



ABSTRACT

Department for Women, Children, Disabled & Senior Citizens - Nutrition programme under the ICDS – Introducing “One Full Meal “ under “*Indiramma Amrutha Hastham*” programme for Pregnant and Lactating women in 102 ICDS Projects - To improve health and nutrition status of women and children in the State – Orders - Issued.

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DEPARTMENT FOR WOMEN, CHILDREN, (ICDS-A1) DISABLED & SENIOR
CITIZENS

G.O.Ms.No.33,

Dt.01st December, 2012.

Read the following:-

1. From Director, (WD&CW), Hyderabad, Lr.No.3650/J3/2012, dt.18.06.2012.
2. From the Commissioner, (WD&CW) Dept., Hyd Lr.No.3650/J3/12, dt.17.07.2012.
3. G.O.Ms.No.249, Health, Medical & Family Welfare (D2) Dept. dt:24-09-2012.

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ORDER:

In the letters read above, the Commissioner, Women Development & Child Welfare (WD&CW) has reported that while implementation of ICDS has resulted in improvement of the nutritional status of women and children in the state, the desired goals have not been achieved. The percentage of low birth weight babies, underweight children (< 3 years) and pregnant women who are anaemic is still high. As a result, reduction of Infant Mortality Rate (IMR) and Maternal Mortality Rate (MMR) continues to be a challenge.

- i) **Low birth weight children** in Andhra Pradesh as per National Family Health Survey (NFHS -3) of 2005-06 was recorded as 19.4% which was highest among the other southern states.
 - ii) **Underweight children** (<3 years) in Andhra Pradesh as per NFHS-3 was very high at 37%.
 - iii) **Anaemia** prevalence in Andhra Pradesh increased among Ever Married Women (15-44 yrs) as per NFHS-2 and NFHS-3 from 49.8% in 1998 - 1999 to an alarming 62.9% in 2005-06.
2. In this regard the Commissioner, (WD & CW) has informed the following:
- i) Malnutrition starts in early stages of life and children can be at risk of malnutrition even before birth. Scientific evidence has shown that beyond the age of 2-3 years, the effects of chronic malnutrition are irreversible.
 - ii) The high prevalence of chronic malnutrition can be tackled by addressing the nutritional requirements of Pregnant and Lactating women.
 - iii) The alarming situation of stunting in Andhra Pradesh (33.9% for children below 3 years as per NFHS-3) also indicates the need to address malnutrition in early stages by targeting the Pregnant and Lactating women and adolescent girls.
3. The Commissioner, (WD&CW) has therefore made the following recommendations:
- i) There is a need to modify the nutrition programme of ICDS to address challenges in early stages of life itself by targeted approach
 - ii) Targeting Pregnant and Lactating women (i.e. mothers) and meeting their nutritional needs is one of the critical windows of opportunity to prevent malnutrition.
 - iii) This can be done by introducing spot feeding of “One Full Meal” for the Pregnant and Lactating women at the Anganwadi Centers (AWCs) along with administration of Iron & Folic Acid (IFA) tablet.
 - iv) Introduction of such a programme will have the following impact:

(PTO)

- Enhance the quality and acceptability of meals by the mothers
- Ensure food supplied is consumed by only the mothers rather than the whole family
- Ensure that Pregnant women consume 90+ IFA tablets.
- Improve the enrollment of mothers at Anganwadi Centers.
- Eliminate or decrease number of mothers with anaemia and under nutrition.
- Reduce the incidence of low birth babies and malnutrition among children.
- Ensure that mothers receive health checkups and immunization.
- Reduce the incidence of infant mortality and maternal mortality.

4. The model for “One Full Meal” per day proposed for spot feeding of Pregnant & Lactating women is as follows:

- i) The items included for the wholesome meal are:
 - Rice /Wheat / Millets
 - Dhal/ Sambar
 - Vegetables / Green Leafy Vegetables/Fruits
 - Egg
 - Glass of milk /curd
- ii) The estimated quantity, nutritive value and cost of such a proposed “One Full Meal” is indicated at *Annexure – I*. The cost of meal per day per mother will be Rs.15/. The meal will provide more than 40% of the day’s requirement of calories, protein and calcium to the mothers. In addition, the spot feeding will ensure full consumption of IFA tablets.

