

JAIPUR MIDLINE REPORT

NOURISHING SCHOOLS
INDIA

March 2023



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NOURISHING SCHOOLS

ABOUT NOURISHING SCHOOLS FOUNDATION

Nourishing Schools Foundation's mission is to help children take charge of tackling malnutrition. In partnership with various organizations, we have worked with over 250 schools in India on this, reaching over 60,000 children in Maharashtra, Rajasthan, Assam, and Tamil Nadu. We have also collaborated with governments, such as the Government of Rajasthan and the Central Government's Eat Right India initiative.

Our intervention aims to develop young changemakers aged between 9-14 years who can take charge of improving their own and their communities' nutrition. We provide toolkits to schools with games and activities for children between 4th to 9th grade. These activities promote behaviour change and help children learn about nutrition and how they can improve it e.g., by managing school gardens to access a diverse source of nutrients or building a handwashing station to prevent diarrhoea.

Over two cycles of engagement with the toolkit, children solve problems in their schools and communities related to nutrition.



OVERVIEW

PROGRAMME CYCLE

The Nourishing Schools Foundation along with partner organizations leverages schools as a hub to improve the nutrition of families and communities. The diagram below outlines the programme cycle that includes toolkit implementation and data collection process that we follow at the level of schools with implementation support from the partner organization.



SURVEY METHODOLOGY

The sample size for the midline survey consisted of 1777 students who are studying in grades 4 to 9. These children are from 20 schools across Jaipur in Rajasthan, India. A random stratified sampling method was used to determine the children who will participate in this study. A maximum of 20 students were chosen from each grade (i.e. grades 4 to 9). Therefore from any given school, provided they have all six grades, a maximum of 120 students were chosen for the baseline survey. If it is a single-gendered school (i.e. only girls or only boys), then it will be 20 girls or boys from each grade. If it is coeducational, then it will be a maximum of 10 girls and 10 boys from each grade. The subsequent survey (midline) was conducted with the same students that were part of the baseline survey. Consent was obtained from the guardians of the children before data collection.

The baseline survey was completed in August 2022 and the midline survey was completed in March 2023.

This report showcases the results of one complete programme cycle conducted with our partner Shikshit Rojgar Kendra Prabandhak Samiti (SRKPS) in Rajasthan. SRKPS's goals include promoting health and education, protecting and promoting natural resource management, and empowering youth and women. They help women, children and deprived sections of society actively participate in the areas of health, education and self-governance to eliminate inequalities. SRKPS has been working in the region since 1987.



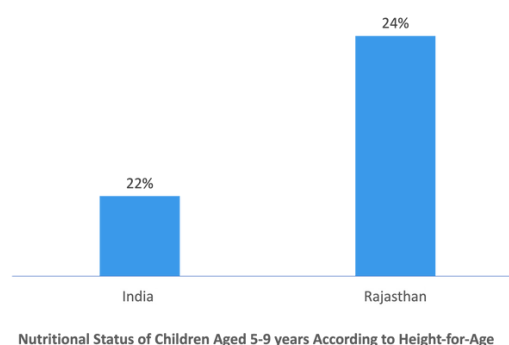
संस्कृत क्रमांक 2:
सांख्य सीढ़ी

OVERVIEW

Overview - India and Jaipur

According to the Comprehensive National Nutrition (CNNS) 2019 report, in India, girls suffer more. They have multiple nutritional deprivations and little autonomy. More girls suffer from the co-existence of shortness and thinness than boys in both, early (10 to 14 years) and late (15 to 19 years) adolescence.¹

