

National Nutrition Policy and Strategy



February 2008

Nutrition Section,
Child Health Division,
Department of Health Services,
Ministry of Health & Population



Government of Nepal
Ministry of Health & Population

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Preface

Nutrition is the basic requirement for human beings. Nutrition makes people healthy and helps to fight against the diseases by enhancing immune mechanism. Good nutrition is very important for all age groups, whether they are healthy or sick. But the nutrition of pregnant women and children is extremely important as it helps to produce healthy citizens in the country.

Nepal has seen rapid changes in recent years in terms of food behaviors due to globalization of food and food habits. The availability and accessibility to food has increased in the country except in few remote districts. According to the Nepal Demographic & Health Survey 2006, the reduction of under five malnutrition is very minimum and in remote and rural areas, the prevalence of some of the diseases associated with food and micronutrients is a major problem. On the other hand, new problems associated with food consumption are also emerging due to the widespread faulty food habit, behavior and misconceptions prevalent in the Nepalese society.

I hope that the 'Nutrition Policy and Strategy' (revised edition) will address all these issues and help to reduce those food-related problems: apart from serving as a guiding document for all line agencies, external development partners, stakeholders and NGOs/ INGOs committed for uplifting the nutrition status of Nepalese population.

February 2008

Dr. Bishnu Prasad Pandit

Officiating Secretary



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Foreword

Incursion of various diseases and the conditions related to poor health and nutritional status arising from the poor socio-economic status of the most vulnerable people, are the major public health associated problem of the country. The Government of Nepal is continuously struggling to improve the health and nutritional status of Nepalese people. As a result of our efforts, the overall health situation in Nepal is improving as revealed by decreasing trend of infant, child and maternal mortality rates. However, eliminating the problem of malnutrition in Nepal remains a Herculean task for us since more than half of the children aged under five and one fourth of the women are still under-nourished. In order to improve this situation, an effective program supported by appropriate Sectoral policy and strategy of the government and its development partners is essential.

In this context, a "National Nutrition Policy and Strategy"(revised edition ~~2000~~) has been recently compiled as a single document in a very systematic and Comprehensive manner. I would assure you that this document would be excellent and unique document, because it includes the current nutritional situation, guiding principles, overall nutrition policy & strategy, goal and targets set by Second Long Term Health Plan and Millennium Development Goals, program. It also contains indicators and other relevant information regarding nutrition. I believe that if all health scholars and health program managers refer this document prior to design in implementation of nutrition activities in their working field, a strong health and nutrition delivery system would be assured.

I would like to express my hearty congratulation to the team lead by the Director, Child Health Division for their praise-worthy effort in the preparation of this revised document. I would also like to appreciate the support from international development partners like Japan International Cooperation Agency, UNICEF, WHO and Micronutrient Initiative and experts form different institutions during the finalization of this revised document.


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Dr. G.P.Ojha
Director General



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Acknowledgements

Nutrition intervention has been a priority element of essential health care services. The main interventions include nutritional supplementation, nutritional enrichment, nutrition education and nutritional rehabilitation. However, the health sector alone cannot carry out the interventions effectively and improve the nutritional status of the people. For this, contribution of other sectors is equally important. I hope that this policy and strategy will help to enhance collaboration and coordination among different health and nutrition related sectors in improving nutrition status of the people.

This revised policy and strategy document is the outcome of the effort of many institutions and individuals. I would like to thank the various line ministries, the National Planning Commission, the Institute of Medicine, the Department of Food Technology and Quality Control, and Padma Kanya Campus for their support, cooperation and feedback during the development of this document.

Our deep appreciation goes to the JICA for their support and also would like to thank to the Nutrition advisor of child health division, Dr. Toru Rikimaru for his efforts to compile this document. I also acknowledge the support provided by the advisory committee members and experts from relevant fields for their continuous support in the preparation of this revised 2064 document.

Further I would like to give special thanks to other international donor partners such as WHO, UNICEF, MI, UMN, WFP as well as various NGOs for their valuable supports and imputes.

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Dr. Yashovardhan Pradhan
Director

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ACRONYMS

AIDS	Acquired Immune–Deficiency Syndrome
ANC	Antenatal Care
API	Annual Parasitic Incidence
AR	Annual Report
ARI	Acute Respiratory Infections
BCC	Behavior Change Communication
BCHIMES	Between Census Household Information Monitoring and Evaluation Survey
BF	Breast Feeding
BFHI	Baby Friendly Hospital Initiative
BMI	Body Mass Index
BPP	Birth Preparedness Package
CBOs	Community Based Organizations
CDC	Curriculum Development Center
CF	Complementary Feeding
CHD	Child Health Division
DALYs	Disability–Adjusted Life Years
DFTQC	Department of Food Technology and Quality Control
DHO	District Health Office(r)
DHS	Demographic and Health Survey
DoHS	Department of Health Services
DOTS	Directly Observed Treatment Short Course
DPHO	District Public Health Office(r)
EDCD	Epidemiology and Disease Control Division
EPI	Expanded Program of Immunization
EPP	Emergency Preparedness Plan
Ex. BF	Exclusively Breast Feeding
FAO	Food and Agriculture Organization
FCHVs	Female Community Health Volunteers
FHD	Family Health Division
GM	Growth Monitoring
GMP	Growth Monitoring Practice
Hb	Hemoglobin
HIV	Human Immuno–Deficiency Virus
HMG	His Majesty’s Government

HMIS	Health Management and Information System
HPs	Health Posts
HWs	Health Workers
IDA	Iron Deficiency Anemia
IDD	Iodine Deficiency Disorder
IEC	Information, Education and Communication
IMCI	Integrated Management of Childhood Illness
INGOs	International Non Governmental Organizations
IOM	Institute of Medicine
ISA	Iodized Salt Act
IU	International Unit
IYCF	Infant and Young Child Feeding
JICA	Japan International Cooperation Agency
KABP	Knowledge, Attitude, Behavior and Practice
LBW	Low Birth Weight
LMD	Logistic Management Division
LMIS	Logistic Management Information System
MCHC	Maternal and Child Health Care
MD	Management Division
MDGs	Millennium Development Goals
MoAC	Ministry of Agriculture and Cooperatives
MoE	Ministry of Education
MoH	Ministry of Health
MoHAPP	Ministry of Housing and Physical Planning
MoIC	Ministry of Industries and Commerce
MoLD	Ministry of Local Development
MoWCSW	Ministry of Women, Children and Social Welfare
NCASC	National Center for AIDS and STDs Control
NCHS	National Center for Health Statistics
NFHS	Nepal Family Health Survey
NGOs	Non Government Organizations
NHEICC	National Health Education, Information and Communication Center
NHRC	Nepal Health Research Council
NHTC	National Health Training Center
NNIPS	National Nutrition Interventions Project-Sarlahi
NMSS	Nepal Micro-nutrient Status Survey

NPC	National Planning Commission
NS	Nutrition Section
ORCs	Outreach Clinics
PAHO	Pan American Health Organization
PEM	Protein Energy Malnutrition
PHCC	Primary Health Care Center
PNC	Postnatal Care
RDA	Recommended Dietary Allowances
RHCC	Reproductive Health Coordination Committee
SHN	School Health and Nutrition
SHPs	Sub-Health Posts
SLTHP	Second Long-Term Health Plan
SMC	School Management Committee
STC	Salt Trading Corporation
UIE	Urinary Iodine Excretion
UNICEF	United Nations Children's Fund
VA	Vitamin A
VAD	Vitamin A Deficiency
WFP	World Food Program
WHO	World Health Organization

PREAMBLE

Improving the nutritional status of people is one of the prime duties of the government and is an essential factor in improving their health status and the quality of life. There are already many nutrition-related programs. It is, therefore, important to clarify the strategies and the types of activities really necessary for each program. The development and the proposition of nutrition policies and strategies as well as activities to be carried out are thus very important. This is also expected to be useful in systematic and efficient implementation of various nutrition programs.

This paper introduces the causes and the consequences of various types of malnutrition commonly seen in Nepal; the current nutritional situation in Nepal; and the current government actions in the nutrition sector. Then it introduces the overall goal and objectives and targets of each strategic approach. Basis of nutrition policy and guiding principles were explained which are very important and indispensable for the implementation of all the nutrition activities and for the development of nutrition programs. Furthermore, the general strategies for all the nutrition programs are profiled to explain the concepts. Additionally, individual strategic approaches are illustrated with objectives, specific objectives, activities, and indicators. Specific objectives are induced as prerequisite condition to solve the cause of each nutritional problem. Strategies are set to accomplish each specific objective, and activities are set as components for supporting corresponding strategies. Responsible bodies for the implementation of these activities are also listed. Indicators are identified for monitoring and evaluating the achievement of the specific objectives. Finally, annexes are attached with important guidelines and standards as useful information for program implementation.

This paper introduces 13 strategic nutrition approaches, some currently being implemented by the nutrition sector and others not yet implemented but certainly necessary in the current situation. Except for 'the strategy for monitoring,' 12 other strategic approaches are categorized into the types of short and long term objectives according to the duration between programmatic input and their expected impacts. The programs that are categorized as ones with short term objectives are Protein-energy Malnutrition (PEM), Iron Deficiency Anemia (IDA), Iodine Deficiency Disorder (IDD), Vitamin A Deficiency (VAD), Intestinal Worm infestation, Low Birth Weight (LBW), Infectious Diseases and Nutrition in Exceptionally Difficult Circumstance. The programs categorized as those with long term objectives are Household Food Security, Dietary Habit, Life-style Related Diseases and School Health and Nutrition.' PEM, including LBW, is a very challenging issue, because the prevalence is associated strongly with various socio-economic factors. Therefore, PEM can also be categorized as a long-term approach.

All the programs with short-term objectives, beside for 'nutrition in exceptional circumstances' have been conducted in the nutrition sector and other sectors, such as the

family health and the public health sectors. However, the development or the improvement of the strategies is very urgent in order to strengthen the management of the programs. In addition, challenging programs, such as PEM and anemia control, need some collaboration with other programs with long-term approaches, such as food security, dietary habits and school health and nutrition.

To have effective and efficient achievement of program, we must consider expanding the target groups from those already at critical risk, to groups who are expected to be influence in the future. School children have great potential to contribute to increasing the knowledge about health and nutrition among their family and community members and to improve the health and nutrition standard as a result of education and practice of health and nutrition at schools. Since the school health and nutrition programs must be effective in this long term view-point, the school health and nutrition strategies are also included in this policy and strategy paper.

Malnutrition during childhood can lead to a risk of life-style diseases in the future as well as immediate risks of morbidity/mortality, according to a recent study¹. We must recognize that the causes of life-style diseases are not necessarily the current life style, but can also reflect the nutritional status of childhood. Yet, current life-style, including food habits, has a great influence on life-style diseases, and people's life style is gradually changing in Nepal. Several studies alarmed to pay attention to these types of diseases even in developing countries. The paper summarizes the strategies for such diseases, considering that the program implementation of life-style disease control is now necessary in this country.

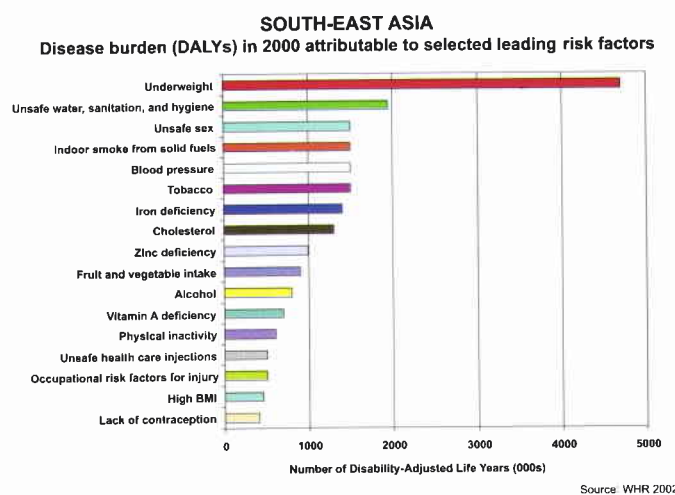
Due to the political conflict and natural disasters, Nepal is facing the problem of migration and displaced people. Natural disasters such as flood and landslides occur seasonally, increasing the number of displaced people who suffer from lack of food. In addition, special attention has to be paid to HIV positive mothers who breastfeed their babies, because these babies have a high risk of transmission of HIV through breast milk. To reduce the risk of malnutrition and the death from HIV, possible interventions must be conducted to protect children and mothers from this critical situation. Considering the current situations of Nepal, the strategies for nutrition in exceptionally difficult circumstances are proposed and incorporated in this paper.

We expect that this paper will contribute to the recognition, measurement and sharing of nutritional concerns held in common by any stakeholders planning to take action.

1. Background

Human beings need to have adequate nutrition to attain normal physical growth (in children) and for a healthy life. Adequate nutrition is a fundamental right for every human being. If people fail to consume sufficient quality and quantity of nutrients, they will suffer from hunger or malnutrition. Malnutrition takes a variety of forms. The main types of malnutrition seen in Nepal are protein-energy malnutrition, iodine deficiency disorders, iron deficiency anemia and vitamin A deficiency². In particular malnutrition places an enormous burden on children and women. Even mildly or moderately malnourished children and women are more likely to be at high risk of death due to lack of resistance against common infectious diseases. The above types of malnutrition not only affect people's health but also affect the quality of life and the development of the socio-economic situation in the country.

The World Health Report 2002 clearly describes how childhood and maternal underweight are the greatest risk factor among several main factors that affect people's health and disease status in the world, particularly in Asia³. In the Millennium Development Goals (MDGs), underweight has been adopted as a key indicator of poverty and hunger⁴. In addition, improved nutrition can help in reaching the MDGs by contributing to the achievement of universal primary education, reducing child mortality, improving maternal health, reducing the burden of HIV/AIDS and other infectious diseases as well as reducing poverty and hunger⁵. From these points of view, it is recognized that policies, programs and processes for nutrition improvement have a great role to play in promoting healthy lives and development across the globe.



DALYs: Disability-adjusted life years (DALYs) for a disease or health condition are calculated as the sum of the years of life lost due to premature mortality (YLL) in the population and the years lost due to disability (YLD) for incident cases of the health condition.

The burden of disease study (SLTHP, 1997-2017) has shown that group 1st category that includes pre-transition disorders such as infectious diseases, maternal and perinatal disorders and nutrition deficiency in Nepal are responsible for more than two-thirds of the disease burden i.e. 68%. Therefore nutrition intervention has been recommended as a priority element of essential health care services. Main interventions included are nutritional supplementation, enrichment, nutrition education and rehabilitation. Similarly, Nepal Health Sector strategy 2004, and Nepal Health Sector Implementation Plan have recognized

the nutritional problems of mother and children and have recommended adopting a specific implementation strategy with regards to nutrition.

