.1
Kolasib	88.8
Champhai	84.1

Bottom 4 districts, %	
Lawangtlai	49.0
Mamit	59.7
Saiha	62.5
Lunglei	76.6

Source: NFHS-4.

MAP 8 Percentage of women who received food supplements during lactation, by district, 2016

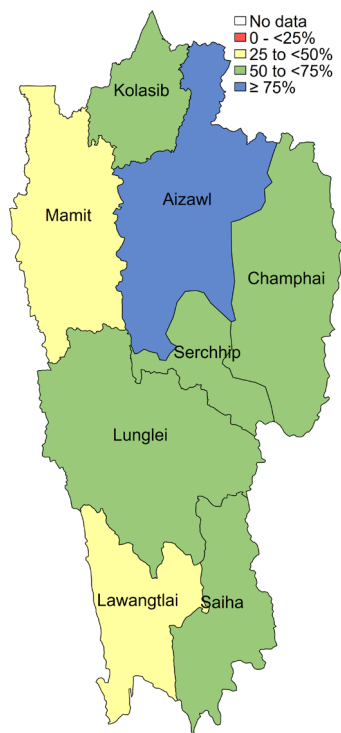


Top 4 districts, %	
Champhai	81.7
Kolasib	77.7
Serchhip	77.7
Mamit	67.7

Bottom 4 districts, %	
Lawangtlai	35.2
Aizawl	55.8
Saiha	56.1
Lunglei	66.7

Source: NFHS-4.

MAP 9 Percentage of mothers who received postnatal care within two days of childbirth, by district, 2016

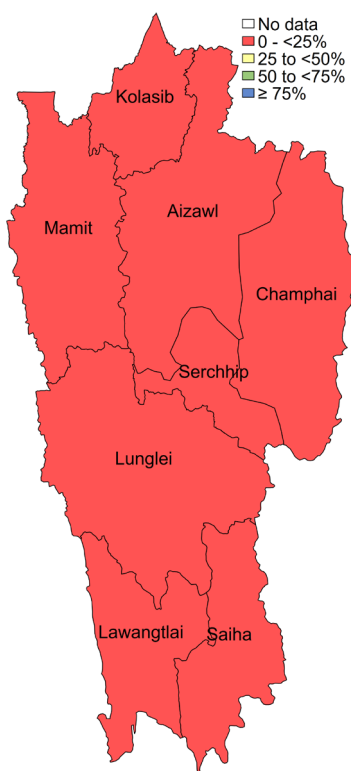


Top 4 districts, %	
Aizawl	75.4
Serchhip	69.1
Kolasib	67.1
Champhai	66.0

Bottom 4 districts, %	
Lawangtlai	39.5
Mamit	48.9
Saiha	52.4
Lunglei	62.1

Source: NFHS-4.

MAP 10 Percentage of children (0-59 months) who received postnatal care within two days of their birth, by district, 2016

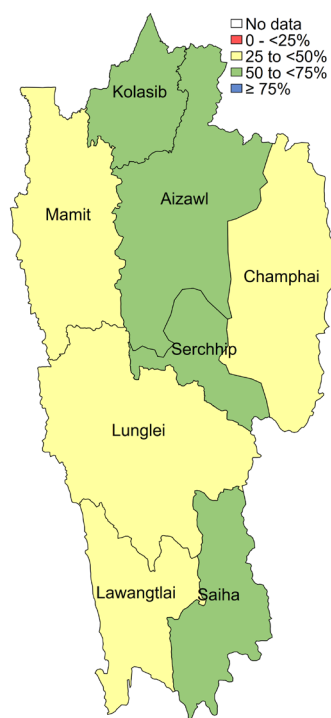


Top 4 districts, %	
Aizawl	14.7
Serchhip	12.2
Mamit	11.5
Lunglei	10.7

Bottom 4 districts, %	
Lawangtlai	2.6
Saiha	7.7
Champhai	8.8
Kolasib	8.8

Source: NFHS-4.