5. The critical intervention of “One Full Meal” for Pregnant and Lactating women is proposed to be introduced in only those 102 Projects out of the 387 ICDS Projects which have been identified as high risk areas (wherein IMR, MMR and malnutrition levels are high). The list of these 102 Projects with the details of number of Anganwadi Centers and estimated number of Pregnant and Lactating women is at *Annexure –II*.

6. Under Supplementary Nutrition Programme (SNP) of ICDS there is already a budget of Rs. 5 per day per mother. Hence, the additional financial requirement for the “One Full Meal” will be Rs.103.20 crores per annum for the estimated 3.44 lakhs of Pregnant & Lactating Women in the 102 high risk ICDS Projects. The percentage of Anganwadi Centers in these 102 ICDS Projects which have more than 40% of SC/ST population is about 40% and hence Rs.41.28 crores can be met, if necessary, from SC/ST plan.

7. After careful examination of the proposal, Government hereby accords approval of the following:

- i) To introduce “One Full Meal” for Pregnant and Lactating women under “Indiramma Amrutha Hastham” Programme as per the proposed model and cost as at *Annexure–I*. The costs will be revised in accordance with price escalation.
- ii) To introduce “One Full Meal” in 102 ICDS Projects identified as at *Annexure-II* from 1st January 2013 onwards.
- iii) To provide for additional State Budget for the “One Full Meal” programme for the Pregnant and Lactating women in 102 ICDS Projects over and above the normal nutrition budget.

8. Considering the importance of the scheme and the commitment of the State to protect the life of every mother & child in the State, the Commissioner, (WD & CW) is advised to evolve & design the implementation of the scheme in transparent manner and as an entitlement based scheme by creating awareness among the beneficiaries and with the necessary oversight mechanism, so as to ensure that the benefits reached the intended beneficiaries without any leakages or wastage.

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9. The scheme will not be operated in habitations covered by the Nutrition cum Day Care Centers (NDCCs) of the "Indira Kranti Patham (IKP)" and there will be coordination with the Rural Development Department to avoid overlap with the NDCCs.

10. Any negligence, misuse, diversion and interruption of the "One Full Meal" to the target group will be viewed seriously and will entail stringent action against the concerned.

11. This order issues with the concurrence of Rural Development Dept. and Finance (Expr. WD&CW) Dept, vide their U.O.No.9433/195/Expr.WD/2012, dt.10/10/2012.

(BY ORDER AND IN THE NAME OF THE GOVERNOR OF ANDHRA PRADESH)

NILAM SAWHNEY
PRINCIPAL SECRETARY TO GOVERNMENT

To

The Commissioner, Women Development & Child Welfare Department, Hyderabad
Pr. Secy, Rural Development.
Pr. Secy, Medical, Health & Family Welfare
The CEO – SERP, Hyderabad.
The Commissioner, Family Welfare, Hyderabad.
All District Collectors.
All Project Directors DRDA in the State.
All Regional Joint Directors WD&CW in the State.
All Project Directors WD&CW in the State.

Copy to:

PS to Spl. Secy. to C.M.
PS to Minister,(IKP,WDCW&DW).
GA (Cabinet) Department,
PS to Pr. Secy. Dept. for WCD&SC.
SF/SCs.

//FORWARDED BY ORDER//

SECTION OFFICER

Annexure - I

G.O.Ms.No.33,

Dept., for WCD&SCs

dt.01/12/2012.

Estimated Quantity, Cost, and Nutritive value of "One Full Meal"

Food Stuffs	Quantity (gms)	Cost (Rs.)	Nutritive Value		
			Energy (K. Cal)	Proteins (gms)	Calcium (mg)
Rice/Wheat /Millets	125	0.50	431.3	8.5	12.5
Dhal (Red Gram/ Green Gram etc.,)	30	2.40	104.4	7.25	22.5
Oil	16	1.10	144	-	-
Egg	50	3.50	86.5	6.65	30
Vegetables/Green leafy vegetable (Potato, Onion, Beans etc.,)	50	1.40	52.5	1.8	16.06
Milk/Curd	200 ml	5.00	234	8.6	420
Condiments		0.10			
Cooking Gas/Firewood		1.00			
Total		15	1052.7	32.8	501.06

NILAM SAWHNEY,
PRINCIPAL SECRETARY TO GOVERNMENT.