Considering the nutritional situation in Nepal the government needs to take more intensified action to reduce the risk of malnutrition for all the Nepali people and to contribute to creating better lives and development in Nepal.

1.1 Causes and consequences of malnutrition

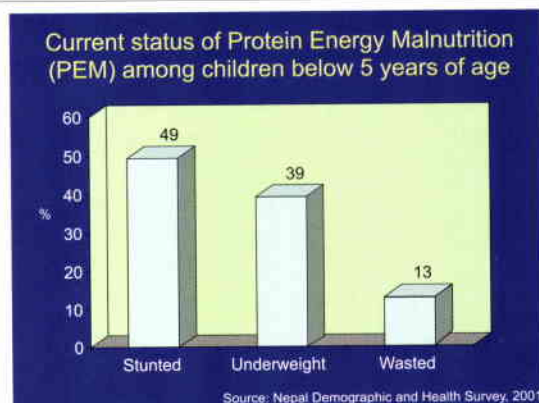
	Causes	Consequences
Protein-energy Malnutrition (PEM) (Children)	<ul style="list-style-type: none"> • Inappropriate breastfeeding • Inadequate complementary feeding practices • Insufficient health services (Growth monitoring and counseling) • Low birth weight. • Infectious diseases • Inadequate energy intake 	<ul style="list-style-type: none"> • Failing to grow (underweight, stunted, and wasted) • Reduced learning ability • Reduced resistance and immunity against infection • Reduced productivity in the future
(Women)	<ul style="list-style-type: none"> • Inadequate energy intake • Inadequate knowledge and practice of maternal feeding • Heavy physical workload • Lack of extra food intake during pregnancy and lactation 	<ul style="list-style-type: none"> • Low birth weight • Increased risk of maternal mortality and morbidity • Reduced productivity
Iron Deficiency Anemia (IDA)	<ul style="list-style-type: none"> • Inadequate intake of iron from daily diets • Inadequate absorption of dietary iron • Infestations such as hookworms and malaria • High requirements of iron particularly during growth and pregnancy • Blood loss (menstruation, and injury) • Vitamin A deficiency 	<ul style="list-style-type: none"> • Impaired human function at all stages of life • Impaired work performances, endurance and productivity • Increased risk of maternal morbidity and mortality • Increased risk of sickness and death for the baby
Iodine Deficiency Disorders (IDD)	<ul style="list-style-type: none"> • Lack of iodine in food 	<ul style="list-style-type: none"> • Cretinism • Goiter • Impaired cognitive function • Increased prenatal morbidity and mortality • Reduced productivity
Vitamin A deficiency (VAD)	<ul style="list-style-type: none"> • Low intake of Vitamin A from daily diets • Restricted Vitamin A (VA) absorption • Worm infestation • Increased VA requirement resulting from infectious diseases 	<ul style="list-style-type: none"> • Xerophthalmia (Night blindness, Bitot's spot, corneal ulcer, Keratomalacia, xerosis) • Increased risk of morbidity and mortality • Increased risk of anemia
Intestinal worms	<ul style="list-style-type: none"> • Poor hygienic manner and environment • Inadequate opportunities for taking deworming tablets 	<ul style="list-style-type: none"> • Anemia and malnutrition
Low birth weight (LBW)	<ul style="list-style-type: none"> • Small maternal size at conception (low weight and short stature) • Low gestational weight gain • Maternal anemia • Maternal malnutrition • Premature delivery • Early pregnancy 	<ul style="list-style-type: none"> • Increased mortality and morbidity • Increased risk of stunting • Poor neurodevelopment • Reduced strength and work capacity • Increased risk of chronic diseases

Household food insecurity	<ul style="list-style-type: none"> • Low food production • Food loss during storage and preservation • Poor food processing skills • Poor management in food allocation • Low income for purchasing foods 	<ul style="list-style-type: none"> • Malnutrition • Reduced productivities • Increased risk of mortality and morbidity
Infectious diseases	<ul style="list-style-type: none"> • Lack of knowledge, attitude and practice of good hygiene manner • Insufficient access to public health services and medical treatment • Poor nutritional status • Poor hygienic environment 	<ul style="list-style-type: none"> • Increased mortality • Increased malnutrition
Life-style related diseases	<ul style="list-style-type: none"> • Unbalanced food intake • Insufficient practice of healthy life style (tobacco use, alcohol, lack of exercise, etc) • Childhood malnutrition and obesity • Mental stress 	<ul style="list-style-type: none"> • Increase mortality • Reduced quality of life • Reduced productivity

1.2 Current nutritional situation in Nepal

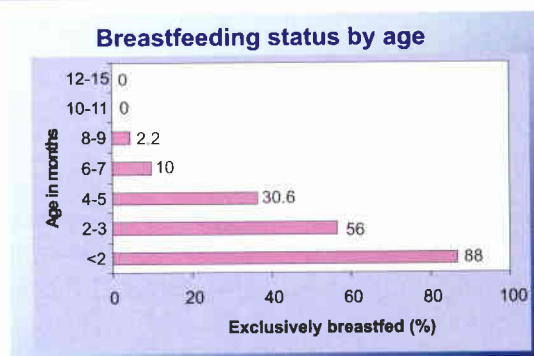
Protein-energy Malnutrition (PEM)

- 49% of children below 5 years of age are affected by stunting (short for their age), which can be a sign of early chronic under-nutrition⁶.
- 39% of the children are underweight (low weight for age)⁶.
- 13% of the children are wasted (thin for their age), which can be an indicator of acute under-nutrition⁶.
- Stunting is more common in the Mountain areas than in the Terai, but underweight and wasting are more common in the Terai areas.
- 24% of women fall below the cut-off point of BMI (<18.5)
- Prevalence of stunting, underweight and wasting tended to increase after 6 months of age indicating that the practice of complementary feeding was not appropriate for their growth.



Breast feeding (BF)

- Percentage of exclusively breastfed children <6 months is 53%, however this coverage is still low. Only about half of the children continue to be exclusively breastfed by the time they are 6 months old⁶.
- Nearly one in three children are breastfed within one hour of birth.
- Initiation of breastfeeding is delayed for more than 24 hours 85%⁶.
- 36.5% of neonates received a prelactal feed⁶.



<p>Complementary feeding (CF)</p>	<ul style="list-style-type: none"> 96% of children aged 6-9 months receive foods made from grains as complementary food⁶. The consumption rate of vegetables and fruits is relatively low, with only about 50% even in children aged one year⁶. Only around 29.6% of children aged one year consume meat products⁶. The frequency of meal was about 3 times per day in children aged one year⁶. This is quite low compared with the recommended frequency of 4 to 6 times including snacks, according to WHO complementary feeding guideline¹⁰. 	<p>Foods consumed by children</p>
<p>Iron Deficiency Anemia (IDA)</p>	<ul style="list-style-type: none"> Prevalence of anemia was higher in preschool children (48%) than in women (36%). An astonishingly high rate of 82% was found in infants, 6-11 months old⁷. Among women, there is distinct variation between ecological zones, with highest levels in the Terai, followed by the Mountains⁷. Only 32% of pre-school children and 41% of pregnant women consumed an adequate amount of iron to fulfill their daily requirements⁷. Prevalence of anemia was also high (64%) in high school adolescents who attended the Government Girl's high school in Kathmandu valley⁸. 	<p>Prevalence of anemia in infants, children and women</p>
<p>Iodine Deficiency Disorder (IDD)</p>	<ul style="list-style-type: none"> Currently only 63% of households in Nepal are using adequately iodized salt². The proportion of low UIE values (<100µg/l) was 39.1% (adult women and school-aged children)⁷. The prevalence of low UIE is highest among women in the Terai zone. It is still high as a public health problem in that group⁷. Only 35% of the respondents had heard educational messages about iodized salt and very few of the respondents (19%) knew about the importance of iodized salt for health⁷. 	<p>Prevalence of low urinary iodine (<100µg/l) in school-aged children</p>
<p>Vitamin A deficiency (VAD)</p>	<ul style="list-style-type: none"> The overall prevalence of night blindness in reproductive aged women and pregnant women was 4.7% and 6.0% respectively, while 16.7% of women reported having night blindness during their last pregnancy⁷. The prevalence of night blindness was 0.27% among 12-59 months children, and that of Bito's spot was 0.33% among 6-59 months children⁷. (These prevalence are below WHO-Cut points for public health problems) In school-aged children, the prevalence of night blindness was 1.2%, and Bito's spot was 1.9%⁷. 	<p>Prevalence of night blindness among women</p>

	<ul style="list-style-type: none"> • Serum retinol levels revealed 16.6% of women and 32.2% of preschool children had sub-clinical VAD⁷. • Only 42% of pre-school children and 37% of women consumed an adequate amount of vitamin A⁷. 																																				
Intestinal worms infestations	<ul style="list-style-type: none"> • Since there was no national data on worm infestation it is estimated that more than 50% of the children and adolescents are suffering from intestinal worms from the following studies. 																																				
	<table border="1"> <thead> <tr> <th>Studies</th> <th>Districts studied</th> <th>Roundworm prevalence</th> <th>Whipworm prevalence</th> <th>Hookworm prevalence</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>1996 NNIPS study 292 pregnant women</td> <td>Sarlahi</td> <td>56%</td> <td>8%</td> <td>79%</td> <td></td> </tr> <tr> <td>1996 WHO/WFP study 711 school children</td> <td>Parsa, Surkhet and Dailekh</td> <td>22%</td> <td>19%</td> <td>65%</td> <td>74%</td> </tr> <tr> <td>1998 JICA study 1905 school children</td> <td>Kavrepalanchowk</td> <td>43%</td> <td>5%</td> <td>9%</td> <td>48%</td> </tr> <tr> <td>1998 NNIPS study 129 infants</td> <td>Sarlahi</td> <td>0.8%</td> <td>0</td> <td>0.8%</td> <td></td> </tr> <tr> <td>2004 NS/JICA study 536 adolescent girls</td> <td>Kathmandu, Bhaktapur and Lalitpur</td> <td>45.1%</td> <td></td> <td>35.1%</td> <td>40%</td> </tr> </tbody> </table>	Studies	Districts studied	Roundworm prevalence	Whipworm prevalence	Hookworm prevalence	Total	1996 NNIPS study 292 pregnant women	Sarlahi	56%	8%	79%		1996 WHO/WFP study 711 school children	Parsa, Surkhet and Dailekh	22%	19%	65%	74%	1998 JICA study 1905 school children	Kavrepalanchowk	43%	5%	9%	48%	1998 NNIPS study 129 infants	Sarlahi	0.8%	0	0.8%		2004 NS/JICA study 536 adolescent girls	Kathmandu, Bhaktapur and Lalitpur	45.1%		35.1%	40%
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Life-style related diseases	<ul style="list-style-type: none"> • The morbidity and mortality of life-style related diseases are likely to be increased according to the data based on the hospital source 																																				
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Note:




Cut-off points for assessment of nutritional status: see Annex 1



Adjustment of Hb-cut-offs for populations living at higher altitudes: see Annex 1

WHO standards for parameters of life-style related disease: See annex 2

1.3 Government actions in nutrition sector

Current government actions for reducing various nutrition problems

<p>PEM</p>	<ul style="list-style-type: none"> • Growth monitoring and nutrition counseling at Primary Health Care Center (PHCC), Health Posts (HPs), Sub-Health Posts (SHPs) and Outreach Clinics (ORCs). • Promotion of exclusive breastfeeding through mass media • Implementation of Breast Milk Substitute Act 2049 and Regulation 2051. • Promotion of complementary feeding after 6 months. • Seven hospitals certified as Baby Friendly Hospital Initiatives (BFHI) in various parts of country. 	
<p>IDA</p>	<ul style="list-style-type: none"> • Distribution of iron/folate tablets to pregnant women and lactating mothers through hospitals, PHCC, HPs, SHPs and ORCs. • Intensification program of maternal iron supplementation through Female Community Health Volunteers (FCHVs) in 12 districts. 	
<p>IDD</p>	<ul style="list-style-type: none"> • Universal salt iodization as sole strategy to address IDD. • Distribution of iodized salt in remote districts at subsidized rates. • Implementation of Iodized Salt Social marketing Campaign. • Monitoring of iodized salt at the entry points, regional and national levels. • Evaluation of IDD status through National Survey and integrated mini- surveys for Vitamin A, iodized salt and deworming. • Iodized salt warehouse constructions in various parts of country. • Development of Iodized Salt Act in 1998. 	

<p>VAD</p>	<ul style="list-style-type: none"> • Mass supplementation of high-dose VA capsules to children aged 6 and 59 months of age in 75 districts. • Nutrition education activities through Behavior Change Communication (BCC) and mass media, community-level health workers and agricultural extension workers. • Initiation of VA capsules supplementation for postpartum mothers through FCHVs and health facilities. • Treatment of night-blind pregnant women with low dose VA capsules in the selected districts. • Case treatment for measles, severe malnutrition, chronic diarrhea and eye problems related to VAD. 	
<p>Intestinal worms</p>	<ul style="list-style-type: none"> • Biannual deworming of children aged 1-5 years during vitamin A capsule supplementation in all 75 districts. • Deworming of all pregnant women after completing the first trimester of pregnancy. 	
<p>LBW</p>	<ul style="list-style-type: none"> • Advocacy for antenatal check up and counseling at least 4 times during prenatal period according to MoH policy. • Nutrition education through health institutions for the general population with special focus on adolescents and expectant mothers. 	
<p>Infectious Disease Control (in other sectors)</p>	<ul style="list-style-type: none"> • Standard case management of diarrhea, ARI, measles, malnutrition and malaria among under 5 children through community based Integrated Management of Childhood Illness (IMCI) program. • Vaccine preventable disease control through regular immunization and periodic campaigns. • DOTS program for TB patient 	
<p>Life-style related diseases (in other sectors)</p>	<ul style="list-style-type: none"> • Tobacco advertisement have been banned in the electronic mass media • Establishment of a focal point in MoH to deal with problems related to non communicable diseases (coronary heart diseases, cancer etc) • The money collected from the tax of tobacco products is being diverted for the treatment of cancer and heart disease patients. 	

2. Overall goal and objectives and targets of each strategic approach:

Overall goal:

Achieving nutritional well being of all people in Nepal so that they can maintain a healthy life and contribute to the socio-economic development of the country, through improved nutrition-program implementation in collaboration with relevant sectors.