MAP 11 Percentage of children (12-23 months) who were fully immunized, by district, 2016

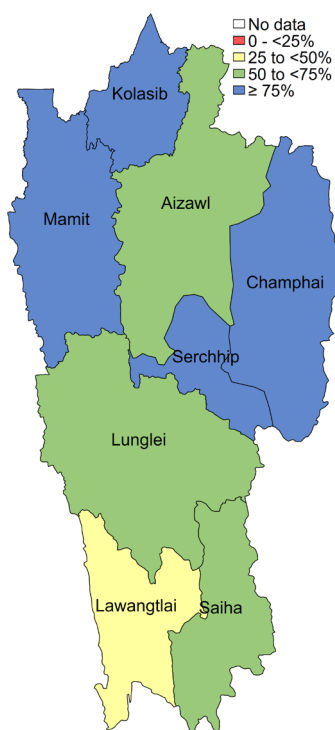


Top 4 districts, %	
Serchhip	62.5
Aizawl	57.1
Saiha	54.2
Kolasib	50.6

Bottom 4 districts, %	
Lawangtlai	40.1
Mamit	42.8
Lunglei	48.3
Champhai	48.7

Source: NFHS-4.

MAP 12 Percentage of children (6-35 months) who received food supplements, by district, 2016



Top 4 districts, %	
Champhai	93.2
Serchhip	83.1
Kolasib	81.4
Mamit	79.9

Bottom 4 districts, %	
Lawangtlai	44.8
Saiha	61.4
Aizawl	69.7
Lunglei	74.8

Source: NFHS-4.

MAP 13 Percentage of children (6-59 months) who received vitamin A supplements, by district, 2016

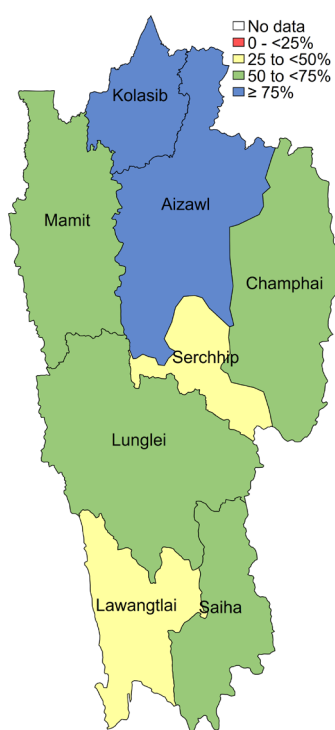


Top 4 districts, %	
Aizawl	74.0
Champhai	73.9
Kolasib	72.2
Serchhip	69.7

Bottom 4 districts, %	
Lawangtlai	45.3
Mamit	61.6
Saiha	64.8
Lunglei	66.4

Source: NFHS-4.

MAP 14 Percentage of children (0-59 months) with diarrhea who received ORS, by district, 2016

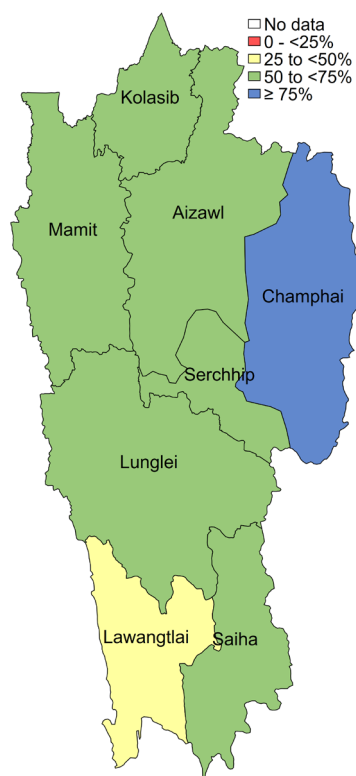


Top 4 districts, %	
Aizawl	83.1
Kolasib	80.9
Lunglei	70.0
Champhai	66.6

Bottom 4 districts, %	
Serchhip	42.2
Lawangtlai	44.8
Saiha	56.5
Mamit	66.3

Source: NFHS-4.

