



Poshan 2.0

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Why in News

Recently, the **Ministry for Women and Child Development** inaugurated **Poshan 2.0** and urged all **Aspirational Districts** to establish a **Poshan Vatika (nutrition garden)** during the **Nutrition Month (Poshan Mah)** from 1st September.

A month-long celebration of the **POSHAN Abhiyan** mission places special attention on **Severe Acute Malnourished (SAM)** children.

Key Points

- **About:**
 - It is an umbrella scheme covering the **Integrated Child Development Services (ICDS)** (Anganwadi Services, Poshan Abhiyan, Scheme For Adolescent Girls, National Creche Scheme).
 - It was announced in **Union Budget 2021-22** by merging **supplementary nutrition programmes and the POSHAN Abhiyaan**.
 - It was launched to strengthen nutritional content, delivery, outreach and outcome, with renewed focus on **developing practices that nurture health, wellness and immunity to disease and malnutrition** in the country.
- **Poshan Maah:**
 - Month of September is celebrated as POSHAN Maah since 2018 to **improve nutritional outcomes for children, adolescent girls, pregnant women, and lactating mothers**.
 - It includes a month-long activities focussed on antenatal care, optimal breastfeeding, **Anaemia**, growth monitoring, girls education, diet, **right age of marriage**, hygiene and sanitation and eating healthy (Food Fortification).
 - The activities focus on **Social and Behavioural Change Communication (SBCC)** and are based on Jan Andolan Guidelines.
 - SBCC is the strategic use of communication approaches to promote changes in knowledge, attitudes, norms, beliefs and behaviours.

- **Poshan Vatika:**
 - It's main objective is **to ensure supply of nutrition through organically home grown vegetables** and fruits simultaneously ensuring that the soil must also remain healthy.
 - Plantation drives for Poshan Vatikas would be taken up by all the stakeholders in the **space available at anganwadis, school premises and gram panchayats.**
- **POSHAN Abhiyaan:**
 - Also called National Nutrition Mission, was launched by the government on the occasion of the **International Women's Day on 8th March, 2018.**
 - The Abhiyaan targets to **reduce Stunting, undernutrition, Anemia** (among young children, women and adolescent girls) and reduce low birth weight by **2%, 2%, 3% and 2% per annum respectively.**
 - It also targets to **bring down stunting among children in the age group 0-6 years from 38.4% to 25% by 2022.**
- **Scenario of Malnutrition in India:**
 - According to a 2010 **World Bank** report, India suffered an economic loss of Rs 24,000 crore due to lack of toilets. And that the health impact on the economy was 38 million dollars.
 - According to an Assocham study of the year 2018, the **GDP (Gross Domestic Product)** suffered a decline of 4% due to malnutrition.
 - The report also found that **children suffering from malnutrition** after growing up **earn 20% less** than those who have had healthy childhoods.
 - The number of **SAM children** in the country was earlier **80 lakh**, which has now come down to 10 lakh.

Malnutrition

- It refers to **deficiencies, excesses or imbalances in a person's intake of energy and/or nutrients.** The term malnutrition addresses 3 broad groups of conditions:
 - **Undernutrition:** It includes wasting (low weight-for-height), stunting (low height-for-age) and underweight (low weight-for-age).
 - **Micronutrient-related:** It includes micronutrient deficiencies (a lack of important vitamins and minerals) or micronutrient excess;
 - **Overweight:** Obesity and diet-related non-communicable diseases (such as heart disease, stroke, diabetes and some cancers).
- The **Sustainable Development Goal** (SDG 2: Zero hunger) aims to **end all forms of hunger and malnutrition by 2030**, making sure all people – especially children – have access to sufficient and nutritious food all year round.

Source: IE