In order to achieve the overall goal, the following conditions are indispensable:

1. The measures in this document have to be implemented and sustained to reduce the burden of nutritional problems such as protein-energy malnutrition, iron deficiency anemia, iodine deficiency disorder, vitamin A deficiency, low birth weight, diet-related diseases (life-style related diseases) and other nutritional disorders.
2. The measures for improved dietary habits, household food security and 'school health and nutrition' should be implemented as long-term strategies to modify nutritional status of the people and to reduce the prevalence of the nutritional disorders.
3. The control of infectious diseases including intestinal worm infestation has to be strengthened to help reduce the risk of malnutrition as well.
4. It is urgently necessary to address or promote the measures regarding nutrition in exceptionally difficult circumstances such as breastfeeding of HIV positive mothers and food shortages in crisis situation.
5. In order to promote the above mention measures efficiently and effectively, the monitoring, assessment and supervision of program implementation must be conducted regularly.

In order to accomplish the above conditions, the area of approach with objectives and targets have been set up as following:

Objectives and targets:

Categories	Objectives and targets
PEM	<p>Objective 1 To reduce protein-energy malnutrition in children under 5 years of age and reproductive aged women</p> <p>Target 1 <i>To reduce the prevalence of PEM among children to half of the 2000 level by the year 2017</i></p> <p>Target 2 <i>To reduce the prevalence of low BMI in women to half of the 2000 level by the year 2017</i></p>
IDA	<p>Objective 2 To reduce the prevalence of anemia among women and children</p> <p>Target 1 <i>To reduce the prevalence of iron deficiency anemia to less than 40% by the year 2017</i></p>
IDD	<p>Objective 3 To virtually eliminate iodine deficiency disorders and sustain the elimination</p> <p>Target 1 <i>To virtually eliminate iodine deficiency disorders by the year 2017</i></p>

VAD	Objective 4 Target 1	To virtually eliminate vitamin A deficiency and sustain the elimination <i>To virtually eliminate vitamin A deficiency by the year 2017</i>
Intestinal worm infestation	Objective 5 Target 1	To reduce the infestation of intestinal worms among children and pregnant women <i>To reduce infestation of intestinal worms to less than 10% by the year 2017</i>
LBW	Objective 6 Target 1	To reduce the prevalence of low birth weight <i>To reduce the prevalence of low birth weight to 12% by the year 2017</i>
Household food security	Objective 7 Target 1	To improve household food security to ensure that all people can have adequate access, availability and utilization of food needed for healthy life <i>To reduce the percentage of people with inadequate energy intake to 25% by the year 2017</i>
Dietary Habit	Objective 8 Target 1	To promote the practice of good dietary habits to improve the nutritional status of all people <i>To reduce the prevalence of undernutrition (underweight) and low BMI to half of the 2000 level by the year 2017</i>
Infectious disease	Objective 9	To prevent and control infectious diseases to improve nutritional status and reduce child mortality
Life-style related diseases	Objective 10	To control the incidence of life-style related diseases (coronary artery disease, hypertension, tobacco and smoke related diseases, cancer, diabetes, dyslipidemia, etc)
School health and nutrition	Objective 11	To improve health and nutritional status of school children
Nutrition in exceptionally difficult circumstances	Objectives 12	To reduce the critical risk of malnutrition and life during exceptionally difficult circumstances
Monitoring	Objective 13	To strengthen the system for analyzing, monitoring and evaluating the nutrition situation

Note:

Indicators and targets for reducing malnutrition: see Annex 3

3. Basis of Nutrition Policy

The Government of Nepal is concerned about the serious problem of malnutrition that persistently exists in large sections of the population in different forms, degrees and magnitudes and hence is strongly committed to improving the situation and ensuring the nutritional well being of all the people. In order to reduce/control nutritional problems, the Government of Nepal needs to take various measures based on the following important principles:

Human rights	Hunger and malnutrition are unacceptable in a world that has both the knowledge and the resources to end this human catastrophe. We recognize that accesses to nutritionally adequate and safe food and services for nutrition education are the rights of each individual.
Pre-condition for development	Nutritional well being of all people is a pre-condition for the development of societies and it should be a key objective for progress in human development. It must be at the centre of our social-economic development plans and strategies.
Healthy Life	Malnutrition is directly or indirectly associated with more than 50% of all child mortality and is associated with most of the major risk factors for maternal mortality. Malnutrition is the main contributor of the burden of diseases in the developing world. Nutritional improvement has to be enhanced to ensure the healthy life of all people.
Universal primary education	Under nutrition in infancy and early childhood affects school enrolment rates and on cognitive and behavioral development. Iodine and iron deficiencies lead to impaired cognitive development and thus effects educational attainments. Nutrition is therefore one of the key elements not only for normal physical development but also for improved intellectual resources.
Prioritized groups	Infants, young children, pregnant and nursing women, disabled people and the elderly within poor households are the most nutritionally vulnerable groups. Priority must be given to them for the protection and promotion of their nutritional well-being.
People's participation	People-focused policies for nutritional improvement must acknowledge the fact that people's own knowledge, practices and creativity are important driving forces for social change. Local community involvement, including that of families and households, is a prerequisite for improving food production and sustaining access to food and for instituting nutrition improvement programs and projects.
Gender	Women play a key role in socio-economic development and in many societies they are also the main producers of food. Special attention should be given to the nutrition of women during pregnancy and lactation. All forms of gender discrimination including traditional practices detrimental to women must be eliminated in accordance with the 1979 Convention on Elimination of All Forms of Discrimination against Women.

4. Guiding Principles

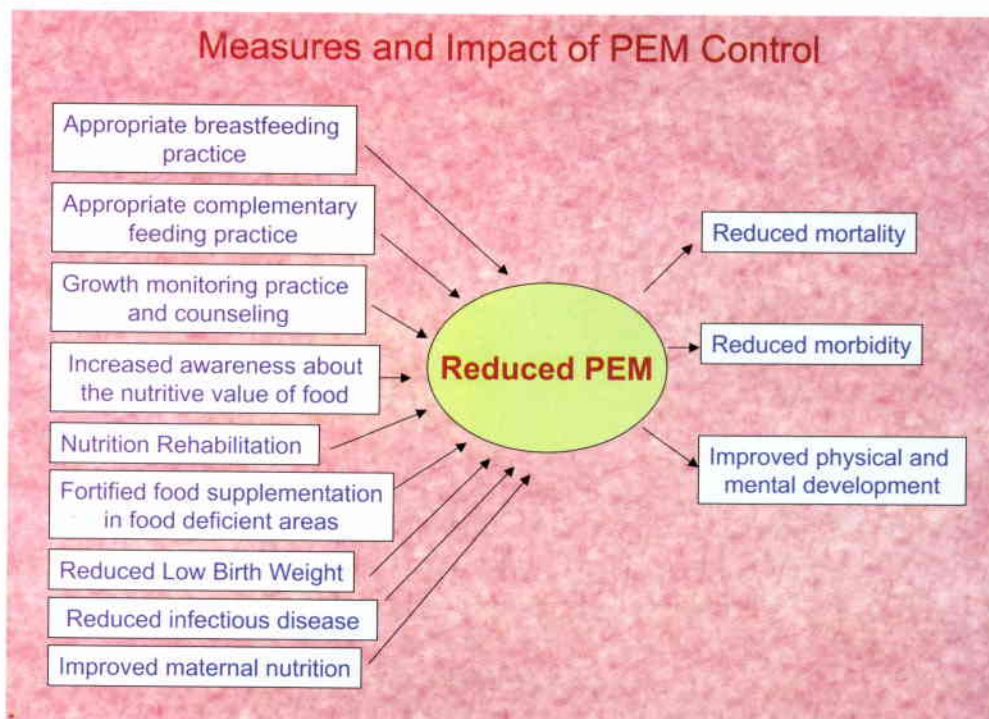
The following general strategies have been pursued to improve the nutritional situation in Nepal.

Community Participation	Promote, facilitate and utilize community participation and involvement for all nutrition activities;
Coordination among Intra Sectors	Develop understanding and effective co-ordination between the various sections and divisions in the Department of Health Services, i.e., Family Health Division (FHD), Logistics Management Division (LMD), National Health Training Centre (NHTC) and the National Health Education, Information and Communication Centre (NHEICC).
Coordination among Inter Sectors	Maintain and strengthen co-ordination among other agencies involved in nutrition activities, i.e., the Ministry of Agriculture and Cooperatives (MoAC), Ministry of Education (MoE), Ministry of Women, Children and Social Welfare (MoWCSW), Ministry of Local Development (MoLD) and the National Planning Commission (NPC), as well as with other programs, International Development agencies, NGOs, INGOs and private sectors.
Decentralization	Decentralize authority to the region, district, Health Post, Sub Health Post and community for assessment, planning, implementation, and monitoring of nutrition activities.
Advocacy Communication	Conduct National Advocacy and Social Mobilization Campaigns. Develop behavior change communication strategies to implement nutrition programs with adequate messages and media use. Strengthen effective use of interpersonal communication and mass media for synergistic effect
Integration	Integrate/incorporate nutrition plans in activities such as the Expanded Programmes on Immunization (EPI), Integrated Management of Childhood Illness (IMCI), Maternal and Child Health, Family Planning programs, etc.
Monitoring and evaluation	Monitor and evaluate the situations of nutritional status and program implementation to strengthen nutrition policy and strategy and to modify programs as necessary
Research	Carry out research and feasibility study to analyze the current nutritional situation to identify the major factors of nutritional problems and to clarify the possibility of new approaches.
Capacity Building	Develop the capacity of all health workers so they can effectively transfer appropriate knowledge and implement nutrition programs with good skills. Develop the system to educate dietitians. Nutrition institution building is essential to strengthen all the nutrition programs.

5. Strategic approaches for nutritional improvement

5.1 Protein-energy Malnutrition Control

Objective 1: To reduce Protein-energy malnutrition in children under 5 years of age and reproductive aged women



(for children)

Specific objective	Strategy	Activities	Responsibility	Indicator
To protect, promote and support optimal feeding practice for infants and young children ^a	Ensure early initiation of BF within one hour of birth, avoidance of prelactal feed and promotion of Ex. BF for the first 6 months.	<ul style="list-style-type: none"> • Campaign through mass media • Counsel the mother regarding BF • Mobilize women's group • Develop school curriculum 	NS/CHD,DHO/DPHO, MoE	Coverage of Ex. BF Coverage of appropriate CF
	Ensure continuation of BF for at least 2 years and introduction of appropriate CF after 6 months			
	Strengthen the capacity of HWs/ medical professionals for nutrition/BF management	<ul style="list-style-type: none"> • Train HWs/medical professionals, community level service providers and volunteers • Reactivate BFHI 	NS/CHD, DHO/DPHO, CBOs	

Protect from commercial promotional practices which undermine optimal BF practices	<ul style="list-style-type: none"> • Implement, strengthen and monitor the Breast-milk Substitute Marketing Control Act • Appoint Inspector for monitoring 	NS/CHD, DHO/DPHO, MoH
Empower all mothers, families and care-givers to make and carry out fully informed decisions about feeding	<ul style="list-style-type: none"> • Provide nutrition counseling and education for mothers and caregivers 	DHO/DPHO, MoH, Health institutions
Support community based programs	<ul style="list-style-type: none"> • Create and support the network of mother to mother support group • Integrate community-based programs with other health programs. • Collectively assess, analyze and take action for optimal feeding practice 	DHO/DPHO, Health institutions
Promote mother and child friendly working environment	<ul style="list-style-type: none"> • Establish crèches • Promote BF breaks for working mothers • Advocate for extended maternity leave • Advocate for paternity leave 	NS/CHD, DHO/PHO
Promote the use of appropriate and adequate locally available complementary foodlike <i>Jaulo and Sarvottam Pitho</i>	<ul style="list-style-type: none"> • Develop guidelines on safe IYCF^b • Explore innovative approaches through fortification • Develop mandatory standards on commercial production of CF, fortification and marketing practices • Nutrition education for mothers/care takers 	NS/CHD DFTQC

To increase the coverage of Growth Monitoring (GM)	Strengthen the system of GM and supervision/ monitoring for GM	<ul style="list-style-type: none"> • Update guidelines on GM • Explain the guidelines of GM to all health workers through training • Regular implementation and monitoring of GM • Training and workshop for 	DHO/PHO/ NFP NS/ CHD,DHO/ DPHO, Health institutions	GM coverage
	Improve skills and knowledge regarding GM and nutrition counseling among health workers.	<ul style="list-style-type: none"> • Training and orientation • Monitoring and supervision 	NFP,DHO/ DPHO,NS/ CHD	
	Provide PHC/HP/SHP with necessary equipment and material for GM	<ul style="list-style-type: none"> • Distribution of weighing scales, growth charts, and IEC materials 	LMD	
To improve nutrition knowledge, attitudes and practices of parents and community people	Create awareness regarding the importance of appropriate and adequate nutrition for children, pregnant and lactating mothers	<ul style="list-style-type: none"> • Nutrition education and counseling practice through ANC/PNC services, GM and mass media 	DHO/DPHO, NS/CHD	Improved KABP
	Change culturally acceptable nutrition behavior to improve intake of nutritious foods and diversification of diet	<ul style="list-style-type: none"> • Nutrition education and counseling practice through ANC/PNC services, GM and mass media • School Health and Nutrition Programs 	DHO/ DPHONS/ CHD Health institutions	
To facilitate the building of nutrition rehabilitation institutions for severe malnutrition	Facilitate the function of nutrition rehabilitation at hospital level	<ul style="list-style-type: none"> • Establish a rehabilitation center at each zonal hospital 	NS/CHD, Zonal hospitals, NGOs/INGOs	No. of rehabilitation centers No. of malnourished cases treated
	Strengthen the ability of health personnel in dietary and clinical management of severely malnourished children	<ul style="list-style-type: none"> • Train health personnel in the treatment of severe malnutrition 	NS/CHD	

To reduce the No. of children who suffer from inadequate energy intake	Distribute fortified foods to children aged 6 to 36 months (and expectant and nursing mothers) in food deficient areas	<ul style="list-style-type: none"> • Develop guidelines for food supplementation • Collaborate with donor agencies for effective distribution to target areas. 	NS/CHD, Donor agencies	
To reduce low birth weight	See objective 6			
To reduce the risk of infectious diseases	See objective 9			
To improve maternal nutrition	See the next strategy for women			

Note:

- a. Concept of objectives and strategies in this part were based on the IYCF Strategy paper (draft)
b. Guideline for complementary foods should be developed following WHO guideline: see Annex 4