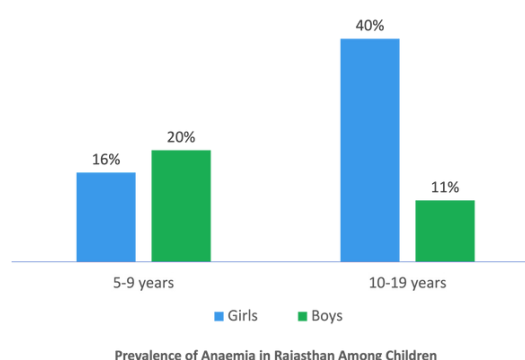
Anaemia affects 40% of adolescent girls and 18% of boys. Co-existence of anaemia and thinness is higher among girls and 15-19 year-olds. Anaemia affects 32% of girls 10-14 years and 48% of girls 15-19 years. Among boys 10-19 years, ~20% are anaemic. The co-existence of anaemia and thinness among girls is twice more than among boys in early adolescence (10-14 years) and four times higher in late adolescence (15-19 years).²



Overview of the district (Jaipur)

According to the National Multidimensional Poverty Index Baseline report 2021, 15% of Jaipur's population is multidimensionally poor.³

According to the POSHAN district nutrition profile of Jaipur, 50% of children under the age of 5 years suffer from anaemia, 36% are stunted (low height-for-age) and 25% are underweight (low weight-for-age). In the Jaipur district, the percentage of women aged 15-49 years who are overweight or obese was higher (17%) than that of men aged 15-49 years who are overweight or obese (15%). However, the percentage of men aged 15-49 years with high blood pressure (19%) is higher than that of women aged 15-49 years with high blood pressure (10%).⁴



1. CNNS-Thematic-Report-Adolescents-Diets-and-Nutrition. <https://www.unicef.org/india/media/2631/file/CNNS-Thematic-Report-Adolescents-Diets-and-Nutrition.pdf>

2. Ibid

3. National Multidimensional Baseline Report https://www.niti.gov.in/sites/default/files/2021-11/National_MPI_India-11242021.pdf.

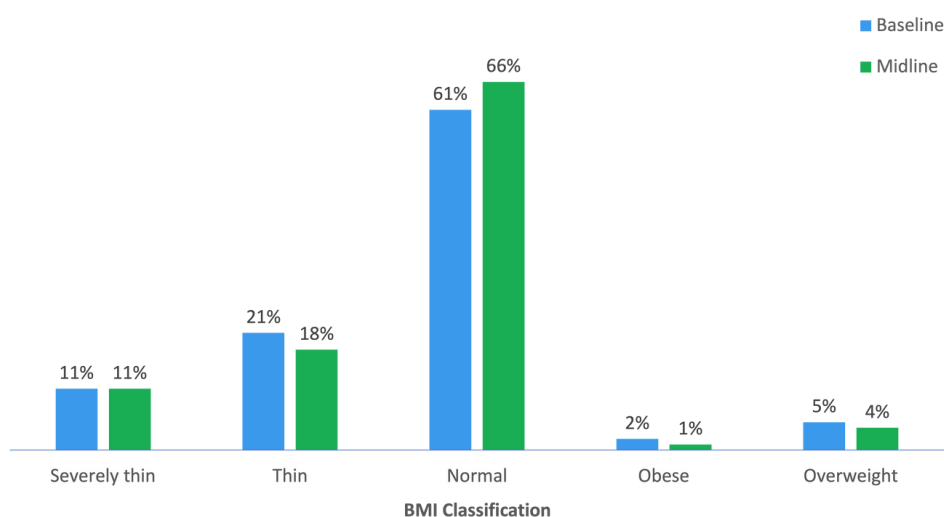
4. Jaipur-District-Nutrition-Profile <http://ebrary.ifpri.org/utils/getfile/collection/p15738coll2/id/131723/filename/131938.pdf>

KEY RESULTS

As highlighted in CNNS 2019 report, in India, education is free and compulsory till the age of 14 years. School-going adolescents are also entitled to a mid-day meal providing almost a third of the energy and protein requirements for 200 school-days in a year in all government schools.

