This section highlights the demographic composition of the state in terms of male-female, rural-urban, and SC-ST ratios, literacy and fertility rates. In addition, it also includes the size of the population of newborns and children less than five years of age (as of the Census of India, 2011) to illustrate the size of the target population for nutrition-related interventions that need to reach this vulnerable population.

A. DEMOGRAPHIC CONTEXT

I. CONTEXT

A. DEMOGRAPHIC CONTEXT

POPULATION

61,095,297

SHARE OF INDIA’S POPULATION

5.1%

Fertility Rate

1.9

Newborns

933,645

Children under 5

9,046,719

Per Capita Net State Domestic Product

766.9

GINI COEFFICIENT

0.2

Rural

0.4

Urban

Female Literacy (7 years and above)

68.1%

Male / Female population

50.7%

49.3%

Urban / Rural population

38.7%

61.3%

Source: Primary Census Abstract, Census, 2011

Source: SRS, 2013


Source: IFPRI, India state hunger index, comparisons of hunger across states, 2009

A: Gini coefficient is a measure of inequality of distribution. A Gini coefficient of 0 represents perfect equality, while a value of 100 implies perfect inequality. (See Appendix A for more information)
B. CHILD MORTALITY PER THOUSAND LIVE BIRTHS

This section illustrates trends in mortality in neonates, infants and children under 5 years, since 1992. The purpose of this is to highlight the success achieved by individual states in averting deaths of children since the economic growth of the 1990s.

<table>
<thead>
<tr>
<th>Year</th>
<th>NFHS-1</th>
<th>NFHS-2</th>
<th>NFHS-3</th>
<th>SRS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant Mortality Rate</td>
<td>65.4</td>
<td>51.5</td>
<td>43.2</td>
<td>31</td>
</tr>
<tr>
<td>Under-5 Mortality Rate</td>
<td>87.3</td>
<td>69.8</td>
<td>54.7</td>
<td>35</td>
</tr>
<tr>
<td>Neonatal Mortality Rate</td>
<td>45.3</td>
<td>37.1</td>
<td>28.9</td>
<td>22</td>
</tr>
</tbody>
</table>
II. NUTRITIONAL STATUS AMONG CHILDREN

This section presents data on nutrition outcome indicators (stunting, wasting, and underweight) and anemia prevalence. Anthropometric measures for children under 5 (stunting, wasting, and underweight) are presented over time periods, by age groups and by background characteristics. This data aims to convey the prevalence and severity of undernutrition in the state.

A. CHILD UNDERNUTRITION, BY TIME PERIOD

ANTHROPOMETRIC MEASURES

Stunting is inadequate height for age, which is indicative of chronic or cumulative nutritional deprivation in early childhood. A stunted child’s height-for-age is below -2 standard deviations from the median height-for-age (termed HAZ) of the WHO Child Growth Standards, while a severely stunted child is below -3 standard deviations.

Wasting is inadequate weight for height, which points to acute or short-term undernutrition. A wasted child’s weight-for-height (WHZ) is below -2 standard deviations from the WHO Child Growth Standards; a severely wasted child is below -3 standard deviations. (Another way to determine severe wasting or severe acute malnutrition is through a measurement of a child’s mid-upper arm circumference (MUAC).

Underweight is inadequate weight for age, a composite indicator that encompasses stunting and wasting. An underweight child’s weight-for-age (WAZ) is below -2 standard deviations from the WHO Child Growth Standards; again, a severely underweight child is below -3 standard deviations.

State’s share in the total number of stunted children in India: 2.9% (1 in 34)

State’s share in the total number of wasted children in India: 2.9% (1 in 34)

State’s share in the total number of underweight children in India: 2.9% (1 in 34)

*Wasting is subject to seasonal variations either in food supply or disease prevalence and hence may not be comparable across groups of children measured at different times of the year within a survey round as well as between different survey rounds.

Source: NFHS-3, 2006
In this section, child undernutrition outcomes are presented, along with key socioeconomic drivers that are known to be associated with child nutrition, such as caste, residence, mother’s health and education, and household income.

### C. PREVALENCE OF CHILD UNDERNUTRITION, BY BACKGROUND CHARACTERISTICS

In this section, child undernutrition outcomes are presented, along with key socioeconomic drivers that are known to be associated with child nutrition, such as caste, residence, mother’s health and education, and household income.