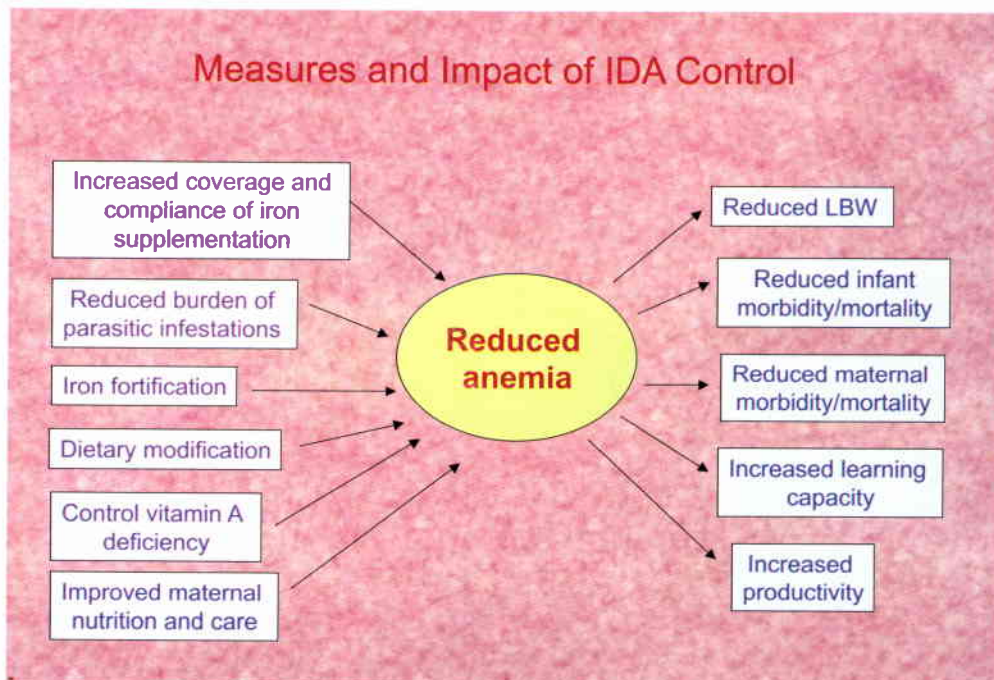
(For women)

Specific Objective	Strategy	Activities	Responsibility	Indicators
To reduce the risk factors for under-nutrition in women, particularly pregnant and lactating women	Create awareness of the importance of additional dietary intake during pregnancy and lactation	<ul style="list-style-type: none"> • National campaign by mass media (National nutrition week) • Use local media (FM) • Implement BCC and BPP • Intra-sectoral collaboration 	NS/CHD, FHD, MoWCSW, MoE	Weight gain during pregnancy BMI for non-pregnant women
	Strengthen the activities of nutrition education and counseling	<ul style="list-style-type: none"> • Train HWs and other initiators on nutrition • Activate nutrition education and counseling at health facilities • Use local media (FM) 	NS/CHD, FHD	
	Promote social (community and family) support for maintaining good health care and dietary habit	<ul style="list-style-type: none"> • Implement BCC and BPP 	NS/CHD, FHD	

Reduce heavy work load of pregnant and lactating women	<ul style="list-style-type: none"> • Implement BCC and BPP 	NS/CHD, FHD	
Prevent early pregnancy and ensure adequate birth spacing	<ul style="list-style-type: none"> • Implement BCC and BPP 	NS/CHD, FHD	
Improve iron status of pregnant and lactating women	See Objective 2		

5.2 Iron Deficiency Anemia Control

Objective 2: To reduce the prevalence of anemia among women (reproductive aged) and children (preschool)



Specific objectives	Strategy	Activities	Responsibility	Indicators
To increase coverage and compliance of iron/folate supplementation for pregnant and postpartum women ^a	Create awareness of anemia and importance of iron supplementation	<ul style="list-style-type: none"> • IEC campaigns through mass media • Nutrition education at community level 	NS/CHD, DHO/DPHO, NHTC, NHEICC	<p>Anemia prevalence</p> <p>Coverage and compliance of iron supplementation</p>

	Ensure availability of iron/folate supplements at all health facilities and ORC	<ul style="list-style-type: none"> Strengthen logistic system and monitoring for delivery of iron/folate tablets 	NS/CHD,DHO/DPHO, LMD,	
	Increase accessibility of iron/folate at the family and community level	<ul style="list-style-type: none"> Involvement of FCHVs Activation of the role of PHCC/ORC 	DHO/DPHO	
To reduce burden of parasitic infestations ^b (helminthes, kalazar and malaria)	Strengthen parasitic infestation control programs (intestinal helminthes, malaria and kalazar)	<ul style="list-style-type: none"> Biannual Deworming activities for preschool children Deworming of pregnant women during second trimester of pregnancy Appropriate use of insecticide spray Distribution of impregnated mosquito nets 	NS/CHDDHO/DPHOEDCD	Prevalence of parasitic infestation Coverage of deworming tablets Reduction in API
	Create awareness about improving living conditions including sanitation and hygiene	<ul style="list-style-type: none"> National campaign through mass media Health education Collaboration with related sectors 	NHEICC, DHO/DPHO, ED CD, MoHAPP	
To control vitamin A deficiency in children, pregnant and postpartum mothers	Promote vitamin A deficiency control program for children, pregnant and postpartum mothers	See objective 4 (strategy for VAD control)		
To effectively implement food fortification to increase dietary iron intake	Identify suitable food vehicles for iron fortification	<ul style="list-style-type: none"> Feasibility study of iron fortification 	NS/CHD DFTQCMoAC	Production and consumption of iron fortified foods
	Devise necessary policies to successfully implement fortification	<ul style="list-style-type: none"> Revise food regulations Develop a systematic plan for production and distribution Establish monitoring system to ensure quality of fortification 		
	Fortify commercially produced wheat flour with iron	<ul style="list-style-type: none"> Encourage private sectors and NGOs in iron fortification of wheat flour 		

To promote locally appropriate dietary modifications to improve the quality and diversity of food consumed	Increase awareness about iron rich foods ^c , both animal and vegetables sources	<ul style="list-style-type: none"> National campaign Nutrition education Develop IEC materials National campaign for gender equity 	NFP/DHO, NS/CHD, NHEICC, MoWCSW	Improved KABP
	Promote dietary practices that improve the content and bioavailability of iron in diet			
	Advocate for equity among genders in access and control over household foods			
To promote maternal care practices to improve health and nutritional status of mothers and their babies	Create awareness of the importance of increased food intake and reduced work load during pregnancy	<ul style="list-style-type: none"> IEC campaign Nutrition education Coordination with existing gender programs 	DHO/DPHO, NS/CHD, MoWCSW, NHEICC, NGOs/INGOs	Improved KABP Maternal morbidity/mortality Incidence of LBW babies
	Promote advocacy campaigns against teen age pregnancy, early marriage and short birth spacing	<ul style="list-style-type: none"> IEC campaign Coordination with existing gender programs 		
	Develop a scheme for screening and diagnosing high risk women for severe anemia	<ul style="list-style-type: none"> Develop guidelines for screening and diagnosis of high risk groups 		
To identify effective modalities to address iron deficiency in children, adolescents and non-pregnant reproductive aged women	Conduct operational research regarding anemia	<ul style="list-style-type: none"> Operational research Collect information and review other possibilities 	NS/CHD	Operation research
	Review the possibility of extending iron/folate supplementation to other groups at risk as well as to find out alternative approaches to supplementation			
To develop a systematic approach to monitoring and evaluation of anemia control program activities	Strengthen HMIS and LMIS to routinely monitor, supervise and report on program implementation	<ul style="list-style-type: none"> Review existing HMIS/LMIS Strengthen reporting and recording systems at all levels 	NS/CHD, DHO/DPHO, LMD, MD	Monitoring and evaluation report
	Evaluate the impact of the program through periodic surveys and identify 'hot spots' which need to be prioritized	<ul style="list-style-type: none"> Design and carry out the evaluation surveys 		
	Develop capacity in screening for anemia by measuring hemoglobin with field testing tools	<ul style="list-style-type: none"> Training for health workers in screening for anemia 		

Note:

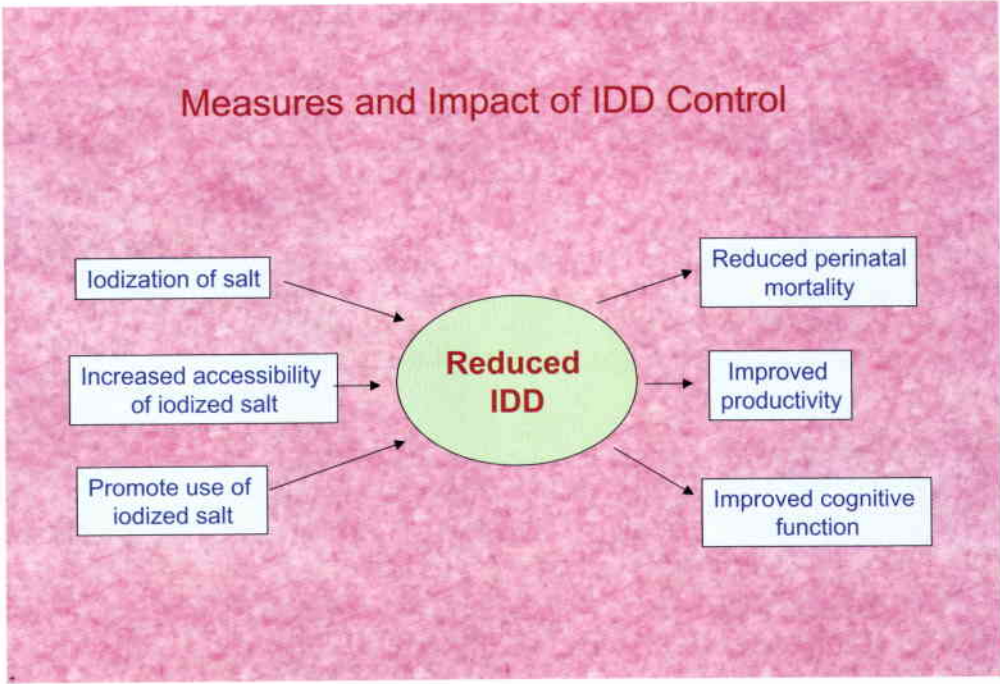
a. National Protocol on Iron Supplementation and guidelines for treating severe anemia: see Annex 5

b. Guidelines for the distribution of deworming tablets: see Annex 6

c. List of iron rich foods: see Annex 7

5.3 Iodine Deficiency Disorder Control

Objective 3: To virtually eliminate iodine deficiency and sustain the elimination



Specific objectives	Strategy	Activity	Responsibility	Indicator
To ensure all edible salt is iodized	Strengthen implementation of Iodized Salt Act	<ul style="list-style-type: none"> Implement Iodized Salt Regulations Develop operational guidelines for iodized salt trading Strengthen monitoring and regulating bodies^a of iodized salt trading 	NS/CHD, DFTQC, IDD committee	Prepared Guidelines Iodine level at entry, dealer and household levels % of households consuming adequately iodized salt (>15 ppm)
	Encourage better storage practices to prevent iodine loss	<ul style="list-style-type: none"> Advocacy for importer/trader, dealer, retailer and community people 	MoH, STC	
	Ensure systematic monitoring of iodized salt	<ul style="list-style-type: none"> Internal monitoring at entry points External monitoring at the entry sites and depot sites Monitoring at community level 	STC, Salt tradersNS/CHD, DFTQC. DHO/DPHO	

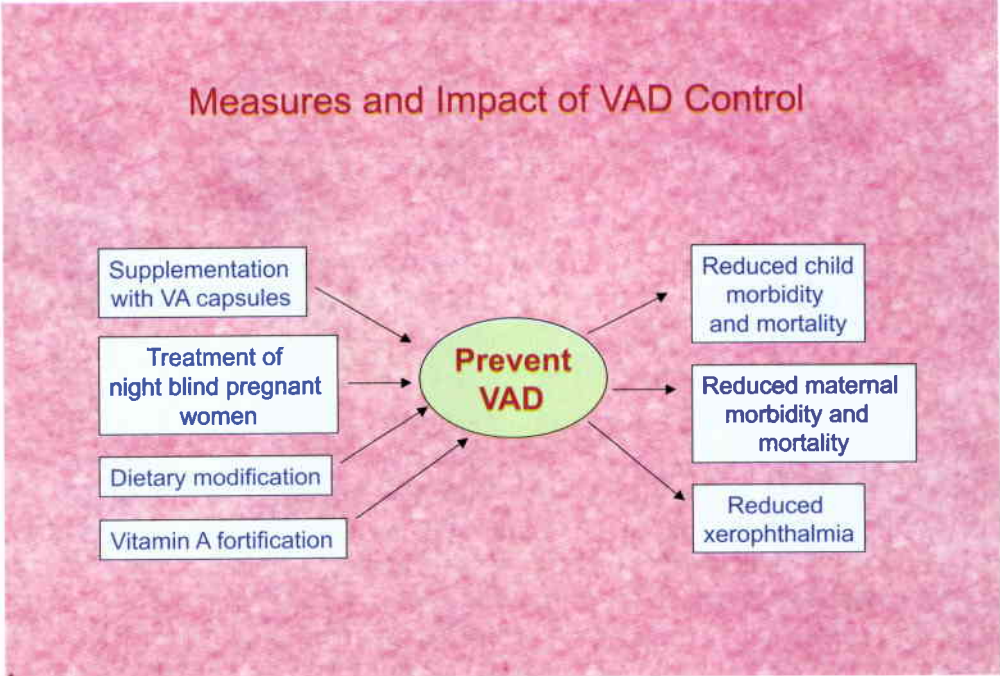
To increase the accessibility of iodized packet salt with quality assurance logo ^b	Increase the market share of the iodized packet salt	<ul style="list-style-type: none"> • Advocate among dealers/traders • Monitore the market share of iodized packet salt with quality assurance logo in salt business • Distribution of iodized salt in inaccessible districts at subsidized costs • Coordinate with different government bodies to restrict infiltration of non iodized salt or inadequately iodized salt 	NS/CHD	Coverage of the market share of iodized packet salt
To increase the use of iodized packet salt	Create awareness of the importance of iodized salt	<ul style="list-style-type: none"> • Implement social marketing campaign • Initiate school based promotion campaign • Training/orientation to health workers and volunteers 	NS/CHD, DHO/DPHO, NGOs/INGOs	Coverage of the use of iodized packet salt
To monitor IDD prevalence at national level	Develop IDD monitoring system and implement the monitoring survey at national level	<ul style="list-style-type: none"> • Collaborations with external and internal partners to practice 	NS, IOM,	Prevalence of IDD based on UIE examination and coverage of iodized salt ^c

Note:

- a. Regulation bodies: 1. Ministry of Health 2. IDD elimination committee and 3.DFTQC
- b. Quality assurance logo: IDD technical Committee under Ministry of Health issued a two child logo for the quality assurance of iodized packet salt at 50 ppm level (minimum) in 1998.
- c. HO/UNICEF/ICCIDD has recommended two main indicators to assess the status of IDD. These are urinary iodine excretion (bio-chemical indicator) and salt iodine (process indicator). Criteria based on both of the indicators should be met in order to declare elimination of IDD from a particular area.