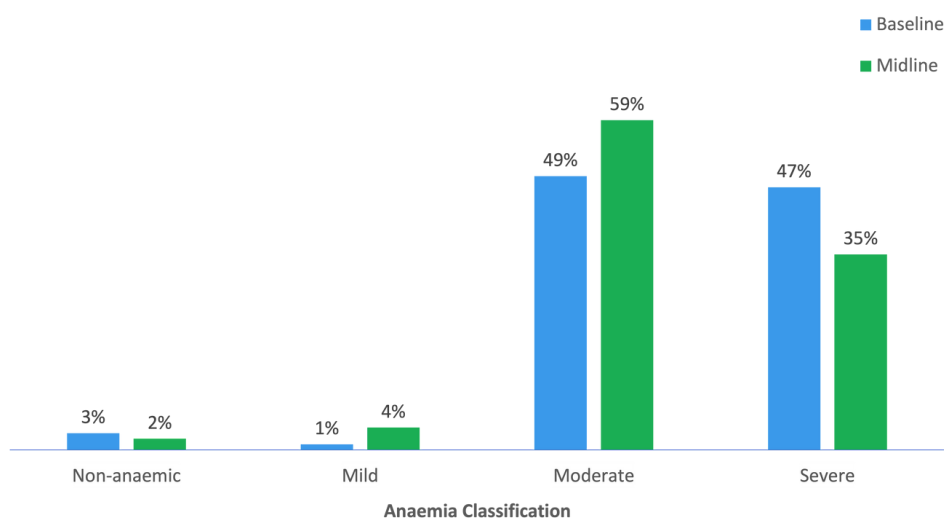
Even with these entitlements, there are more than 1 in 5 short adolescents of all ages from 10 to 19 years. The prevalence of thinness and obesity peaks in early adolescence (10 to 14 years) for both girls and boys.⁵ Thus, reaching adolescents with nutrition services early is imperative.

Nutritional Status



As per the Jaipur midline survey results, there is a decrease in the percentage of children who were thin by 3 percentage points. The percentage of children who were obese and overweight have both reduced by 1 percentage point. In addition, there is a 4 percentage point increase in the percentage of children that fall under the normal category as per their body mass index. However, the percentage of children under the severely thin category has remained the same.

According to the CNNS report, 29% of children aged 10-19 years in Rajasthan are moderately or severely thin.⁶



As per the midline survey results, there is a decrease in the percentage of severely anaemic children. However, there is an increase in the percentage of children that are mildly and moderately anaemic. According to the CNNS report, 26% of children aged between 10-19 years are anaemic in Rajasthan.⁷

According to the Jaipur POSHAN district profile, 27% of women of reproductive age are anaemic.⁸

5. CNNS-Thematic-Report-Adolescents-Diets-and-Nutrition. <https://www.unicef.org/india/media/2631/file/CNNS-Thematic-Report-Adolescents-Diets-and-Nutrition.pdf>

6. CNNS-Rajasthan-factsheet- https://dev.nutritionindiainfo.in/static_files/factsheets/CNNS-v6-factsheet-Rajasthan.pdf

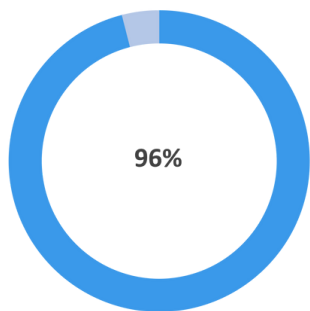
7. Ibid

8. POSHAN Jaipur-District-Nutrition-Profile <http://ebrary.ifpri.org/utis/getfile/collection/p15738coll2/id/131723/filename/131938.pdf>