#### MOTHERS’ EDUCATION

- No education: Stunting 45.1, Wasting 28.1, Underweight 51.2
- < 5 years complete: Stunting 28.5, Wasting 25.5, Underweight 25.4
- 5-9 years complete: Stunting 25.1, Wasting 20.4, Underweight 19.1
- 10 or more years complete: Stunting 47.5, Wasting 19.9, Underweight 43.2

#### WEALTH INDEX

- Lowest: Stunting 19.9, Wasting 7.1, Underweight 5.7
- Second: Stunting 22.4, Wasting 15.1, Underweight 6.6
- Middle: Stunting 20.4, Wasting 17.4, Underweight 4.6
- Fourth: Stunting 4.9, Wasting 9.6, Underweight 4.9
- Highest: Stunting 18, Wasting 6.2, Underweight 3.8

#### MOTHERS’ BMI

- Normal (BMI 18.5 - 24.9): Stunting 14.6, Wasting 7.1, Underweight 6.2
- Overweight (BMI more than 25.0): Stunting 4.9, Wasting 9.6, Underweight 4.9

---

**Source:** NFHS-3, 2006
In this section, child undernutrition outcomes are presented, along with key socioeconomic drivers that are known to be associated with child nutrition, such as caste, residence, mother’s health and education, and household income.

**C. PREVALENCE OF CHILD UNDERNUTRITION, BY BACKGROUND CHARACTERISTICS**

![Graph showing prevalence of child undernutrition by caste](image1)

![Graph showing prevalence of child undernutrition by residence](image2)

Source: NFHS-3, 2006

NFHS-3 2006   |   Y-axis indicates prevalence rates in percentages
D. ANEMIA PREVALENCE

Anemia can impair physical and cognitive development among children and create long term impacts on productivity and wellbeing. This section features data on anemia prevalence by severity and age groups for children under 5.

Anemia Status, by hemoglobin level

- **Mild**: 15.4%
- **Moderate**: 46.5%
- **Severe**: 14%
- **Any Anemia**: 75.9%

Anemia Prevalence, by age

- **6-11 months**
  - Mild: 25.7%
  - Moderate: 55.9%
  - Severe: 2%
- **12-23 months**
  - Mild: 28.7%
  - Moderate: 54%
  - Severe: 5%
- **24-35 months**
  - Mild: 31.2%
  - Moderate: 43.2%
  - Severe: 5.3%
- **36-47 months**
  - Mild: 29.1%
  - Moderate: 32.2%
  - Severe: 2.1%
- **48-59 months**
  - Mild: 26.9%
  - Moderate: 17.6%
  - Severe: 0.9%

**Source:** DLHS-4, 2012-13

**Source:** NFHS-3, 2006
### III. IMMEDIATE DETERMINANTS

#### A. INFANT AND YOUNG CHILD FEEDING (IYCF) PRACTICES

This section presents indicators for assessing IYCF practices as recommended by the WHO and revised in 2008. Following optimal IYCF practices during the first 1,000 days is crucial for early child survival and growth as well as long-term health and wellbeing.

<table>
<thead>
<tr>
<th>Description</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children aged 0-23 months breastfed immediately/within an hour of birth</td>
<td>45.4%</td>
</tr>
<tr>
<td>Children aged 0-5 months who were exclusively breastfed</td>
<td>55.1%</td>
</tr>
<tr>
<td>Children aged 6-8 months who were fed complementary foods</td>
<td>63.4%</td>
</tr>
<tr>
<td>For breastfed children (6-23 months):</td>
<td></td>
</tr>
<tr>
<td>A. Fed minimum number of times.</td>
<td>44.3%</td>
</tr>
<tr>
<td>Note: At least twice a day for breastfed infants 6-8 months old and at least three times a day for breastfed children 9-23 months old</td>
<td></td>
</tr>
<tr>
<td>B. Had minimum dietary diversity</td>
<td>21.8%</td>
</tr>
<tr>
<td>Note: Minimum dietary diversity refers to four or more food groups fed to children aged 6-23 months</td>
<td></td>
</tr>
</tbody>
</table>

#### B. CHILD HEALTH

<table>
<thead>
<tr>
<th>Prevalence of childhood illnesses (in children aged 0-59 months)</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Had diarrhea in 15 days prior to survey</td>
<td>9.3%</td>
</tr>
<tr>
<td>Had fever in 15 days prior to survey</td>
<td>14.6%</td>
</tr>
<tr>
<td>Had symptoms of Acute Respiratory Infection (ARI) in 15 days prior to survey</td>
<td>5.7%</td>
</tr>
</tbody>
</table>

*The 7 food groups include the following: i. grains, roots and tubers ii. legumes and nuts iii. dairy products (milk, yoghurt, cheese) iv. Flesh foods (meat, fish, poultry, and liver/organ meats) v. eggs vi. Vitamin-A rich fruits and vegetables vii. other fruits and vegetables.*

*Source: RSoC, 2014*
Maternal health and nutrition, as well as adolescent nutrition, have important consequences for intergenerational transmission of undernutrition. Data on Body Mass Index (BMI), anemia prevalence and height among women of reproductive age are presented in this section, as are data on adolescent BMI and anemia.