5.4 Vitamin A Deficiency Control

Objective 4: To virtually eliminate vitamin A deficiency and sustain the elimination



Specific objectives	Strategy	Activities	Responsibility	Indicator
To sustain the existing high coverage of supplementation of high-dose VA capsules to children aged 6-59months ^a	Ensure availability of VA capsules at health facilities	<ul style="list-style-type: none"> Strengthen logistic system of VA capsules distribution 	LMD,DHO, CHD	Coverage of VA supplementation
	Increase awareness of importance of VA capsules supplementation	<ul style="list-style-type: none"> Distribution of VA capsule through FCHVs Supervision by Health post workers Training to newly appointed HWs and newly recruited FCHVs 	DHO/DPHO, NS/CHD	
	Promote biannual VA capsules supplementation through FCHV at VA days	<ul style="list-style-type: none"> National campaign through mass media Mobilization of community leaders 	DHO/DPHO, NS/CHD	
To increase coverage of supplementation of high-dose VA	Increase awareness of benefits of VA capsules supplementation	<ul style="list-style-type: none"> Campaign and education 	DHO/DPHO, NS/CHD	Coverage of VA supplementation

capsule to postpartum mothers ^b	Promote VA capsules supplementation within 6 weeks of delivery	<ul style="list-style-type: none"> • Distribution of VA capsule through FCHVs and HP staffs • Supervision by Health post workers • Training to newly appointed HWs and newly recruited FCHVs • Supplementation of VA capsule at the time of BCG vaccination 	DHO/DPHO, NS/CHD	
To reduce the risk of VA deficiency for night blind pregnant mothers ^c	Promote treatment of night-blind pregnant women with low-dose VA capsules after first trimester.	<ul style="list-style-type: none"> • Advocate for low-dose VA capsules • Low-dose treatment through health institutions 	DHO/DPHO, NS/CHD, Health institutions	Coverage of LDVAC dose Prevalence of night blindness
To ensure treatment of clinical conditions such as xerophthalmia, measles, severe malnutrition and prolonged diarrhea by the recommended dose of VA capsules	Strengthen implementation of the activity for treatment	<ul style="list-style-type: none"> • Training to health workers at health institutes • Disseminate and distribute case treatment protocol card 	NS/CHD	Coverage of cases treated
	Ensure availability of VA capsules	<ul style="list-style-type: none"> • Supply VA capsules to all health facilities 	LMD, NS/CHD	
To promote dietary modification to improve the quality and diversity of foods	Advocate for increased home production, consumption and preservation of VA rich foods	<ul style="list-style-type: none"> • National campaign • Nutrition education • Promote home gardening and animal husbandry 	NS/CHD, MoAC, DFTQC, MoE	Improved KABP
	Promote the consumption of VA rich foods ^d and balanced diet through nutrition education	<ul style="list-style-type: none"> • Campaign by mass-media • Promote home gardening and animal husbandry • Nutrition education 		

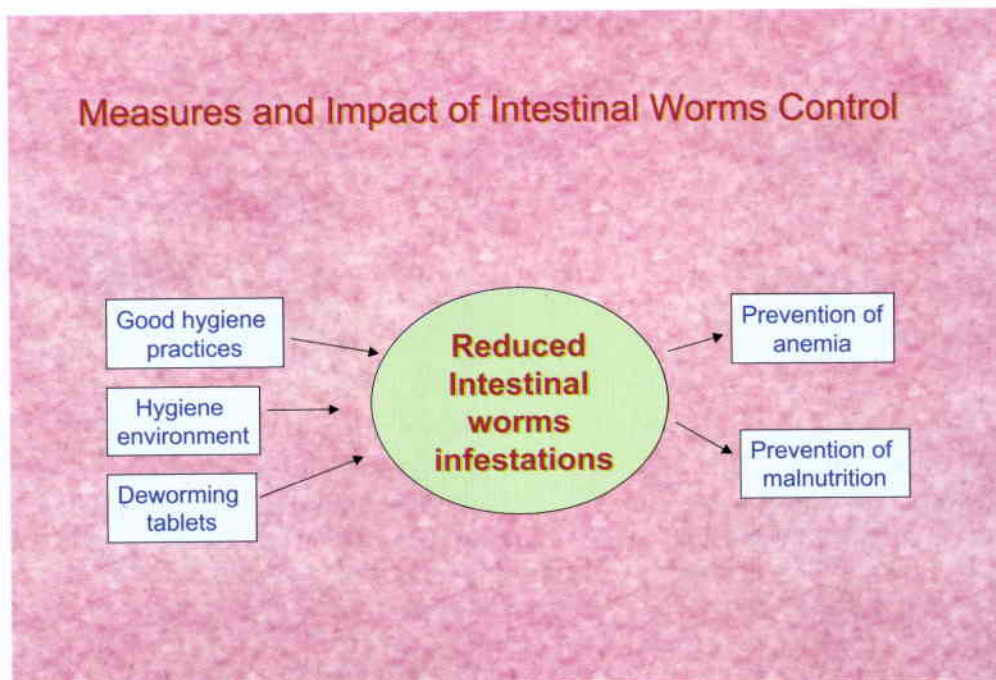
To promote the use of VA fortified food	Strengthen implementation of fortification activity	<ul style="list-style-type: none"> • Create awareness about fortified food • Identify appropriate food vehicle for VA fortification • Establish fortification policy • Encourage industrial partners and NGOs/INGOs in fortification 	NS/CHD, MoIC, DFTQC	Increased use of fortified food
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Note:

- Guidelines for VA Capsule supplementation and treatment protocol: see annex 8*
- Postpartum supplementation is aimed to correct VAD in infants from birth to 6 months.*
- Currently practicing in three districts only.*
- List of vitamin A rich foods: see Annex 9*

5.5 Intestinal Worm Control

Objective 5: To reduce the infestation of intestinal worms among children and pregnant women



Specific objectives	Strategy	Activities	Responsibility	Indicator
To sustain the existing high coverage of deworming tablets among children aged 1-5 years ^a .	Distribute the deworming tablets to target groups during vitamin A capsule supplementation in all districts.	<ul style="list-style-type: none"> • Training to FCHVs • Logistics management of deworming tablets • Distribution of deworming tablets by FCHVs • Advocacy for deworming 	LMD,DHO/DPHONS/CHD, Health institutions	Coverage of deworming tablets Prevalence of intestinal worm infestation
To increase the coverage of deworming tablets to pregnant women ^b	Strengthen deworming program for pregnant women through health facilities	<ul style="list-style-type: none"> • Training to Health workers • Logistic management of deworming tablets • Distribution by health workers • Advocacy for deworming 	LMD,DHO/DPHONS/CHD, Health institutions	Coverage of deworming tablets Prevalence of intestinal worm infestation
To promote the improvement of hygiene practices to reduce contamination with intestinal worms/ova	Advocate for people to improve their hygiene practices.	<ul style="list-style-type: none"> • Campaign • Health education 	DHO/DPHO, NS/CHD, NHEICC	Coverage of deworming tablets Prevalence of intestinal worm infestation

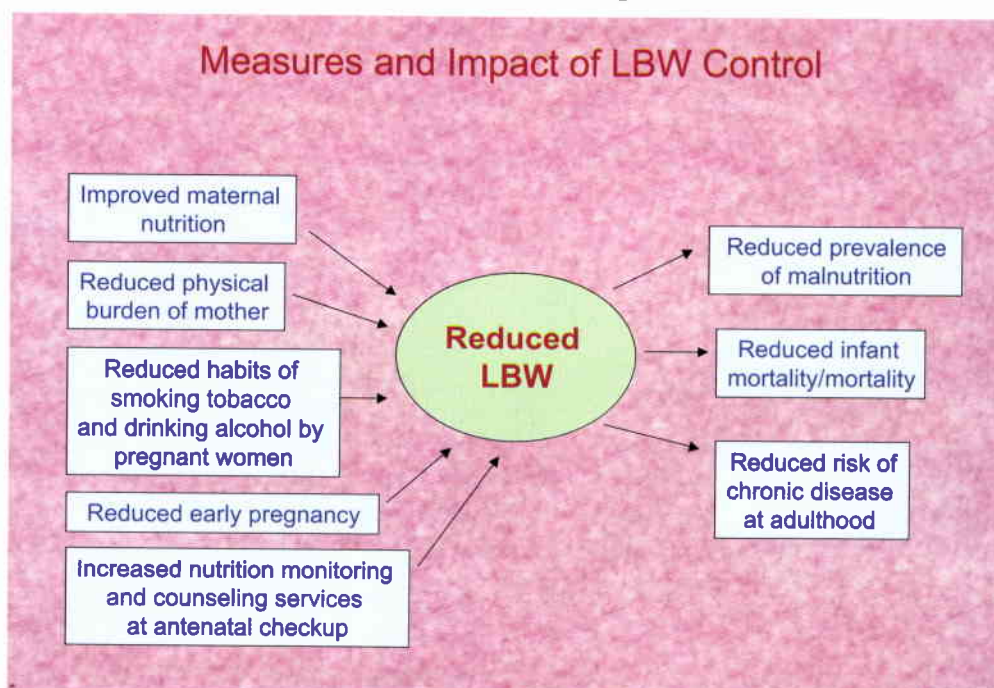
Note:

a. Guidelines for distribution of deworming tablets: see annex 6

b. Single dose of deworming tablets (Albendazole 400 mg) from 2nd trimester (4months) of pregnancy.

5.6 Low Birth Weight Control

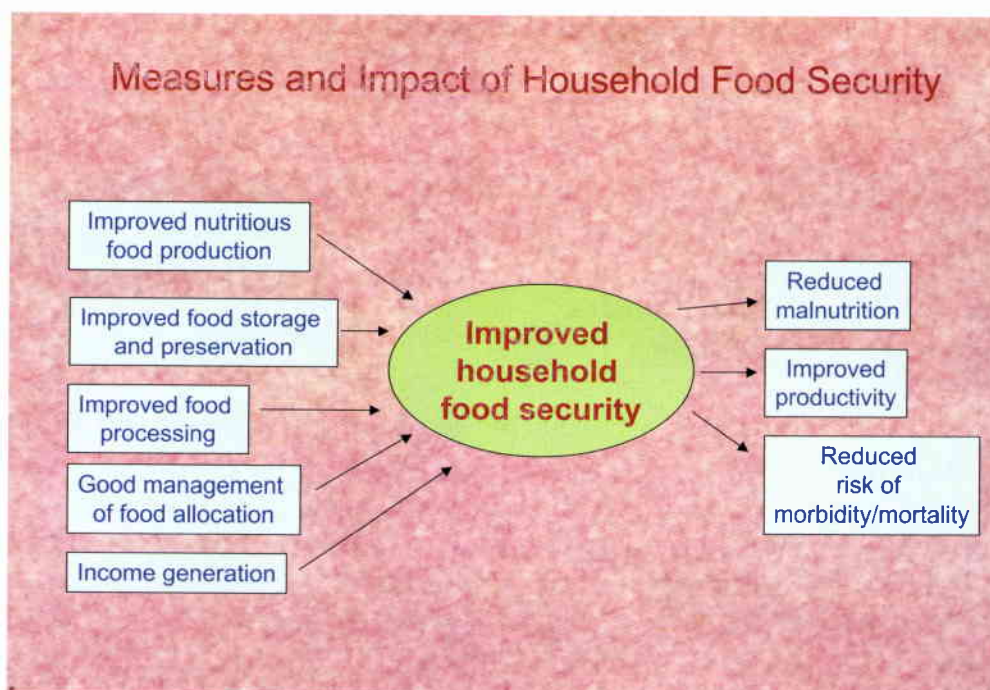
Objective 6: To reduce the prevalence of low birth weight



Specific objectives	Strategy	Activities	Responsibility	Indicator
To improve maternal nutritional status	Reduce maternal PEM	<ul style="list-style-type: none"> • Nutrition education counseling • National campaign • Monitoring nutritional status at antenatal clinic 	DHO/DPHO, NS/CHD, MoWCSW, NHEICC, Health institutions	Weight gain of pregnant mother
	Reduce maternal IDD	<ul style="list-style-type: none"> • Campaign to promote use of iodized salt 		Coverage of iodized salt
	Reduce maternal VAD	<ul style="list-style-type: none"> • Treatment of night blind pregnant women with low dose VA capsules 		Anemia prevalence
	Reduce maternal anemia	<ul style="list-style-type: none"> • Provide iron tablets and de- worm medicine 		VAD prevalence
	Reduce workload of pregnant women	<ul style="list-style-type: none"> • Collaboration with gender sector 		Improved KABP
To reduce number of pregnant women who have the habits of smoking tobacco and drinking alcohol	Increase awareness of risks of smoking and alcohol to LBW	<ul style="list-style-type: none"> • National campaign through mass media • Nutrition/health education • Enforce respective legislation 	FHD, Health institutions	No. of pregnant women with the habits of smoking and drinking alcohol
To reduce cases of early pregnancy	Increase awareness of risks of teen-age pregnancy to infant and maternal health	<ul style="list-style-type: none"> • Establish and strengthen adolescent clinic • Develop school curriculum on reproductive health • Counseling and education • Improve family planning 	FHD, Health institutions	Cases of Teen age pregnancy
To increase % of pregnant women who access services for nutrition monitoring and counseling at antenatal clinic	Strengthen activities for nutrition monitoring / counseling at antenatal clinics	<ul style="list-style-type: none"> • Monitor body weight gain • Develop guideline/ manual for nutrition counseling • Implement nutrition counseling by trained HWs • Collaboration with safe motherhood program or Family Health Division 	Family health sector	Coverage of ANC visits

5.7 Household Food Security

Objective 7: To improve household food security to ensure that all people have adequate access, availability and utilization of food needed for a healthy life.