ANNEXURE-II
List of 102 Projects for Implementing Indiramma Amrutha Hastham

Sl. No	Name of the District	Name of the Project		No. of Projects	No. AWC Sanctioned			Pregnant Women Enrolled	Nursing Mothers Enrolled	Total
					Main	Mini	Total			
1	2	3		4	5	6	7	8	9	10
1	Srikakulam	1	Seethampeta (T)	4	122	109	231	692	773	1465
		2	Ichapuram		285	26	311	1732	1965	3697
		3	Mandasa		215	60	275	1397	1600	2997
		4	Kotturu		162	81	243	1572	1792	3364
			Total		784	276	1060	5393	6130	11523
2	Vizianagarm	1	Bhadragiri (T)	4	101	85	186	435	603	1038
		2	Panchipeta (T)		150	77	227	1309	1443	2752
		3	Kurupam		176	126	302	1166	1264	2430
		4	Parvathipuram		280	89	369	2243	2415	4658
			Total		707	377	1084	5153	5725	10878
3	Visakhapatnam	1	Ananthagiri (T)	8	123	89	212	687	925	1612
		2	Araku (T)		225	100	325	1669	1755	3424
		3	Chintapalli (T)		192	265	457	2009	2108	4117
		4	G.Madugula (T)		96	156	252	737	806	1543
		5	Koyyuru (T)		85	74	159	615	651	1266
		6	Munchingput (T)		99	128	227	652	697	1349
		7	Paderu (T)		196	201	397	1300	1531	2831
		8	Peddabayyalu (T)		106	87	193	570	727	1297
			Total		1122	1100	2222	8239	9200	17439
4	East Godavri	1	Addatigala (T)	4	133	151	284	919	1005	1924
		2	Maredumilly (T)		82	61	143	419	477	896
		3	Rajavomangi (T)		104	25	129	446	476	922
		4	Rampachodavaram (T)		101	75	176	475	488	963
			Total		420	312	732	2259	2446	4705
5	West Godavari	1	Polavaram (T)	3	125	17	142	884	945	1829
		2	Buttaigudem (T)		137	41	178	750	783	1533
		3	Koyalagudem		138	24	162	1848	1698	3546
			Total		400	82	482	3482	3426	6908

6	Krishna	1	Turruvur	3	190	3	193	1670	1415	3085
		2	Avanigadda		136	6	142	1414	1377	2791
		3	Mylavaram		171	14	185	1990	1593	3583
			Total		497	23	520	5074	4385	9459
7	Guntur	1	Machelra	3	168	4	172	2288	2352	4640
		2	Pallapatla		207	4	211	1483	1512	2995
		3	Nadendla		267	0	267	1879	1868	3747
			Total		642	8	650	5650	5732	11382
8	Prakasam	1	Yerragondapalem	4	221	27	248	2430	2583	5013
		2	Bestavaripeta		185	0	185	1328	1335	2663
		3	Markapur (R)		201	24	225	1809	1847	3656
		4	Kanigiri		161	21	182	1530	1647	3177
			Total		768	72	840	7097	7412	14509
9	Nellore	1	Udayagiri	5	204	36	240	1486	1592	3078
		2	Venkatachalam		166	34	200	1585	1477	3062
		3	Gudur (R)		166	13	179	1154	1055	2209
		4	Atmakur		203	13	216	1339	1555	2894
		5	Rapur		137	30	167	961	983	1944
			Total		876	126	1002	6525	6662	13187
10	Kurnool	1	Atmakur	4	199	13	212	1960	2092	4052
		2	Allagadda		248	8	256	2872	2623	5495
		3	Adoni (R)		226	0	226	3578	3375	6953
		4	Banganapalli		209	8	217	3109	2933	6042
			Total		882	29	911	11519	11023	22542
11	Cuddapah	1	Porumamilla	4	259	56	315	2739	3009	5748
		2	L.R.Palli		315	22	337	1857	2067	3924
		3	Rayachoti		287	87	374	2192	2150	4342
		4	Muddanur		129	20	149	1032	1054	2086
			Total		990	185	1175	7820	8280	16100
12	Chittoor	1	Tamballapalli	4	222	46	268	1410	1593	3003
		2	Kuppam		270	153	423	2650	2923	5573
		3	Palamaneru		247	65	312	2489	2828	5317
		4	G.D.Nellore		149	64	213	1261	1342	2603
			Total		888	328	1216	7810	8686	16496