**C. NUTRITIONAL STATUS OF WOMEN AND ADOLESCENT GIRLS**

BMI levels of women aged 15-49 years

- Thin: 5.6%
- Normal: 51.4%
- Overweight: 27.7%
- Obese: 15.2%

62.5% Women aged 15-49 years are anemic
6.9% Women aged 15-49 years are severely anemic

Anemia prevalence in pregnant women aged 15-49 years

- Mild: 35.4%
- Moderate: 19.2%
- Severe: 3.9%
- None: 19.2%
- Any: 64.6%

BMI levels of adolescent girls aged 15-18 years

- Normal: 58%
- Thin: 37.8%
- Overweight and Obese: 4.2%

51.3% Adolescent girls aged 15-19 years are anemic
1.3% Adolescent girls aged 15-19 years are severely anemic

---

1 Body Mass Index (BMI) is defined as the weight in kilograms by the square of the height in metres (kg/m²). It is a simple index of weight-for-height which is commonly used to classify underweight, overweight and obesity in adults. Range: BMI<18.5=total thin, BMI 18.5-24.9=normal, BMI 25.0-29.9=Overweight, BMI>30.0=Obese [per WHO Standards]
IV. UNDERLYING DETERMINANTS

A. SOCIAL STATUS OF WOMEN

Women’s status is recognized to contribute in significant ways to improving nutrition. This section presents indicators that are representative of women’s social status, including measures of education, age at marriage and first birth, employment, decision making and domestic violence. It also includes the Gender Empowerment Measure that captures gender inequality along three dimensions: political participation and decision-making power, economic participation and decision-making power, and power over economic resources.

Currently married women who have 10 or more years of schooling 18

26.3%

Women aged 20-24 years who were married before the age of 18 19

22.4

Average age at marriage 19

Gender Empowerment Measure 20

0.5

0.5

National Average 20

Currently married women who make decisions about 23:

19.9%

12.9%

15.3%

17.4%

Women who have experienced any form of physical/sexual/emotional violence 23

21.5%

68.9%

Ever married women who justify hitting/wife-beating (for either of the reasons mentioned) 23

Female workforce participation rate 22

31.9%

Source: DLHS-4, 2012-13

Source: RSoC, 2014

Source: MoWCD, 2006

Source: Women and Men in India, 16th Issue MoSPI, 2014

Source: NFHS-3, 2006

Body Mass Index (BMI) is defined as the weight in kilograms by the square of the height in metres (kg/m²). It is a simple index of weight-for-height which is commonly used to classify underweight, overweight and obesity in adults. Range: BMI <18.5=total thin, BMI 18.5-24.9=normal, BMI 25.0-29.9=Overweight, BMI >30.0=Obese [per WHO Standards]
B. WATER AND SANITATION

Poor hygiene and sanitation, by directly increasing exposure and susceptibility to infections, are associated with undernutrition among children. This section covers key indicators on access to safe drinking water and availability of sanitation facilities at the state level. It also includes the expenditure on toilet construction under the Total Sanitation Campaign.

- 95% Households with access to improved sources of drinking water
- 55.5% Households using improved sanitation facility
- 33.2% Households practicing open defecation

Expenditure on toilets under Total Sanitation Campaign (TSC)

C. AGRICULTURE AND FOOD SECURITY

Agriculture productivity and food security can affect household access to foods necessary for a healthy diet. Thus, this section presents indicators related to agricultural growth and food consumption patterns in the state, indicating the level of food security in the state relative to the national situation.

- 5.4% Growth rate of agriculture from 2007-2012
- 4.6% Share in India’s total foodgrain production
- Mean Calorie intake per person per day (in Kcal)

Expenditure on food items by income quintiles

1. Improved sources of drinking water include: piped water into dwelling, piped water to yard/plot, public tap or standpipe, tubewell or borehole, protected dug well, protected spring, and rainwater (as per Joint Monitoring Programme definition: http://www.wssinfo.org/definitions-methods/watsan-categories/).
2. Improved sanitation means households using improved toilets that include: flush toilet, piped sewer system, septic tank, flush/pour flush to pit latrine, ventilated improved pit latrine, pit latrine with slab, composting toilet, special case (as per Joint Monitoring Programme definition: http://www.wssinfo.org/definitions-methods/watsan-categories/); excludes those households who are using improved toilets but sharing toilet facilities with other households.
3. Besides toilet construction subsidies, this expenditure also includes funding other activities such as solid and liquid waste management, IEC activities for sustainable demand generation for sanitation facilities, assistance to production centers of sanitary materials and rural sanitary marts, provision of construction of community sanitary complexes, provision of sanitation facilities in govt. schools and Anganwadis in govt. buildings etc.