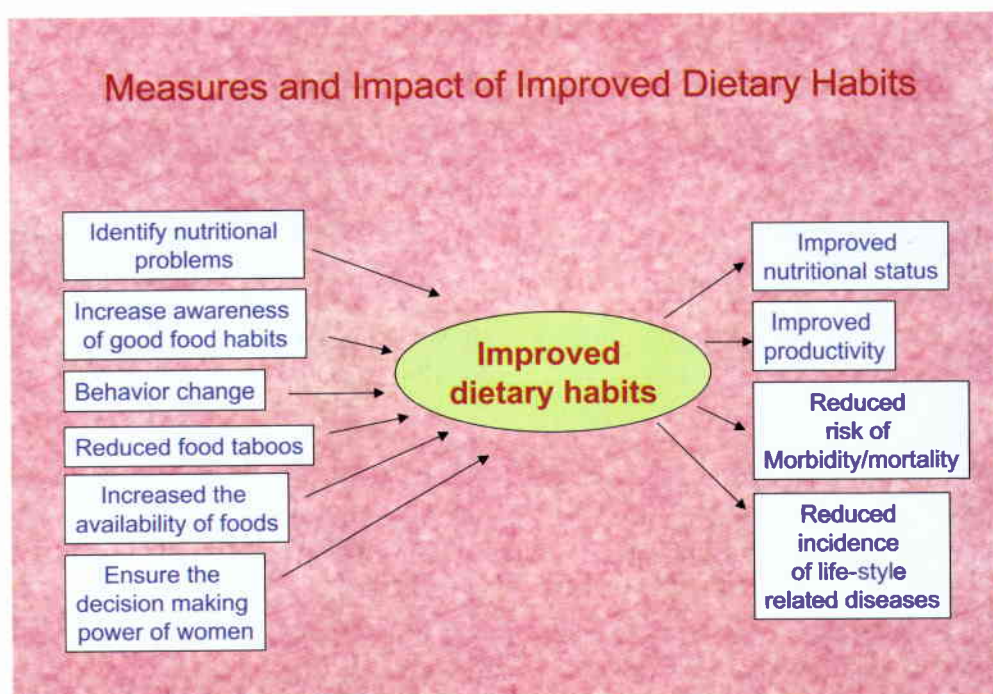


Specific objectives	Strategy	Activities	Responsibility	Indicator
To improve nutritious food production at household level	Promote kitchen gardening	<ul style="list-style-type: none"> • Collaboration with agricultural sector 	MoAC, MoH	Energy availability/ Capita
	Improve agricultural skills			
	Promote raising of poultry, fish and livestock for household consumption			
To improve food storage and preservation skills	Advocate among community people as to how to store and preserve their foods at home	<ul style="list-style-type: none"> • Develop IEC materials • Training to community people • Collaboration with agricultural sector 	MoAC, DFTQC	Improved KABP
To diversify utilization of various food items	Improve technical knowledge of food processing	<ul style="list-style-type: none"> • Establish cooperatives • Establish community processing unit 	MoAC, DFTQC	Quantity of production and consumption of processed foods

To improve food allocation throughout the year within the household	Advocate among community people as to how to manage their food allocation	<ul style="list-style-type: none"> • Develop IEC materials • Campaign and education • Training 	MoAC, MoE, NS/CHD	Food deficit data
To increase income generating opportunities for sustained purchasing power of foods	Promote activities of women's groups which are interested in income generation	<ul style="list-style-type: none"> • Introduction of appropriate income generation activities 	MoAC, MoWCSW, Local development offices, NGOs/INGOs	Increased household income

5.8 Improved Dietary Habits

Objective 8: To promote the practice of good dietary habits to improve the nutritional status of all people

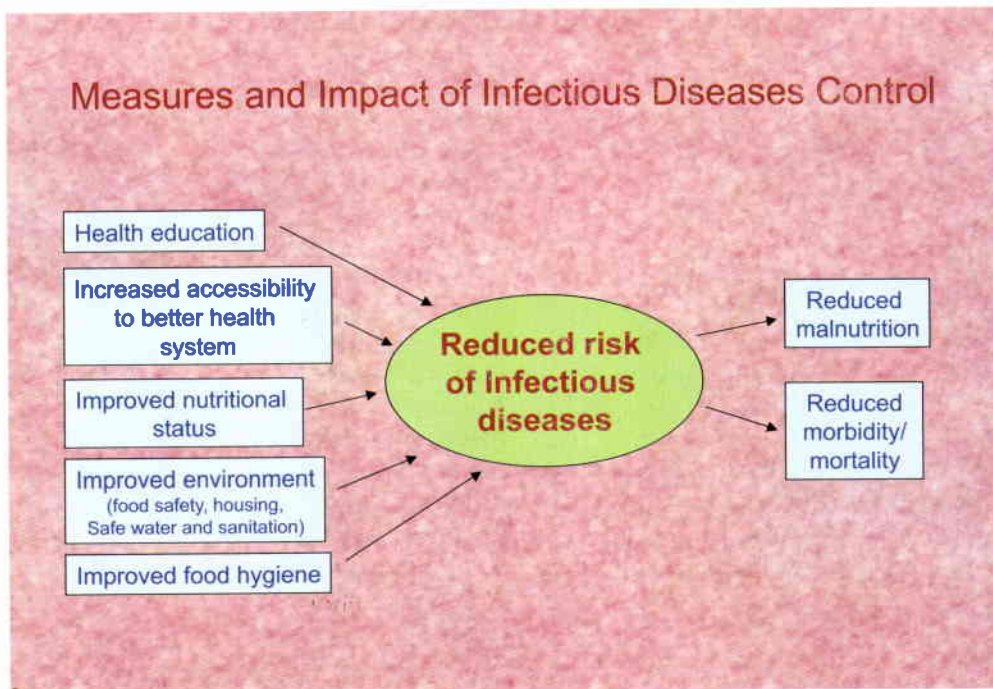


Specific objectives	Strategy	Activities	Responsibility	Indicator
To identify nutritional problems due to culturally related dietary habits	Conduct a study to clarify the problems of culturally-related dietary habits	<ul style="list-style-type: none"> • Collect information about dietary habits and food intake • Review and analyze the culturally-related dietary habits 	NS/CHDDFTQC	Nutritional status (Prevalence of underweight and Prevalence of low BMI)

<p>To increase the awareness and knowledge of balanced diets, nutritious foods, and good dietary habits</p>	<p>Promote nutrition education activities and advocate for good diets and dietary habits</p>	<ul style="list-style-type: none"> • Update and disseminate existing guidelines on good diets and dietary habits • Develop IEC materials for good dietary habits • Coordinate with curriculum development center to update the curriculum • Implement nutrition education /advocacy at various levels 	<p>NS/CHD DFTQCCDC/ MoEDHO/ DPHO</p>	<p>Improved knowledge</p>
<p>To promote behavior change to improve dietary habits</p>	<p>Develop and strengthen programs that focus on behavior change as the means of improving dietary habits</p>	<ul style="list-style-type: none"> • Develop tools which promote behavior change for improved dietary habits • Train health workers in the use of behavior change tools • Utilize local people and resources in programs aimed at behavior change 	<p>NS/CHD, NHTC, DHO/DPHO</p>	<p>Improved behavior change</p>
<p>To reduce the risk of nutritional problems due to food taboos</p>	<p>Strengthen the activities of nutrition education/ advocacy which seek to eliminate the food taboos affecting nutritional status</p>	<ul style="list-style-type: none"> • Identify food taboos which are still commonly practiced • Advocate using behavior change tool at the community level • Advocate among traditional healers 	<p>NS/CHD, NHTC,DHO/ DPHO</p>	<p>Identified food taboos</p>
<p>To increase the availability of various types of food at the household level</p>	<p>Promote the program of household food security</p>	<ul style="list-style-type: none"> • See objective 7 	<p>NS/CHDMoAC</p>	<p>Nutritional status</p> <p>Number of different types of foods in households</p>
<p>To encourage women in the decision making for preparation of family foods</p>	<p>Promote empowerment of women/gender equity</p>	<ul style="list-style-type: none"> • Social mobilization • Support women's groups 	<p>MoWCSW</p>	<p>% of women having decision making power for food preparation</p>

5.9 Infectious Diseases Control

Objective 9: To prevent and control infectious diseases to improve nutritional status and reduce child mortality

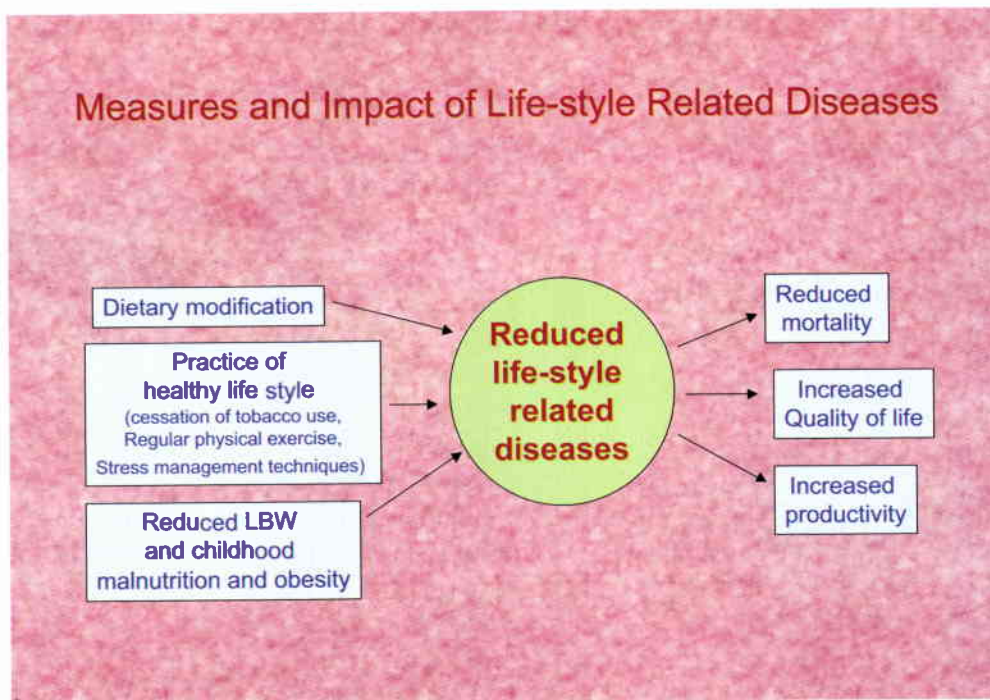


Specific objectives	Strategy	Activities	Responsibility	Indicator
To reduce the risk of morbidity and mortality by infectious diseases	Promote knowledge, attitudes and practices which will prevent infectious diseases	<ul style="list-style-type: none"> • Campaign through mass media • Education on health and hygiene 	MoE, MoLD, MoE	Morbidity and mortality of infectious diseases
	Ensure access to appropriate health services	<ul style="list-style-type: none"> • Immunization services • Measles control 	EPI section/ CHD	Severity and incidence of diarrhea and pneumonia
		<ul style="list-style-type: none"> • Diarrheal disease control • ARI control 	IMCI section/ CHD, MoHAPP	Immunization coverage
		<ul style="list-style-type: none"> • HIV prevention 	NCASC	Access to safe drinking water
		<ul style="list-style-type: none"> • Tuberculosis control 	TB Center	Percentage of malnourished children
		<ul style="list-style-type: none"> • Vector born disease control (malaria, kala-azar etc) 	Epidemiology division/EDCD	
		<ul style="list-style-type: none"> • Improve referral system 	DHO/DPHO	

	<p>Improve nutritional status to raise resistance against infectious disease</p>	<ul style="list-style-type: none"> • Implement PEM program (see objective 1) • Sustain vitamin A supplementation (see objective 4) • Promote IYCF practices (see objective 1) 	<p>CHD, FHD</p>	
	<p>Improve safe water supply, sanitation and housing</p>	<ul style="list-style-type: none"> • Increase access to safe drinking water • Improve sanitation system • Increase the availability of public and private toilets • Advocate about the importance of better housing 	<p>MoHAPP, MoH (Environment health focal point), NHEICC</p>	
	<p>Improve food hygiene</p>	<ul style="list-style-type: none"> • Health education through BCC for improved food hygiene • Campaign amongst food handlers for food hygiene • Advocacy for appropriate food safety legislation and regulations 	<p>MoE, NHEICC, DFTQC</p>	

5.10 Life-style Related Diseases Control

Objective 10: To control the incidence of life-style related diseases (coronary heart disease, hypertension, tobacco and smoke related diseases, cancer, diabetes, dyslipidemia, etc)



Specific objectives	Strategy	Activities	Responsibility	Indicator
To promote good food habits	Create awareness among adults about the importance of maintaining good food habits for life ^a	<ul style="list-style-type: none"> • Develop IEC materials • Develop systematic networking system to distribute IEC materials • Campaign through media • School health and nutrition education 	NS/CHD, DHO/DPHO	KABP
	Develop capacity for counseling at health facilities	<ul style="list-style-type: none"> • Develop IEC counseling materials • Training to health workers 		
To promote better lifestyle for improved health	Create awareness about the importance for adolescents and adults to control smoking and body weight	<ul style="list-style-type: none"> • Develop IEC materials • Develop RDA for Nepali people • Revise nutritive value of foods 	NS/CHD, FHD, Schools, Universities, Hospitals, NGOs/INGOs	Incidence of life style related diseases

	Create awareness to increase physical activity and improve stress management techniques	<ul style="list-style-type: none"> • Campaign through media • Nutrition and health education 		
To reduce inadequate intrauterine development and malnutrition and obesity during childhood ^b	See objective 6 and objective 1			

Note:

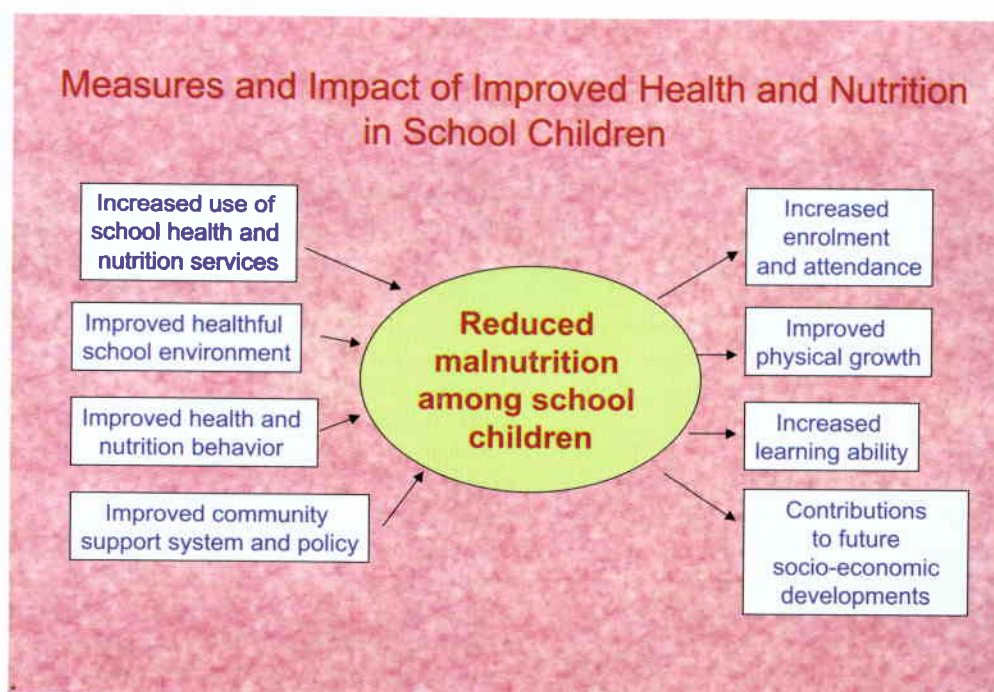
Association between selected dietary components and cancer: see annex 10

a. *Dietary guidelines for Life-style related diseases: See annex 11*

b. Recent data demonstrated that malnutrition in childhood and during the gestational period could increase risk of the above non-communicable diseases in adulthood

