

# Mapping of Nutrition and Health Status – A National Level Participatory Real Time Data Generation Programme



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## WHAT IS THE BACKGROUND?

Overweight and obesity are increasing both in urban and rural areas, while undernutrition continues to be a widespread problem in India, despite significant improvement in Indian economy, food production and advancement in science during the last few decades. The Central and the State Governments have been implementing a number of nutrition specific intervention programmes to mitigate the sufferings of the vast majority of the population at risk and those who are affected with various grades of malnutrition. There is a need to revise these programmes from time to time for achieving the desired goals. The National Nutrition Monitoring Bureau (NNMB) which was functional until 2015 was collecting data on regular basis for periodic evaluation and revision of programs.

Monitoring of food intakes, nutrition and health status of the various groups of population at regular intervals is very essential and it should be a dynamic in nature to enable the planners, implementers and developmental partners to revise and also to design new nutrition and health intervention programmes.

With the immense expertise available at ICMR-National Institute of Nutrition (ICMR-NIN), we developed a programme on national online survey, '*Mapping of Nutrition and Health Status – A National Level Participatory Real Time Data Generation Programme*' to capture food intake/dietary habits and health indicators. Nutrition Society of India (NSI) State Chapters and other ICMR regional Institutes will be involved in this national agenda.

## WHY THIS SURVEY?

- There is a shift in local agricultural production of various commodities, its consumption pattern due to trade-off between demand and supply and various studies have showed change in the dietary consumption pattern specific to geography, socio-demographic, cultural variations in India.
- Sporadic and small sample surveys may not be sufficient to develop a comprehensive local/region/state specific food consumption patterns to recommend an evidence-based nutrition interventions programmes or

nutrition promotion network for behavioural change communication for improved sustainable and more diversified food consumption in India.

### **WHAT WILL BE ASSESSED?**

In this first ever survey of this kind, evidence-based region/ state specific food and nutrient intake mapping in India, which is diverse, based on culture and geographic region, will be developed.

- The study will assess nutrition status, food frequency and diversity.
- The current prevalent practices of food behaviour (enablers and barriers) with respect to infant and young child feeding (IYCF) practices of mothers of young children, especially in terms of food frequency and diversity, will also be assessed.
- The data on history of current and chronic morbidity among various population groups.

### **HOW IT WORKS?**

There are 36 Nutrition Society of India (NSI) Chapters spread over across in India and each Chapter has at least 100 active members. ICMR Regional Institutes also will be invited for the task. The dietary intake and health data will be collected online on real time by using mobile applications linked to the NIN central servers.

The data will be collected through trained NSI members and their nutrition science graduates, post graduates and Ph.D Scholars throughout India by mobile phone applications.

A platform on ICMR-NIN web portal also has been developed to collect data on health and nutrition status. This innovative endeavour of ICMR-NIN is first of its kind and would be useful in the present complicated by COVID-19 pandemic and it can be extended for generation of data in the future as well. The proforma and data collection tool will be available in all regional languages and this will facilitate strong region specific human resource development for future endeavours in nutrition and health. The proposed study is a rapid one and it would be completed in 4 months.

## WHAT IS THE PUBLIC HEALTH IMPORTANCE?

- It will provide region/state specific dietary intake, patterns and health status of population groups by states/regions in the current pandemic situation.
- Once established this platform can be used to collect similar health and nutrition information periodically and can be utilized for any other data collection related to public health issues or evaluation of various national programs (for establishment of repositories/ registries of various communicable and non-communicable diseases).



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