Source: RSoC, 2014
Source: Indiastat, Rajya Sabha Unstarred Question No. 2950, dated on 30.08.2011, 2011-12
Source: Indiastat, compiled by datanet from Rajyasabha & Loksabha unstarred questions no. 3039, 4535. 2007-12
Source: Indiastat, Ministry of Agriculture, Government of India 2011-2012
Source: NSSO, 68th round - Nutritional Intake in India, 2011-12
Source: NSSO, 68th round-Nutritional Intake in India, 2011-12
V. STATUS OF NUTRITION-RELEVANT INTERVENTIONS

A. NUTRITION-SPECIFIC INTERVENTIONS

The financial resources allocated to, and spent on direct nutrition-specific interventions can determine the scale, coverage and quality of interventions to reach vulnerable target populations. These services, in India, are delivered both by the Integrated Child Development Scheme (ICDS) and the National Health Mission (NHM). This section includes data on the coverage of interventions delivered by these two key centrally-sponsored schemes that directly impact maternal and child nutrition and health. We also include here information on the human resources and service availability of these schemes and expenditures.

A.1. COVERAGE OF ICDS AND NHM:

The Integrated Child Development Services (ICDS) aims to improve the nutrition and health status of children under-six through a package of services (supplementary nutrition, immunization, health check-up, referral services, etc.) delivered through frontline workers at the Anganwadi Centres (AWCs). This section provides information on expenditure on ICDS and coverage of its supplementary nutrition programme (SNP). This section also covers critical services provided by the health system, including provision of care for pregnant women and child immunization. Immunization plays a crucial role in complementing actions to improve nutrition. The link between undernutrition and infectious diseases is cyclical, poor nutrition increases vulnerability to infections, which in turn worsen nutrition status. Data on immunization among children are presented by residence. Here, full immunization refers to children covered with BCG, measles and 3 doses each of DPT and polio.

<table>
<thead>
<tr>
<th>Beneficiaries who availed supplementary food under ICDS(^{29})</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Children 6-35 months</td>
<td>56.3%</td>
</tr>
<tr>
<td>Children 36-71 months</td>
<td>47.1%</td>
</tr>
<tr>
<td>Pregnant women</td>
<td>48.8%</td>
</tr>
<tr>
<td>Lactating mothers</td>
<td>52.3%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Beneficiaries who received supplementary food for at least 21 days in the month prior to the survey</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Children aged 6-35 months</td>
<td>40.3%</td>
</tr>
<tr>
<td>Children aged 36-71 months</td>
<td>51.8%</td>
</tr>
<tr>
<td>Pregnant women</td>
<td>40.7%</td>
</tr>
<tr>
<td>Lactating women</td>
<td>37.6%</td>
</tr>
</tbody>
</table>

\(^{29}\) Source: RSoC, 2014
A.2. PERSONNEL CAPACITY OF ICDS AND NRHM:

This section features data on availability of healthcare personnel and services available to women of reproductive age (antenatal care, tetanus toxoid coverage, iron-folic acid supplementation coverage, institutional delivery and counseling). Household and individual access to health services can directly impact children's nutrition and welfare during the crucial first 1,000 days of life.

<table>
<thead>
<tr>
<th>Services Provided to Women Who Had a Live Birth in Last 35 Months</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Received 3 or more antenatal checkups prior to delivery</td>
<td>87.9%</td>
</tr>
<tr>
<td>Received 2 or more TT injections prior to delivery</td>
<td>93.2%</td>
</tr>
<tr>
<td>Consumed 100 or more IFA tablets/syrup during pregnancy</td>
<td>34.1%</td>
</tr>
<tr>
<td>Had Institutional delivery</td>
<td>92%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Women Given Advice on</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>65.3% Breastfeeding</td>
<td></td>
</tr>
<tr>
<td>54.3% Nutrition of mother and child</td>
<td></td>
</tr>
<tr>
<td>35.9% Institutional delivery</td>
<td></td>
</tr>
</tbody>
</table>

A.2. PERSONNEL CAPACITY OF ICDS AND NRHM:

This section features data on availability of healthcare personnel and services available to women of reproductive age (antenatal care, tetanus toxoid coverage, iron-folic acid supplementation coverage, institutional delivery and counseling). Household and individual access to health services can directly impact children's nutrition and welfare during the crucial first 1,000 days of life.