5.11 School Health and Nutrition

Objective 11: To improve health and nutritional status of school children



Specific objectives	Strategy	Activities	Responsibility	Indicator
To Increase use of SHN services by school children	Build capacity of the policy and working level stakeholders	<ul style="list-style-type: none"> • Training of teachers, Child clubs, SMCs and SHN Committees on anthropometric 	MoE,NS/CHD, SMC/SHN Committee	% in enrolment and attendance rates

		measurements, iron and Vitamin A supplementation and deworming		Prevalence of anemia, VAD and worm infestation
	Increase SHN Services	<ul style="list-style-type: none"> Assessment of nutritional status, development of dietary guidelines, mass deworming, iron tablet distribution and school feeding program 		Proportion of malnourished children
To improve healthful school environment	Formulate policies and standards by MoE and MoH	<ul style="list-style-type: none"> Incorporate school programs aiming SHN services into the School Improvement Plan 	MoE, MoLD, MoAC, SMC, MoH, MoHAPP	% of schools with separate latrines for girls and boys
	Minimize environmental risks	<ul style="list-style-type: none"> Provide safe and hygienic food service 		Reduced incidence of diarrhea and worm infestations
	Provide adequate and safe water supply and sanitary facilities	<ul style="list-style-type: none"> Build separate latrines for boys and girls Maintain hand-washing facilities at schools 		
To improve health and nutrition behavior	Enhance knowledge, skills and learning ability	<ul style="list-style-type: none"> Conduct behavior-centered sessions on personal hygiene and nutrition Promote kitchen gardens at schools 	Schools, MoE, Curriculum Development Center, NHEICC	% of children who report at least two nutritional measures
	Introduce child to child and child-to-parent approach	<ul style="list-style-type: none"> Develop and disseminate IEC materials and SHN facilitation reference manuals 		% of schools having a kitchen garden
To improve and strengthen community support systems and policy environment	Strengthen linkage, networking and partnership between MoE and MoH at various levels	<ul style="list-style-type: none"> Form a national level SHN Advisory and Steering Committee, Integrate school based health and nutrition services 	MoE, MoH, SMC/SHN committee, Child clubs, MoWCSW	% of schools with partners active in and supportive of SHN program
	Improve policy environment	<ul style="list-style-type: none"> Formulate school policy and protocols on healthy food, helminthes control and prepare SHN implementation guidelines 		

5.12 Nutrition in exceptionally difficult circumstances

Objective 12: To reduce the critical risk of death and/or malnutrition during exceptionally difficult circumstances

Specific objective	Strategy	Activities	Responsibility	Indicator
To reduce the risk of malnutrition and morbidity/mortality by HIV transmission through BF of infants	Increase awareness of BF in relation to HIV positive mothers at all levels	<ul style="list-style-type: none"> • Develop evidence-based guidelines on HIV and infant feeding • National campaign through mass-media • Health education at various levels (health facilities, community, school, etc) 	NS/CHD, NCASC, DHO/DPHO, Health institutes, schools	Nutritional status of HIV-positive infants
	Provide support to HIV-positive mothers to successfully carry out their infant feeding decision	<ul style="list-style-type: none"> • Develop counseling system for HIV-positive women • Build capacity of counselors/health workers for counseling • Implement counseling services for HIV-positive mothers 		% of infants who contracted HIV through BF
To Reduce the risk of malnutrition and morbidity/mortality of people who suffer through complex emergencies including natural or human-induced disasters (flood, drought, earthquake, war, civil unrest, severe political and economical living conditions)	Ensure that nutrition is integrated as a key component of Emergency Preparedness Plan (EPP)	<ul style="list-style-type: none"> • Advocate importance of nutrition in EPP 	NS/CHD, UN Agencies, Red Cross, Human right's group, Ministry of Home Affairs and other concerned Ministries	Prevalence of malnutrition
	Ensure that affected people have access to minimal nutritional requirements, particularly young children and women	<ul style="list-style-type: none"> • Develop an implementation plan and guidelines for different situations • Collaborate with relief agencies for effective delivery of food • Monitor nutritional status, and availability / accessibility of foods 		% of target populations who access minimal nutritional requirements

5.13 Analyzing, Monitoring and Evaluating Nutrition Situation

Objective 13: To strengthen the system for analyzing, monitoring and evaluating nutrition situations

Specific objectives	Strategy	Activity	Responsibility	Indicator
To strengthen existing institutional capacities and capabilities at various levels	Increase knowledge and skills of key actors at all levels	<ul style="list-style-type: none"> • Seminar • Workshop • Nutrition education at academic institutions 	NS/CHD University	Situational analysis
To improve coordination of data collection, analysis and reporting	Strengthen collaboration amongst relevant institutions	<ul style="list-style-type: none"> • Establish committee • Establish nutrition association 	NS/CHD University	Data collection
	Develop networks for data collection, processing and databank	<ul style="list-style-type: none"> • Network 		
To standardize tools for monitoring and evaluation of the nutrition situation	Acquire necessary tools and facilities required for data collection, processing and reporting	<ul style="list-style-type: none"> • Create nutritional RDAs for Nepali people • Identify standard values of anthropometric measurements for Nepali people 	NS/CHD University	Nepal RDAs and Anthropometric standards
To implement national survey to assess nutritional status in Nepal	Strengthen capacity building for national nutrition survey	<ul style="list-style-type: none"> • Training • Implementation of national nutrition survey 	NS/CHD	National survey

ANNEXES

Annex 1: Cut-off points for the assessment of nutritional status

Type	Level	Target	Cut-off point	Clinical examination
Low Birth-weight		Neonate	<2500 g	
Underweight ^{1,2}	Moderate-Severe	< 5 yrs	$\leq -2SD$ W/A ^a , ≤ 3 centile of W/A	
	Severe	< 5 yrs	$\leq -3SD$ W/A ^a , <60% of W/A	
Stunting ¹	Moderate-Severe	< 5 yrs	$\leq -2SD$ H/A ^b	
	Severe	< 5 yrs	$\leq -3SD$ H/A ^b	
Wasting ¹	Moderate-Severe	< 5 yrs	$\leq -2SD$ W/H ^c	
	Severe	< 5 yrs	$\leq -3SD$ W/H ^c	
Adult malnutrition (Based on BMD) ³	Undernourished	Adult	<16 BMI ^d	
	Probably undernourished		16 – 18.5 BMI	
	Normal		18.5 – 25 BMI	
	Probably obese		25 – 30 BMI	
	Obese		>30 BMI	
Vitamin A deficiency ^{4,5}	Sub-clinical		Serum retinol <0.70 μ mol /L ^e	
	Clinical		Serum retinol <0.35 μ mol /L ^f	Night blindness, Bitot's spot Conjunctive xerosis, Keratomalacia Active corneal lesions
Iodine deficiency Based on urinary iodine excretion ⁶	Mild		50-99 μ g/L UIE ^g	
	Moderate		20-49 μ g/L UIE	
	Severe		<20 μ g/L UIE	
Based on palpation ⁷	Grade 0			No goiter
	Grade 1			Not visible with the neck in normal position. The mass moves upward when the subject swallows. Nodular alternations can occur even when the thyroid is not visibly enlarged.

	Grade 2			A swelling in the neck that is visible when the neck is in a normal position and is consistent with an enlarged thyroid by palpation
Anemia ^{8,9} *WHO adjustment of Hb cut-off points for population living at higher altitude)		6-59 months	<110 g/L Hb ^b	
		5-11 years	<115 g/L Hb	
		12-14 years	<120 g/L Hb	
		Adult woman	<120 g/L Hb	
		Pregnant woman	<110 g/L Hb	
		Adult man	<130 g/L Hb	
	Mild	For all	<10.0 g/L Hb cut-off point	
	Moderate	For all	7.0 - <10.0 g/L Hb	
	Severe	For all	<7.0 g/L Hb	

a: weight for age in NCHS/WHO standard

b: height for age in NCHS/WHO standard

c: weight for height in NCHS/WHO standard

d: Body Mass Index = Weight in kg / (Height in meters)²

e: less than 5% with serum values $>0.70 \mu\text{mol/l}$ is characteristic of affluent societies and children with adequate vitamin A status

f: A prevalence of $>5\%$ of serum levels $<0.35 \mu\text{mol/l}$ is strong corroborative evidence of any clinical criteria met to identify an urgent public health problem.

g: The benchmark for monitoring progress towards elimination of IDD as a public health problem is 50% of the target group with urinary iodine below $100 \mu\text{g/l}$ and less than 20% with levels below $50 \mu\text{g/l}$

h: A classification of countries with respect to the degree of public health significance of anemia has been proposed by WHO (1996) in which countries or population groups with anemia prevalence of at least 40% are categorized as "high", 15-40% as "medium" and under 15% as "low".

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7. UNICEF. *Indicators for assessing Iodine Deficiency Disorders and Their Control Through Salt Iodization*, New York, 19948
8. ACC/SCN. *Controlling iron deficiency*, Nutrition Policy Discussion Paper, No. 9. ACC/SCN, Geneva9.
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Adjustment of Hb cut-offs for populations living at higher altitudes

Normal increases in hemoglobin related to long term altitude exposure	
Altitude (meters)	Increase in Hb (g/dl)
<1000	0
1000	+ 0.2
1500	+ 0.5
2000	+ 0.8
2500	+ 1.3
3000	+ 1.9
3500	+ 2.7
4000	+ 3.5
4500+	+ 4.5

Source: Nepal Micronutrient Status Survey, 1998

Annex 2: WHO standard for parameters of life-style disease

Definitions of the characteristics of the metabolic syndrome (WHO standard for reference)			
	Desirable	Borderline	Risk
Cholesterol Total Cholesterol HDL-Cholesterol ¹ LDL-cholesterol ² Triglycerides	<200 mg/dl >60 <130 <200	200-239 mg/dl 35-59 130-159 200-400	>240 mg/dl <35 >160 >400
Blood glucose stage/ Diabetes FPG Test ³ OGT Test ⁴	<6.1 mmol/L (<110 mg/dl) <7.8 mmol/L (<140 mg/dl)		≥7.0 mmol/L (≥126 mg/dl) ≥11.1 mmol/L (≥200 mg/dl)
Uric acid level Male Female	2-7 mg/dl 2.5-6 mg/dl		>7 mg/dl >6 mg/dl
Blood Pressure/ Hypertension Systolic Diastolic	<120 mmHg 80 mmHg	120-140 mmHg 80-90 mmHg	≥140 mmHg ≥90 mmHg

Note:

- HDL-Cholesterol: High Density Lipoprotein-Cholesterol
- LDL-Cholesterol: Low Density Lipoprotein-Cholesterol
- FPG Test: Fasting Plasma Glucose Test. Fasting is defined as no caloric intake for at least eight hours. OGT Test: Oral Glucose Tolerance Test. It is defined as 2 hour blood glucose

Annex 3: Indicators and targets for reducing malnutrition

Indicators and targets for reducing the prevalence of PEM in children under three years

Indicators	1990's	2000's	Target 10 th Plan (2007)	Target 11 th Plan (2012)	Target MDGs (2015)	Target SLTHP (2017)	Status of 2006
Prevalence of underweight ^a (<5yrs)	46.9 ^b	48.3	39	32	27	24	39
Prevalence of stunting ^a	48.4 ^b	50.5	41	33	28	25	49
Prevalence of wasting ^a	11.2 ^b	9.6	8	6	5	5	13
Rate of exclusive breastfeeding (<6 months) ^c	74.0	68.3	77	84	88	>90	53
Rate of optimal complementary feeding (6-9 months)		65	75	83	88	>90	75
Coverage of growth monitoring ^d (<3yrs)		12-17	30	45	55	>60	57

a. <-2SD of NCHS/WHO standard

b. Average data for children under 3 years

c. The average rate of exclusive breastfeeding among all the groups from 0 to 5 months old

d. Coverage of growth monitoring = (number of visits ÷ number of targets) × 100
Number of targets is calculated as follows: 1/3 × target population × 6 visits + 2/3 target population × 4 visits, where target population is all children 0-36 months of age.