MAP 15 Percentage of children (0-59 months) who were weighed in the last 12 months, by district, 2016

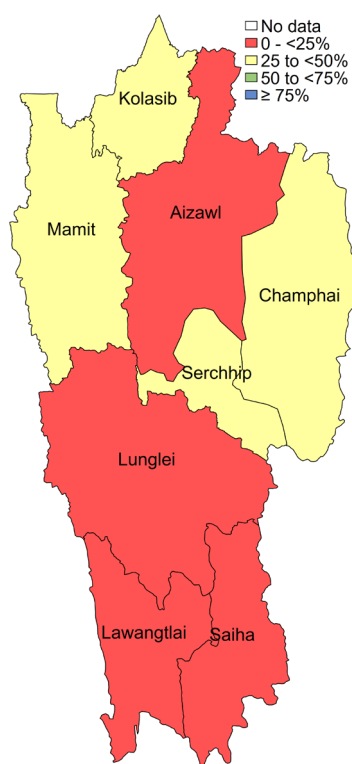


Top 4 districts, %	
Champhai	81.7
Serchhip	70.3
Kolasib	70.1
Mamit	65.1

Bottom 4 districts, %	
Lawangtlai	36.6
Aizawl	53.2
Saiha	55.6
Lunglei	63.6

Source: NFHS-4.

MAP 16 Percentage of mothers with children (0-59 months) who were counselled about child growth after their child was weighed, by district, 2016



Top 4 districts, %	
Champhai	39.4
Kolasib	33.1
Serchhip	27.5
Mamit	26.2

Bottom 4 districts, %	
Lawangtlai	15.6
Lunglei	16.9
Saiha	17.1
Aizawl	21.9

Source: NFHS-4.

DASHBOARD: Coverage of nutrition-specific interventions, by district, 2016

			<25%	25-<50%	50-<75%	≥75%				
State/District		MIZORAM	Aizawl	Champhai	Kolasib	Lawangtlai	Lunglei	Mamit	Saiha	Serchhip
Pre-pregnancy	Demand for FP satisfied	62.9	70.8	57.4	65.4	62.1	62.6	60.4	58.9	68.4
	Iodized salt	98.8	98.7	98.9	99.2	97.9	99.6	97.6	99.7	99.5
Pregnancy	Any ANC visits	88.9	95.3	93.1	95.4	63.4	87.6	80.5	87.1	97.0
	≥4ANC	61.1	76.5	55.9	66.8	38.4	49.5	45.3	48.1	68.2
	Received MCP card	87.0	91.3	96.0	93.6	56.2	88.4	79.9	93.0	96.4
	Received IFA tab/syrup	83.7	90.6	89.1	85.3	62.7	78.4	75.3	85.8	88.4
	Consumed IFA 100+ days	54.6	61.9	53.7	59.3	42.9	40.8	52.1	54.8	62.9
	Deworming	5.6	5.8	5.0	3.3	5.7	2.7	12.6	7.3	2.5
	Weighing	85.5	92.8	87.2	92.2	62.0	83.9	73.8	84.2	94.3
	Breastfeeding counselling	38.6	40.7	44.1	43.8	22.8	34.6	35.8	36.2	55.9
	Food supplementation	66.7	58.7	89.0	82.0	45.8	71.2	74.2	61.8	82.7
	Health & nutrition education	40.2	41.9	42.8	54.0	26.2	36.5	40.8	32.5	50.1
	Tetanus injection	79.5	86.0	84.7	80.0	54.7	76.4	75.3	81.8	85.3
Delivery & postnatal	Institutional birth	81.4	96.6	84.1	88.8	49.0	76.6	59.7	62.5	90.1
	Skilled birth attendant	85.0	97.9	88.9	90.5	51.8	79.8	70.1	72.9	94.6
	Postnatal care for mothers	64.2	75.4	66.0	67.1	39.5	62.1	48.9	52.4	69.1
	Postnatal care for babies	11.0	14.7	8.8	8.8	2.6	10.7	11.5	7.7	12.2
	Food supplementation	61.5	55.8	81.7	77.7	35.2	66.7	67.7	56.1	77.7
	Health & nutrition education	37.2	39.8	39.5	51.6	21.4	33.4	38.3	27.1	46.5
Early childhood	Full immunization	51.3	57.1	48.7	50.6	40.1	48.3	42.8	54.2	62.5
	Vitamin A	67.8	74.0	73.9	72.2	45.3	66.4	61.6	64.8	69.7
	Paediatric IFA	25.0	25.6	31.9	26.7	11.5	24.1	26.8	30.0	25.3
	Deworming	54.2	58.3	53.8	55.0	34.8	50.2	64.7	48.4	65.4
	Care seeking for ARI	52.0	56.3	43.3	63.0	26.0	52.2	49.9	56.0	37.3
	ORS during diarrhea	73.3	83.1	66.6	80.9	44.8	70.0	66.3	56.5	42.2
	Zinc during diarrhea	29.9	32.3	46.8	12.0	20.8	26.1	19.9	31.9	18.0
	Food supplementation	72.6	69.7	93.2	81.4	44.8	74.8	79.9	61.4	83.1
	Weighing	59.2	53.2	81.7	70.1	36.6	63.6	65.1	55.6	70.3
	Counselling on child growth	23.9	21.9	39.4	33.1	15.6	16.9	26.2	17.1	27.5

