

Child Survival and Development Report Card

Uttaranchal

Children are young saplings in the garden of life. To love them is to turn our minds to the bountiful creator. Ideally an infant thrives best on exclusive breastfeeding for the first six months and continued breastfeeding for two years or beyond along with adequate and appropriate complementary feeding starting after six months. This is critical for their health, development and survival.

Though there has been a significant improvement in the survival and development of children over the decades, however, lot more needs to be done. Let's see the situation in the state of Uttaranchal!. From the available sources we have the data on the crude birth rate (CBR), which is 20.2 and infant mortality rate (IMR) is 50 and the percentage of under weight children under the age 3 is 51.7 (Source- NHFS -2 data for Uttar Pradesh).

Extrapolating this information in numbers; of 171,296 live births each year, **8,564 children die before they reach their first birthday**. After taking into account the infant mortality each year, number of survivors at one year will be 162,731. To arrive at the number of survivors under the age 3, we have used this figure and multiplied by 3. This leads to the figure of 488,193 survivors. (This figure does not take into consideration some deaths occurring during the second and the third year). Now calculating the number of **underweight children under the age 3, that is 51.7 percent of the survivors, it comes to about 252,395**. Thus, more than 2 lakh children under the age 3 in Uttaranchal are underdeveloped and malnourished and are not likely to achieve their full growth and development potential. Table 1 also provides this data.

Table 1: Status of Child Health and Development in Uttaranchal

Population (Source- MOHFW, 2001)	8,480,000
Crude Birth Rate (Source- MOHFW, 2001)	20.2
Infant Mortality Rate (Source- MOHFW, 2001)	50
Percentage of Under Weight Children (-2SD) (Source- NFHS-1998-1999)	51.7
Calculations in Numbers¹	
Approx. No. of Children Born per Year	171,296
Approx. No. of Children who Die Before They are 1	8,564
Approx. No of Survivors Each Year	162,731
Approx. No of Survivors Under the Age 3	488,193
Approx. No. of Underweight Children Under the Age 3	252,395

¹ Calculations done by Breastfeeding Promotion Network of India

Link of Malnutrition and Inappropriate Infant Feeding Practices

Undernutrition during first two years impairs cognitive development, intelligence, strength, energy and productivity. Child malnutrition occurs entirely during the first two years and is virtually irreversible after that. Optimal feeding practices during first year of life are critical to prevent malnutrition and to ensure optimal health and development of infants and young children.

According to the W.H.O., 60 percent of all deaths under the age of 5 are related to malnutrition. **Inappropriate feeding practices are related to 2/3rd of all under five deaths.** According to the most recent estimates published in the *Lancet* 2003, 13-16 percent of all child deaths can be avoided if exclusive breastfeeding was 90 percent during first six months and continued breastfeeding was practiced. Another 6 % deaths can be avoided if adequate and appropriate complementary feeding after six months for two years of beyond was provided. Though there is no data available on the infant feeding practices in this district, but still looking at the status of infant feeding in neighboring states and the country, there is a need to improve the infant feeding practices followed in this district.

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