13	Ananthapur	1	Kambadur	6	223	32	255	2018	2083	4101
		2	Kanekal		133	5	138	1143	1136	2279
		3	Rayadurgam		173	12	185	1722	1628	3350
		4	Kalyandurgam		150	33	183	1226	1405	2631
		5	Hindupur		464	86	550	2531	2711	5242
		6	Madakasira		378	60	438	2292	2624	4916
			Total		1521	228	1749	10932	11587	22519
14	Mahabubnagar	1	Gadwal (R)	6	305	45	350	2212	2255	4467
		2	Achampet		272	102	374	1744	1917	3661
		3	Makthal (R)		270	34	304	2247	2411	4658
		4	Maddur		217	21	238	668	711	1379
		5	Manawapad		226	12	238	1865	2160	4025
		6	Atmakur		215	2	217	1504	1428	2932
			Total		1505	216	1721	10240	10882	21122
15	Nalgonda	1	Devarakonda	6	328	66	394	2138	2431	4569
		2	Chintapally		216	31	247	1388	1512	2900
		3	Alair		196	9	205	1488	1347	2835
		4	Thungathurty		232	25	257	1798	1968	3766
		5	Peddavorra		311	68	379	1951	2271	4222
		6	Munugode		199	4	203	1804	1753	3557
			Total		1482	203	1685	10567	11282	21849
16	Medak	1	Narayankhed	5	281	129	410	2972	3321	6293
		2	Narsapur		262	78	340	2811	3260	6071
		3	Ramayanpet		243	16	259	1954	2345	4299
		4	Medak (R)		316	49	365	2038	2236	4274
		5	Zaheerabad		408	20	428	2970	3350	6320
			Total		1510	292	1802	12745	14512	27257
17	Nizamabad	1	Madnoor	5	180	27	207	1792	1651	3443
		2	Domakonda		236	25	261	1729	1280	3009
		3	Bheemgal		249	57	306	2380	2426	4806
		4	Yellareddy		221	59	280	1738	1825	3563
		5	Banswada		197	34	231	1521	1549	3070
			Total		1083	202	1285	9160	8731	17891

18	Ranga Reddy	1	Pargi	3	214	101	315	2211	2367	4578
		2	Thandur		267	20	287	2987	1721	4708
		3	Marpally		123	17	140	1132	1063	2195
			Total		604	138	742	6330	5151	11481
19	Warangal	1	Eturunagaram	4	267	27	294	1220	1306	2526
		2	Maripeda		363	49	412	2028	2246	4274
		3	Gudur		231	49	280	1366	1512	2878
		4	Mulugu		212	55	267	1561	1738	3299
			Total		1073	180	1253	6175	6802	12977
20	Karimnagar	1	Mahadevpur	3	177	11	188	1137	1217	2354
		2	Manthani		242	1	243	1352	1508	2860
		3	Mallial		232	0	232	1541	1522	3063
			Total		651	12	663	4030	4247	8277
21	Khammam	1	V.R.Puram	9	61	27	88	297	244	541
		2	Kunavaram		124	98	222	738	600	1338
		3	Venkatapuram		197	83	280	1122	1077	2199
		4	Burgampad		336	117	453	2773	2664	5437
		5	Aswaraopeta		313	124	437	1968	1948	3916
		6	Bhadrachalam		192	93	285	1417	1135	2552
		7	Yallandu		322	105	427	2090	2088	4178
		8	Kalluru		419	55	474	3267	3426	6693
		9	Sudimalla		266	140	406	1570	1595	3165
			Total		2230	842	3072	15242	14777	30019
22	Adilabad	1	Utnoor (T)	5	365	237	602	2074	2273	4347
		2	Asifabad (T)		268	76	344	1219	1152	2371
		3	Wankidi (T)		207	187	394	964	998	1962
		4	Boath		271	46	317	1466	1597	3063
		5	Adilabad (R)		332	51	383	1913	1866	3779
			Total		1443	597	2040	7636	7886	15522
Grand Total:				102	22078	5828	27906	169078	174964	344042

NILAM SAWHNEY,
PRINCIPAL SECRETARY TO GOVERNMENT.