Source: NFHS-4

Summary of findings

High coverage ($\geq 75\%$): Sustained efforts are required to maintain the high coverage for the following interventions:

Before & during pregnancy: iodized salt, any ANC visits, MCP card, IFA supplementation, weighing, tetanus toxoid injection.

Delivery & postnatal: institutional birth, skilled birth attendant.

Early childhood: no interventions achieved high coverage.

Low coverage ($< 50\%$): The state should focus efforts on increasing coverage of the following interventions:

Before & during pregnancy: deworming, breastfeeding counselling, health & nutrition education.

Delivery & postnatal: postnatal care for babies, health & nutrition education.

Early childhood: IFA supplementation, deworming, zinc during diarrhea, counselling on child growth.

Missed opportunities: Coverage of postnatal care is higher for mothers than for babies. Many women receive some IFA but fewer are consuming IFA for at least 100 days during pregnancy, and almost no pregnant women receive deworming pills. Weight monitoring during pregnancy is high but during early childhood is low.

ANNEX 1 Definition of indicators used in the analyses

Indicators	Definition
Pre-pregnancy	
Demand for FP satisfied	Percentage of women (15-49 years) who have their need for family planning satisfied with modern methods.
Iodized salt	Percentage of households with children under 5 years of age using iodized salt.
Pregnancy	
Any ANC visits	Percentage of women (15-49 years) with children under 5 years of age who were attended by any trained provider ever or at least once, when they were pregnant with their youngest child.
≥ 4 ANC	Percentage of women (15-49 years) with children under 5 years of age who were attended by any trained provider 4 or more times, when they were pregnant with their youngest child.
Received MCP card	Percentage of women (15-49 years) with children under 5 years of age who received the Mother and Child Protection card after pregnancy registration, when they were pregnant with their youngest child.
Received IFA	Percentage of women (15-49 years) with children under 5 years of age who received or bought any IFA tablets/syrup, when they were pregnant with their youngest child.
Consumed IFA for 100+ days	Percentage of women (15-49 years) with children under 5 years of age who consumed IFA tablets/syrup for 100 days or more, when they were pregnant with their youngest child.
Deworming	Percentage of women (15-49 years) with children under 5 years of age who received any deworming drug, when they were pregnant with their youngest child.
Weighing	Percentage of women (15-49 years) with children under 5 years of age who were weighed when they were pregnant with their youngest child.
Breastfeeding counselling	Percentage of women (15-49 years) with children under 5 years of age who received advice on breastfeeding from any provider, when they were pregnant with their youngest child.
Food supplementation	Percentage of women (15-49 years) with children under 5 years of age who received food supplements from the <i>anganwadi center</i> (AWC), when they were pregnant with their youngest child.
Health & nutrition education	Percentage of women (15-49 years) with children under 5 years of age who received health and nutrition education from the AWC, when they were pregnant with their youngest child.
Tetanus injection	Percentage of women (15-49 years) with children under 5 years of age who received at least 2 TT injections when they were pregnant with their youngest child.
Delivery and postnatal care	
Institutional birth	Percentage of women (15-49 years) with children under 5 years of age who delivered their youngest child in a health facility.
Skilled birth attendant	Percentage of women (15-49 years) with children under 5 years of age who were attended by skilled health personnel when they delivered their youngest child.
Postnatal care for mothers	Percentage of women (15-49 years) with children under 5 years of age who received postnatal care, while in facility or at home, two days after they delivered their youngest child.
Postnatal care for babies	Percentage of last-born children (0-59 months) in the last 5 years, who received postnatal care within two days after they were born.
Food supplementation	Percentage of women (15-49 years) with children under 5 years of age who received food supplements from the AWC, when they were breastfeeding their youngest child.
Health & nutrition education	Percentage of women (15-49 years) with children under 5 years of age who received health and nutrition education from the AWC, when they were breastfeeding their youngest child.
Early childhood	
Full immunization	Percentage of last-born children (12-23 months) in the last 5 years who received one dose of BCG vaccine, three doses of polio vaccine, three doses of DTP3 vaccine, and one dose of measles vaccine.
Vitamin A	Percentage of last-born children (6-59 months) in the last 5 years, who received vitamin A supplements in the six months preceding the survey.
Pediatric IFA	Percentage of last-born children (6-59 months) in the last 5 years, who received iron supplements in the last 7 days prior to the survey.
Deworming	Percentage of last-born children (12-59 months) in the last 5 years, who received albendazole or any other deworming drug in the last 6 months prior to the survey.
Care seeking for ARI	Percentage of last-born children (0-59 months) in the last 5 years, with suspected ARI symptoms in the last two weeks, who were taken to a health care provider.
ORS during diarrhea	Percentage of last-born children (0-59 months) in the last 5 years, with diarrhea in the last two weeks, who received ORS.
Zinc during diarrhea	Percentage of last-born children (2-59 months) in the last 5 years, with diarrhea in the last two weeks who received zinc.
Food supplementation	Percentage of last-born children (6-35 months) in the last 5 years, who received food supplements from the AWC in the last 12 months prior to the survey.
Weighing	Percentage of last-born children (0-59 months) in the last 5 years, who were ever weighed in the last 12 months.
Counselling on child growth	Percentage of women (15-49 years) with children under 5 years of age, who were counselled about their youngest child's growth after they were weighed in the last 12 months prior to the survey.