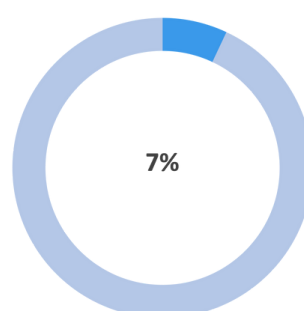
KEY RESULTS

Diet

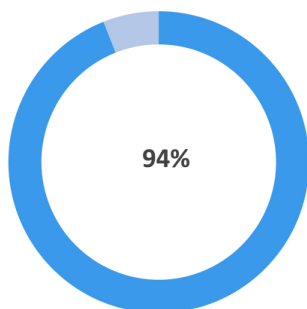
According to WHO, consuming a healthy diet throughout the life-course helps to prevent malnutrition in all its forms as well as a range of noncommunicable diseases (NCDs) and conditions. However, increased production of processed foods, rapid urbanization and changing lifestyles have led to a shift in dietary patterns. People are now consuming more foods high in energy, fats, free sugars and salt/sodium, and many people do not eat enough fruit, vegetables and other dietary fibre such as whole grains.⁹ Our midline survey helps us understand children's dietary preferences and eating habits.




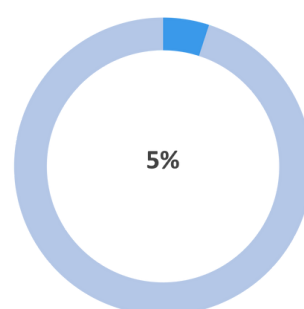

of students reported
that they consume
vegetables



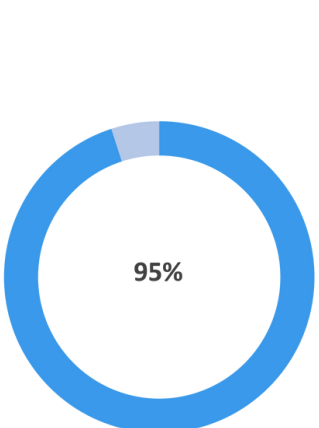

