

Women Empowerment for Sustaining Development

Seminar on
**Showcasing experiences of
Nutrition Security for Girls and Women**

Madurai Symposium 2019

Thamukkam Grounds, Madurai
September 20, 2019, Friday



Supported by



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Preamble

Nutrition security is part of Food security, but it is ensured through the intake of nutritious food stuffs with balanced diet comprising of macro and micro nutrients along with minerals which are very much needed for the body metabolism and organs growth and development. The nutritional security at household is influenced by four underlying causes manifesting themselves which are adequate household food security (availability and access), adequate care for mothers and children (In specific relating to the child nutritional status), proper healthy environment as well as access to the health services. This is always linked with the food productivity, production, income of the families and amount spent towards the consumption. Food availability is determined not only by the household production but also the supply stream – market which originates from the combination of domestic food stocks, commercial food imports, food aid and domestic food production.

The world continues to face major challenges in achieving food security. In the context of the recent food price crisis, the importance of food and nutrition security in the various facets of the society is emphasized. Food safety and Nutrition are inextricably linked, particularly in places

where food supplies are insecure. When food becomes scarce, hygiene, safety and nutrition are often ignored as people shift to less nutritious diets and consume more 'unsafe foods' – in which chemical, microbiological and other hazards pose a health risk. Nutrition Security is defined as “Appropriate quantity and combination of food, nutrition, health services and care takers time needed to ensure adequate nutrition status for an active and healthy life at all times for all people”. Food and Nutrition Security are the important elements of poverty alleviation which was in theory brought into practice in the last two decades.

Current Scenario

47% of India's children less than five years are malnourished (Underweight) categorized as moderately or severely malnourished. Malnutrition impeded motor, sensory, cognitive and social development and so malnourished children will be less likely to benefit from schooling and will consequently have lower income as adults. The damaging effects of under nutrition and malnutrition for all the age categories are always irreversible. So it should be focused through “Life Cycle Approach” targeting the resources in all the its current programmes i.e. during the critical nutritional periods of the human life cycle which includes the vulnerable sector in a family women, adolescent girls and



children. It always envisages the nutrition security at the household level through changes in food practices and health behaviour among the community through family approach for all the members of the family. In order to address the issues of malnutrition among the households, it is important to contextualize and understand the specific nutrient deficiency, designing context based nutrition interventions, working out strategies for accessing the nutritional services from the mainstream institutions. It is of greater importance to maintain bio marker data through various interventions on anaemia, nutritional grading of children, BMI of mother and girls, feeding practices of mother and children, Nutrition Garden Programmes which can reinforce the indigenous nutrition enhancement practices among mothers and adolescent girls. The quantitative indicators such as Hb, BMI, stunting, wasting, underweight, etc are measured periodically to know the status of nutrition of girls and mothers and children. The nutrition intake is ensured through nutrition garden intervention among 2 lakh poor women and girls. Small millets are rich in calcium, dietary fiber, polyphenol and protein contents in millets make them unique among the cereals. The contribution of millets to national food security and their potential health benefits, millet grain is now receiving increasing interest from food scientists, technologists and nutritionists.

The Seminar

The Seminar on 'Showcasing experience of Nutrition Security for Girls and Women' would be a good platform for sharing the practices on ensuring nutrition enhancement by the community and adolescent girls. The success stories will be



presented by the community and stakeholders. The Seminar will look forward to evolve strategies and mechanisms to promote and bring sustainability on nutrition security at various contexts.

Objectives of the workshop

- To consolidate the overall experience and impact of Nutrition Security in DHAN Collective Institutions
- To share the knowledge gained in various programmes of DHAN with the stakeholders and the community on nutritional management.
- To sensitize and empower women and girls to have household nutrition strategies to build healthy generations.
- To integrate various schemes and programmes to ensure nutrition security by involving various stakeholders at grassroots level

Participants

The workshop will be conducted involving the professionals, Regional Health Coordinators, Federations and Regional Coordinators of DHAN Foundation, community leaders, mothers and adolescent girls. The resource lecture for guiding the event will be given by the senior professionals and the guests who are working in the sector.

Programme content & Structure

- Lead paper presentation by the event coordinators
- Presentation and address by the delegates
- Consolidating the experiences by the participants
- Evolving and compiling the declarations of the event

Date and Venue

The workshop will be held on Friday, 20th September, 2019 at Thamukkam Ground, Madurai from 10.00 am to 4.00 pm

For further information, please contact

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