<table>
<thead>
<tr>
<th>Availability of Anganwadi Centres and Workers (AWCs and AWWs)</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pending or vacant Anganwadi workers to sanctioned number of workers</td>
<td>4.3%</td>
</tr>
<tr>
<td>AWWs living in the AWC village/ward</td>
<td>60.8%</td>
</tr>
<tr>
<td>AWWs having 10 or more years of schooling</td>
<td>92.8%</td>
</tr>
<tr>
<td>Median age of AWWs</td>
<td>40 years</td>
</tr>
<tr>
<td>AWCs serving to population more than the stipulated norm</td>
<td>51.7%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Growth Monitoring</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>AWCs having functional baby weighing scale</td>
<td>90.8%</td>
</tr>
<tr>
<td>AWCs having functional adult weighing scale</td>
<td>74.9%</td>
</tr>
<tr>
<td>Available WHO growth chart at AWCs</td>
<td>99.1%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Source</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>RSoC, 2014</td>
<td>Number of AWCs surveyed for Karnataka as per RSoC 2014 is 154.</td>
</tr>
<tr>
<td>MoWCD, 2012</td>
<td></td>
</tr>
<tr>
<td>DLHS-4, 2012-13</td>
<td></td>
</tr>
</tbody>
</table>
Training and Comprehensive Knowledge

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>AWWs having correct knowledge of intake of food by pregnant women</td>
<td>94.2%</td>
</tr>
<tr>
<td>AWWs having correct knowledge of normal birth weight of children</td>
<td>87%</td>
</tr>
<tr>
<td>AWWs having correct knowledge of initiation of breastfeeding within one hour</td>
<td>96.4%</td>
</tr>
<tr>
<td>AWWs having correct knowledge of exclusive breastfeeding for the first six months</td>
<td>93.2%</td>
</tr>
<tr>
<td>AWWs having correct knowledge of appropriate age of child for complementary feeding</td>
<td>95.4%</td>
</tr>
</tbody>
</table>

Health Service Delivery Personnel

<table>
<thead>
<tr>
<th>Description</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>ASHAs selected</td>
<td>79%</td>
</tr>
<tr>
<td>Pending or vacant ANM positions sub centres &amp; PHCs</td>
<td>0%</td>
</tr>
</tbody>
</table>

A.3. EXPENDITURE ON SCHEMES DELIVERING NUTRITION-SPECIFIC INTERVENTIONS

<table>
<thead>
<tr>
<th>Expenditure on Schemes (in million dollars)</th>
<th>In million USD</th>
<th>National Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>ICDS (ICDS general + SNP + training) (women and children)</td>
<td>112</td>
<td>75</td>
</tr>
<tr>
<td>NRHM expenditure (Central Government)</td>
<td>105.5</td>
<td>68.8</td>
</tr>
<tr>
<td>NRHM expenditure (State Government)</td>
<td>21.4</td>
<td>9.3</td>
</tr>
</tbody>
</table>

B. NUTRITION-SENSITIVE INTERVENTIONS

This section includes information on expenditure and coverage of key centrally-sponsored schemes that indirectly impact maternal and child nutrition. These are: the Mid Day Meal Scheme (MDMS), Public Distribution System (PDS), and Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA).

B.1. COVERAGE OF SCHEMES DELIVERING NUTRITION-SENSITIVE INTERVENTIONS

<table>
<thead>
<tr>
<th>Coverage of Schemes</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>MDMS (base: eligible children *)</td>
<td>53.6%</td>
</tr>
<tr>
<td>PDS (base: rural and urban households reporting consumption)</td>
<td>59.7%</td>
</tr>
<tr>
<td>MGNREGA (base: rural persons 18 years and above registered in MGNREG job card and demanded work during last 365 days)</td>
<td>64.9%</td>
</tr>
</tbody>
</table>

* All children studying in primary & upper primary classes in schools supported under Sarva Shiksha Abhiyan and NCLP (National Child Labour Project) run by Ministry of Labour.

B.2. EXPENDITURE ON SCHEMES DELIVERING NUTRITION-SENSITIVE INTERVENTIONS:

<table>
<thead>
<tr>
<th>Expenditure on Schemes (in million dollars)</th>
<th>In million USD</th>
<th>National Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>MDMS</td>
<td>130</td>
<td>47</td>
</tr>
<tr>
<td>PDS</td>
<td>996.6</td>
<td>475.3</td>
</tr>
<tr>
<td>MGNREGA</td>
<td>241</td>
<td>214</td>
</tr>
</tbody>
</table>