of children reported
that they consume
eggs



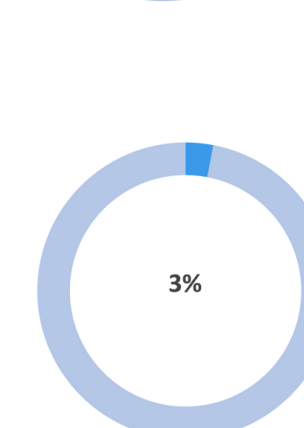

of children reported
that they consume
fruits





of children reported
that they consume
meat




of children reported
that they consume
milk/milk products



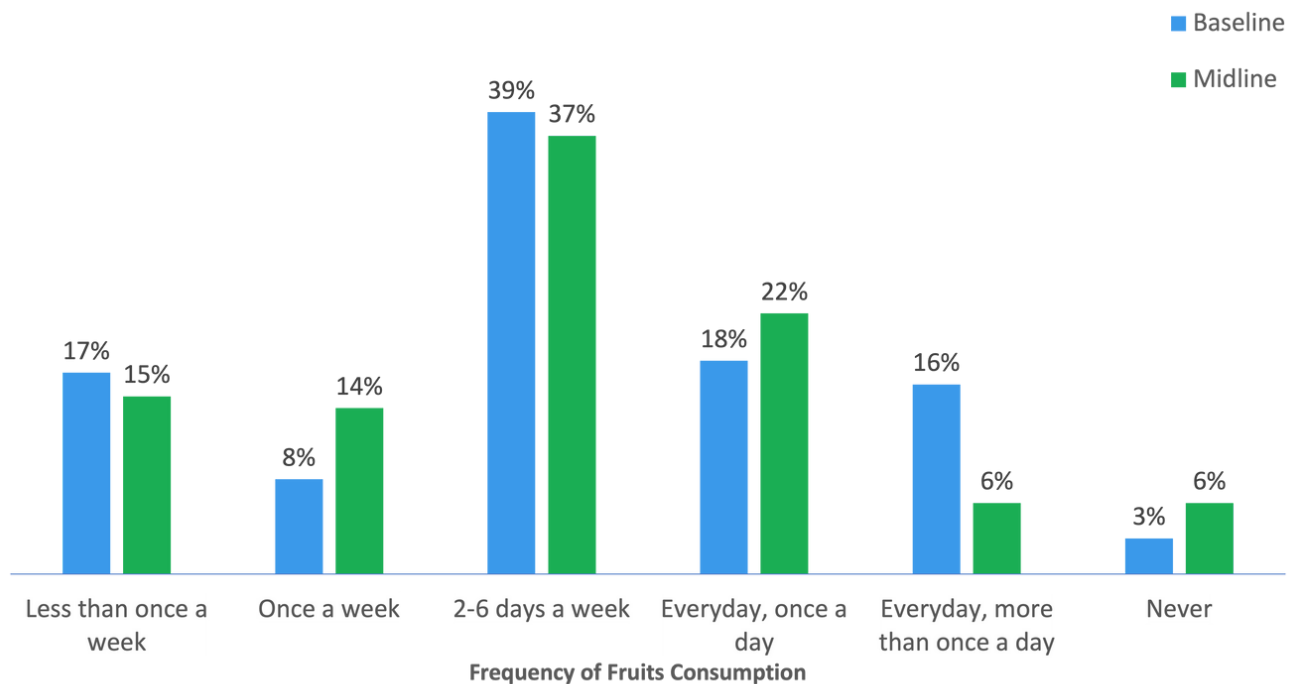

of children reported
that they consume
fish

an

⁹ Healthy diet, World Health Organization <https://www.who.int/news-room/fact-sheets/detail/healthy-diet>

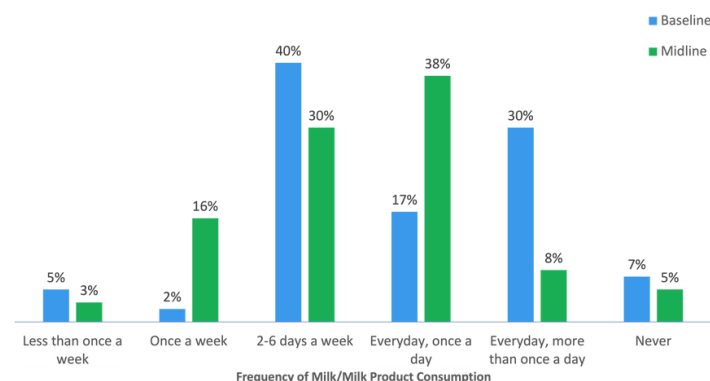
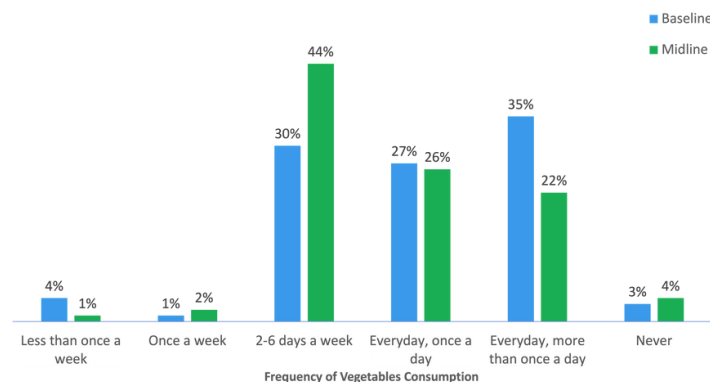
KEY RESULTS

Diet Frequency



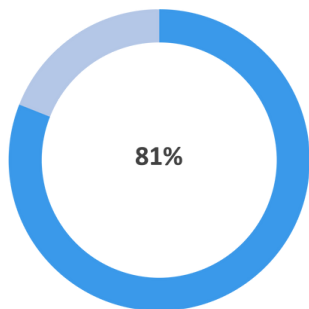
The midline survey results show that there is an increase in the percentage of children that are consuming fruits every day, once a day. There is also an increase in the percentage of children that are consuming vegetables 2-6 days a week.