Indicators and target for reducing the prevalence of PEM in women

Indicators	1990's	2000's	Target 10 th Plan (2007)	Target 11 th Plan (2012)	Target MDGs (2015)	Target SLTHP (2017)	Status of 2006
Prevalence of Low BMI ^a	28.3	26.7	22	18	15	13	21
(Prevalence of poor weight gain during pregnancy)							

a. Low BMI: less than 18.5kg/m²

Indicators and targets for reducing the prevalence of anemia

Indicators	1990's	2000's	Target 10 th Plan (2007)	Target 11 th Plan (2012)	Target MDGs (2015)	Target SLTHP (2017)	Status of 2006
Prevalence of anemia among children	78.0		60	49	43	<40	48
Prevalence of anemia among all women	67.7		54	47	42	<40	36

Prevalence of anemia among pregnant women	74.6		58	48	43	<40	42
Coverage of iron distribution		54-68	72	76	79	>80	
Compliance of iron supplementation							

Indicators and targets for eliminating IDD

Indicators	1990's	2000's	Target 10 th Plan (2007)	Target 11 th Plan (2012)	Target MDGs (2015)	Target SLTHP (2017)	Status of 2006
Median Urinary Iodine Excretion	144µg/l					>100µg/l	27
Coverage of iodized salt use (≥15 ppm)	55	63	75	83	88	>90	58

Indicators and targets for eliminating Vitamin A deficiency

Indicators	1990's	2000's	Target 10 th Plan (2007)	Target 11 th Plan (2012)	Target MDGs (2015)	Target SLTHP (2017)	Status of 2006
Prevalence of VAD (sub-clinical)	32.3		19	11	7	<5	32%
Prevalence of night blindness in pregnant women	6.1		3	2	1	<1	5
Coverage of VA supplementation for children aged 6-59 months		97	>90	>90	>90	>90	97
Coverage of VA supplementation for postpartum mothers		47	57	74	84	>90	49%
Coverage of cases treated							No data

Indicators and target for reducing low birth weight (LBW)

Indicators	1990's	2000's	Target 10 th Plan (2007)	Target 11 th Plan (2012)	Target MDGs (2015)	Target SLTHP (2017)	Status of 2006
Prevalence of LBW		21	19	15	13	12	
Rate of poor weight gain during pregnancy							No data

Indicators and target for improving household food security

Indicators	1990's	2000's	Target 10 th Plan (2007)	Target 11 th Plan (2012)	Target MDGs (2015)	Target SLTHP (2017)	Status of 2006
Rate of people with inadequate energy intake	50		38	32	28	25	

Indicators and target for intestinal worms control

Indicators	1990's	2000's	Target 10 th Plan (2007)	Target 11 th Plan (2012)	Target MDGs (2015)	Target SLTHP (2017)	Status of 2006
Rate of infestation of intestinal worms among children	74		45	27	16	<10	No data
Coverage of deworming tablets among children aged 2 to 5 years ^a		90>	90	>90	>90	>90	94

a. Only since October 2004 children aged 1 years have been included

Annex 4: Guidelines for complementary feeding

- Duration of exclusive breastfeeding and age of introduction of complementary foods:** Practice exclusive breastfeeding from birth to six months of age, and introduce complementary foods at six months of age (180 days) while continuing to breastfeed.
- Maintenance of breastfeeding:** Continue frequent, on-demand breastfeeding until two years of age or beyond.
- Responsive feeding:** Practice responsive feeding, applying the principles of psychosocial care. Specifically:
 - feed infants directly and assist older children when they feed themselves, being sensitive to their hunger and satiety cues;
 - feed slowly and patiently, and encourage children to eat, but do not force them;
 - if children refuse many foods, experiment with different food combinations, tastes, textures and methods of encouragement;
 - minimize distractions during meals if the child loses interest easily;
 - remember that feeding times are periods of learning and love – talk to children during feeding, with eye-to-eye contact.
- Safe preparation and storage of complementary foods:** Practice good hygiene and proper food handling by:
 - washing caregivers' and children's hands before food preparation and eating;
 - storing food safely and serving foods immediately after preparation;
 - using clean utensils to prepare and serve food;
 - using clean cups and bowls when feeding children;
 - avoiding the use of feeding bottles, which are difficult to keep clean.
- Amount of complementary food needed:** Start at six months of age with small amounts of food and increase the quantity, as the child gets older, while maintaining frequent breastfeeding. The energy needs from complementary foods for infants with "average" breast milk intake in developing countries

are approximately 200 kcal per day at 6-8 months of age, 300 kcal per day at 9-11 months of age, and 550 kcal per day at 12-23 months of age. In industrialized countries these estimates differ somewhat (130, 310 and 580 kcal/d at 6-8, 9-11 and 12-23 months, respectively) because of differences in average breast milk intake.

6. **Food consistency:** Gradually increase food consistency and variety as the infant get older, adapting to infant's requirements and abilities. Infants can eat pureed, mashed and semi-solid foods beginning at six months. By eight months most infants can also eat "finger foods" (snacks that can be eaten by children alone). By 12 months, most children can eat the same types of foods as consumed by the rest of the family (Keeping in the mind the need for nutrient-dense foods, as explained in 8. below). Avoid foods that may cause choking (i.e., items that have a shape and/or consistency that may cause them to become lodged in the trachea, such as nuts, grapes, raw carrots).
7. **Meal frequency and energy density:** Increase the number of items that the child is fed complementary food, as he/she gets older. The appropriate number of feeding depends on the energy density of the local foods and the usual amounts consumed at each feeding. For the average healthy breastfed infants, meals of complementary foods should be provided 2-3 times per day at 6-8 months of age and 3-4 times per day at 9-11 and 12-24 months of age. Additional nutritious snacks (such as a piece of fruits or bread or chapatti with nuts paste) may be offered 1-2 times per day, as desired. Snacks are defined as foods eaten between meals, usually self-fed, convenient and easy to prepare. If energy density or amount of food per meal is low, or the child is no longer breastfed, more frequent meals may be required.
8. **Nutrients content of complementary foods:** Feed a variety of foods to ensure the nutrients needs are met. Meat, poultry, fish or eggs should be eaten daily, or as often as possible. Vegetarian diets cannot meet nutrient needs at this age unless nutrients supplements or fortified products are used (see 9. below). Vitamin A-rich fruits and vegetables should be eaten daily. Provide diets with adequate fat content. Avoid giving drinks with low nutrient value, such as tea, coffee and sugary drinks such as soda. Limit the amount of juice offered so as to avoid displacing more nutrient-rich foods.
9. **Use of vitamin-mineral supplements or fortified products for infants and mother:** Use fortified complementary foods or vitamin-mineral supplements for the infant, as needed. In some populations, breastfeeding mother may also need vitamin-mineral supplements or fortified products, both for their own health and to ensure normal concentrations of certain nutrients (particularly vitamins) in their breast milk. [Such products may also be beneficial for pre-pregnant and pregnant women].
10. **Feeding during and after illness:** Increase fluid intake during illness, including more frequent breastfeeding, and encourage the child to eat soft, varied, appetizing, favorite foods. After illness, give food more often than usual and encourage the child to eat more.

Source: Guiding Principles for Complementary Feeding of the Breastfed Child. Washington DC: PAHO, WHO, 2003

Annex 5: National Protocol on Iron Supplementation and Guidelines to treat severe anemia

National protocol on Iron Supplementation for Pregnant and Postpartum Women

Dose: 60 mg iron + 400µg folic acid, daily

Duration: From the beginning of the second trimester in pregnancy
(6 months) till 45 days postpartum (total 225 days)

Note: It is also globally recommended that *if 6 months duration cannot be achieved in pregnancy, continue to supplement during the postpartum for 6 months or increase the dose to 120 mg iron in pregnancy* (Source: Rebecca J. Stoltzfus and Michele L. Dreyfus., Guidelines for the use of iron supplements to prevent and treat iron deficiency anemia, INACG, WHO and UNICEF., 1998)

Guidelines for oral and folate therapy to treat severe anemia

Age group	Dose	Duration
<2 years	25 mg iron + 100-400µg folic acid daily	3 months
2-12 years	60 mg iron + 400µg folic acid daily	3 months
Adolescents and adults, including pregnant women	120 mg iron + 400µg folic acid daily	3 months

- After completing 3 months of therapeutic supplementation, pregnant women and infants should continue preventive supplementation regimen.
- Children with Kwashiorkor or marasmus should be assumed to be severely anemic. However, oral iron supplementation should be delayed until the child regains appetite and starts gaining weight, usually after 14 days

Source: Rebecca J. Stoltzfus and Michele L. Dreyfuss, *Guidelines for the use of Iron Supplements to Prevent and Treat Iron Deficiency Anemia*, INACG, WHO and UNICEF, 1998

Annex 6: Guidelines for distribution of deworming Tablets

According to World Health Organization, if more than 20% of the population in a country (community) is suffering from worm infestation then, that country should provide the biannual deworming tablets to the community. Many studies carried out in Nepal show that almost one-third of pregnant women and children are suffering from worms (esp. hook worms).

One tablet Albendazol (400 mg) or one tablet Mebendazol (500 mg) can kill the different types of intestinal worms. In Nepal, one tablet of Albendazol (400 mg) is being distributed according to the decision of HMG, MoH and WHO. This tablet can kill the roundworm, trichuris and hook worms and the eggs of these worms also come out mixing with the stool. There are no side effects when children take this tablet even if they are not suffering from worms.

This tablet can be given to children above one year of age who are suffering from intestinal worms or suspected to be suffering. But, HMG, MoH is providing this tablet only to the targeted age groups.

Target	Dose	Time
Children	(1-<2 years) 1/2 tablet of Albendazol (200 mg)	Twice a year (integrated with vitamin A program)
Children	(2-5 years) 1 tablet of Albendazol (400 mg)	Twice a year (integrated with vitamin A program)
Pregnant women (after first trimester)	1 tablet of Albendazol (400 mg)	Once (after completion of first trimester)

Source: *Guidelines for distribution of deworming tablets*
Nutrition Section, CHD, MoH

Annex 7: List of iron rich foods

Iron content in selected foods

Name of the food	Iron content (mg/100 gm)	Name of the food	Iron content (mg/100 gm)
Mustard leaf "gundruk"	94.3	Watermelon	7.9
"Masyaura"	44.0	Lentil	7.6
Garden cress	28.6	Onion stalk	7.4
Turnip greens	28.4	Peas, dry	7.1
Radish leaf "gundruk"	26.6	Horse gram	6.8
Rice, beaten	20.0	Liver, goat	6.6
Tamarind pulp	17.0	Broad beans, sprouted	6.2
Mustard leaves	16.3	Mutton	2.5
Sugar unrefined "sakkar"	11.4	Egg, hen	2.1
Soybean	10.4	Chicken	1.5
Colocasia leaves	10.0	Milk, buffalo's	0.2
Liver, chicken	9.7	Milk cow's	0.2
Bengal gram, roasted	9.5	Fish, dried	1-89.0
Cow pea	8.6		

Source: Ministry of Agriculture, *Nutrient Content in Nepalese Foods*
Ramesh K. Adhikari, Miriam E. Krantz, *Child Nutrition and Health*

Annex 8: Guidelines for VA Capsule supplementation and treatment protocol

Guidelines for the implementation of the national vitamin A deficiency control program in Nepal

Basic activities

High dose supplementation of VA capsule to children 6-59 months in 75 districts through mass distribution twice a year according the following schedule: Baisakh (March- April) during the peri-measles season and before the beginning of the high risk season of xerophthalmia. Kartik (October/November) prior to the harvest season, to boost vitamin A stores for the acceleration in growth that often follows.

- Children 6 to under 12 months of age – one oral vitamin A dose of 100,000 IU two times per year during the capsule distribution campaign.
- Children 12 to 59 months of age – one oral vitamin A dose of 200,000 IU two times per year during the capsule distribution campaign.
- Special emphasis will be given during the campaign for severely malnourished children in order to be sure they will receive one mega dose of vitamin A, and that their mothers will receive special attention from the FCHVs.
- Women immediately following childbirth, or as soon as possible up to six weeks post-partum, can be given one oral dose of vitamin A 200,000 IU. (Postpartum supplementation is aimed to correct VAD in infants since birth to 6 months)
- Nutrition education activities and promotion of home gardening, to be carried out utilizing various communication media, including community-level health workers, and agricultural extension workers.
- The target population for the nutrition education activities will be all the mothers of children 6-59 months, as well as pregnant and lactating mothers. This population will also be the priority target for adult literacy and post-literacy activities.

Case treatment in all 75 districts with vitamin A capsules for xerophthalmia, measles, severe malnutrition and prolonged diarrhea, in accordance with WHO/UINICEF/IVACG guideline. For treatment of children with these illnesses, the following protocols for the use of vitamin A should be observed:

Prevention and treatment protocol

	Targets	Dose
Prevent Protocol	Children 6 to <12 months	100,000 IU of vitamin A, 2 times/year
	Children above 12 to 59 months	200,000 IU of vitamin A, 2 times/year
	Mothers (within 6 weeks of delivery)	200,000 IU of vitamin A,
Treatment Protocols (for children)	Xerophthalmia (Night blindness, Bitot's Spot, Keratomalacia, etc.)	Three doses ^a : One dose upon diagnosis One dose the following day One dose one month later
	Measles	Two doses One dose upon diagnosis One dose the following day
	Prolonged diarrhea (>14 days duration)	One dose Immediately upon diagnosis
	Severe malnutrition (Undernutrition)	One dose Immediately upon diagnosis
(for women)	Night blind pregnant mothers and others	25,000 IU weekly single dose, four doses
a. one dose: 100,000 IU for children aged 6-<12 months; 200,000 IU for children more than 12 months		

Annex 9: List of Vitamin A rich foods

Pre vitamin A content in selected foods

Name of the food	Carotene (mcg/100 gm)	Name of the food	Carotene (mcg/100 gm)
Stinging nettle	12857	Liver chicken*	1930
Colocasia leaves	12000	Bethe leaves	1740
Coriander leaves	6918	Mustard leaf "gundruk"	1520
Spinach	5580	Rape leaves	1380
Amaranth, tender	5520	Pumpkin*	1160
Radish leaves	5295	Papaya, ripe	666
Carrot	4275	Onion stalk	595
Liver goat*	3030	Soybean	426
Mango	2743	Egg, hen	420
Mustard leaves	2622	Lentil	270
Fenugreek leaves	2340	Cabbage	120
Pumpkin leaves	1940		

*The value is equivalent to B-carotene

Source: Ministry of Agriculture, *Nutrient Content in Nepalese Foods*
Ramesh K. Adhikari, Miriam E. Krantz, *Child Nutrition and Health*
National Institute of Nutrition, *Nutritive Value of Indian Foods*

Annex 10: Associations between selected dietary components and cancer

Associations between selected dietary components and cancer						
Site of cancer	Fat	Body weight	Fiber	Fruits and vegetables	Alcohol	Smoked, salted and pickled foods
Lung				-		
Breast	+	+			+/-	
Colon	++		-	-		
Prostrate	++					
Bladder				-		
Rectum	+			-	+	
Endometrium		++				
Oral cavity				-	+(a)	
Stomach				-		++
Cervix				-		
Oesophagus				-	++(a)	+

Key:
 + = Positive association; increased intake with increased cancer.
 - = Negative association; increased intake with decrease cancer.
 a = Synergistic with smoking

Source: Report of a WHO Study Group, WHO Technical Report Series 797

Annex 11: Dietary guidelines for life-style related diseases

Dietary guidelines for life-style related diseases

- Consume a variety of food.
- Eat fruits and vegetables.
- Include sufficient grains/cereals.
- Eat more fiber.
- Include calcium-rich foods and protein-rich foods in the diet.
- Drink sufficient and clean fluids.
- Restrict the use of fats and oils and be selective about the types of fats used.
- Use less salt and eat less salty foods.
- Cut down on sugar, and on drinks and foods that contain sugar.
- Encourage exclusive breastfeeding combined with suitable complementary foods after six months.
- Maintain a healthy body weight.
- Encourage physical activity and exercise and suggest its minimum duration.
- Control alcohol intake
- Stop or avoid tobacco use.

Source: Report of a Joint FAO/WHO Consultation, 1998

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