Led by IFPRI 

AUTHORS

Priyanjana Pramanik, Research Analyst, IFPRI

Rasmi Avula, Research Fellow, IFPRI

Phuong Hong Nguyen, Research Fellow, IFPRI

Samuel Scott, Associate Research Fellow, IFPRI

Purnima Menon, Senior Research Fellow, IFPRI

SUGGESTED CITATION

Pramanik, P., R. Avula, P.H. Nguyen, S. Scott, and P. Menon. 2018. *Coverage of Nutrition and Health Interventions in Mizoram: Insights from the National Family Health Survey-4*. POSHAN Data Note 23. New Delhi, India: International Food Policy Research Institute.

ACKNOWLEDGEMENTS

Lan Mai Tran, Independent Researcher, for support with district-level data extraction from National Family Health Survey factsheets.

ABOUT POSHAN

Partnerships and Opportunities to Strengthen and Harmonize Actions for Nutrition in India (POSHAN) is a multi-year initiative that aims to support the use of data and evidence in decision-making for nutrition in India. It is supported by the Bill & Melinda Gates Foundation and led by IFPRI in India.

ABOUT DATA NOTES

POSHAN Data Notes focus on data visualization to highlight geographic and/or thematic issues related to nutrition in India. They draw on multiple sources of publically available data.

CONTACT US

Email: IFPRI.POSHAN@cgiar.org

IFPRI-NEW DELHI INTERNATIONAL FOOD POLICY RESEARCH INSTITUTE

NASC Complex, CG Block,
Dev Prakash Shastri Road,
Pusa, New Delhi 110012, India
T+91.11.66166565
F+91.11.66781699

IFPRI-HEADQUARTERS INTERNATIONAL FOOD POLICY RESEARCH INSTITUTE

1201 Eye Street, NW,
Washington, DC 20005 USA
T. +1.202.862.5600
F. +1.202.467.4439
Skype: IFPRIhomeoffice
ifpri@cgiar.org
www.ifpri.org

This publication has been prepared by POSHAN. It has not been peer reviewed. Any opinions stated herein are those of the author(s) and do not necessarily reflect the policies of the International Food Policy Research Institute.

Copyright © 2018 International Food Policy Research Institute. All rights reserved. For permission to republish, contact ifpri-copyright@cgiar.org.