However, there was a decline in the percentage of children that are consuming fruits and vegetables every day, more than once a day, by 10 percentage points and 13 percentage points, respectively. There was a 21 percentage point increase in the schoolchildren who were consuming milk or milk products every day, once a day.

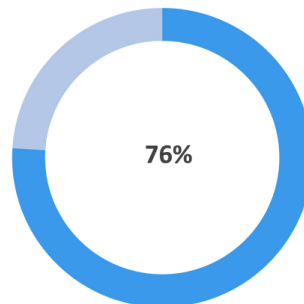


KEY RESULTS

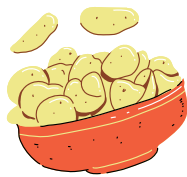
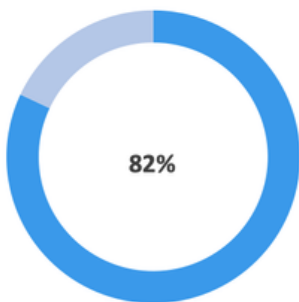
Snack Snapshot



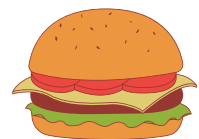
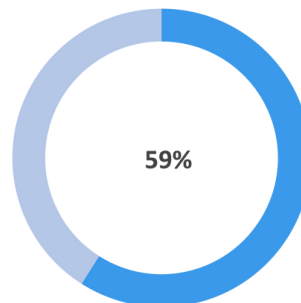
of students reported that they consume sweets (candy/chocolate/Indian sweets)



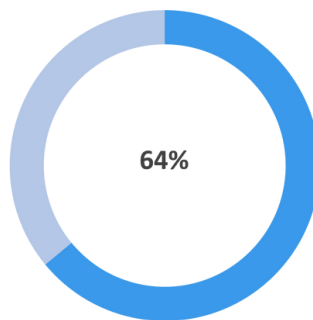
of children reported that they consume bakery food items



of children reported that they consume chips/mixtures



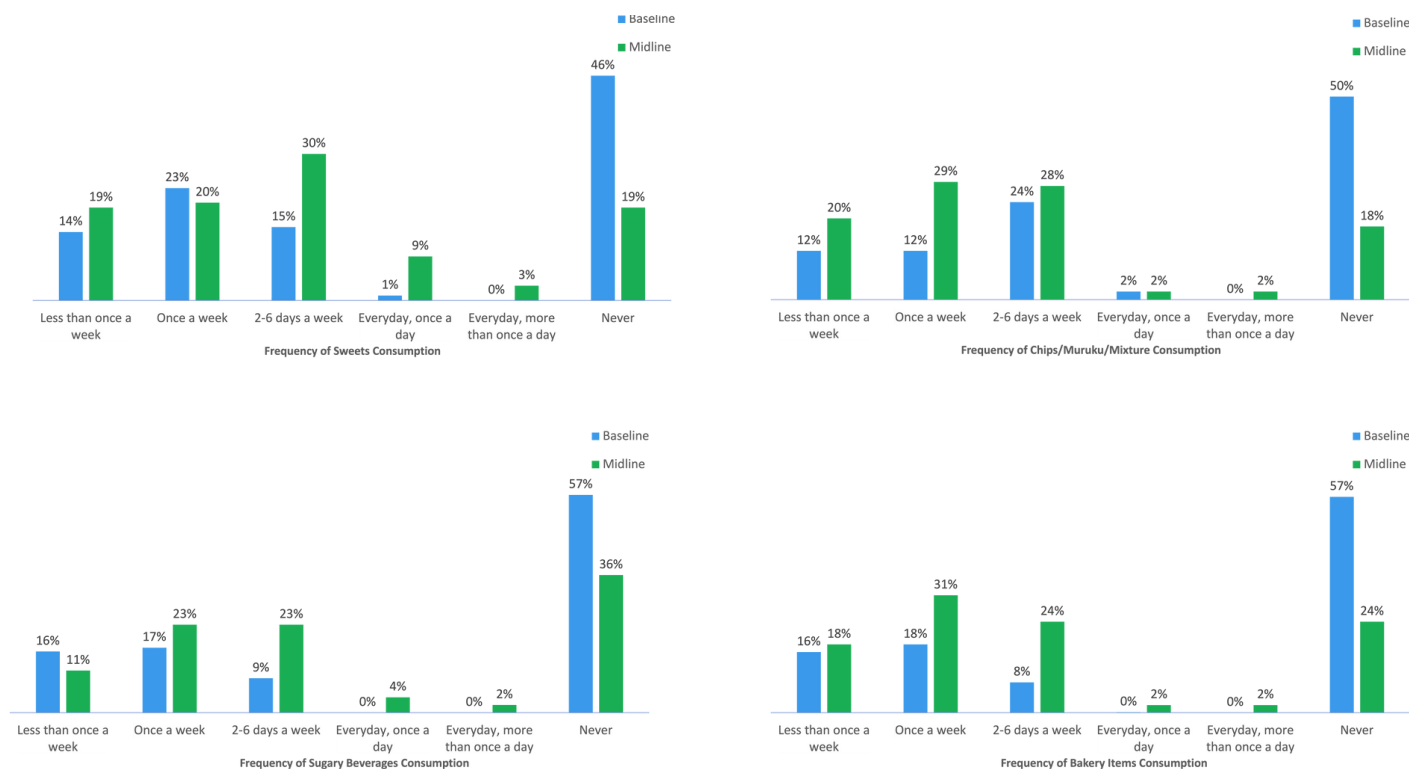
of children reported that they consume fast foods



of children reported they consume sugary beverages

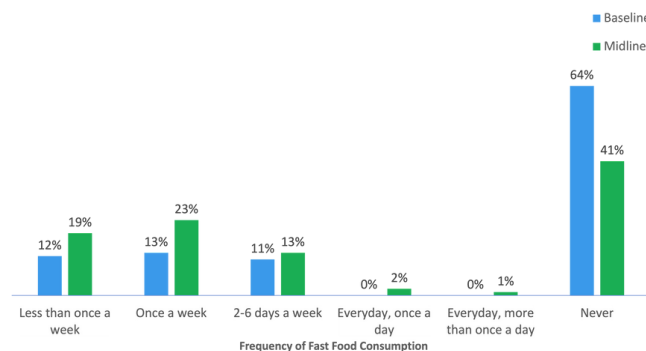
KEY RESULTS

Snack Snapshot



The midline survey results show that sweets and chips are the most popular snacks amongst schoolchildren, followed by bakery items, sweet beverages and fast food items.

The Nourishing Schools programme encourages schoolchildren to adopt healthy food by helping them understand the benefits of various foods. Children also learn about the symptoms of nutrient deficiencies and foods that can help address these deficiencies.

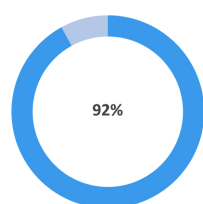


KEY RESULTS

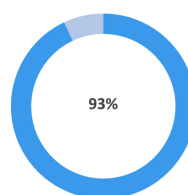
Nutritional Supplements



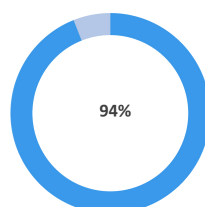
The results show an overall improvement in the consumption of nutritional supplements by children. As per the midline survey, there is an increase in the percentage of children reporting consumption of deworming tablets by 64 percentage points, of Iron Folic Acid (IFA) tablets by 52 percentage points and of Vitamin A supplements by 38 percentage points.



of children reported that they take Vitamin A supplements

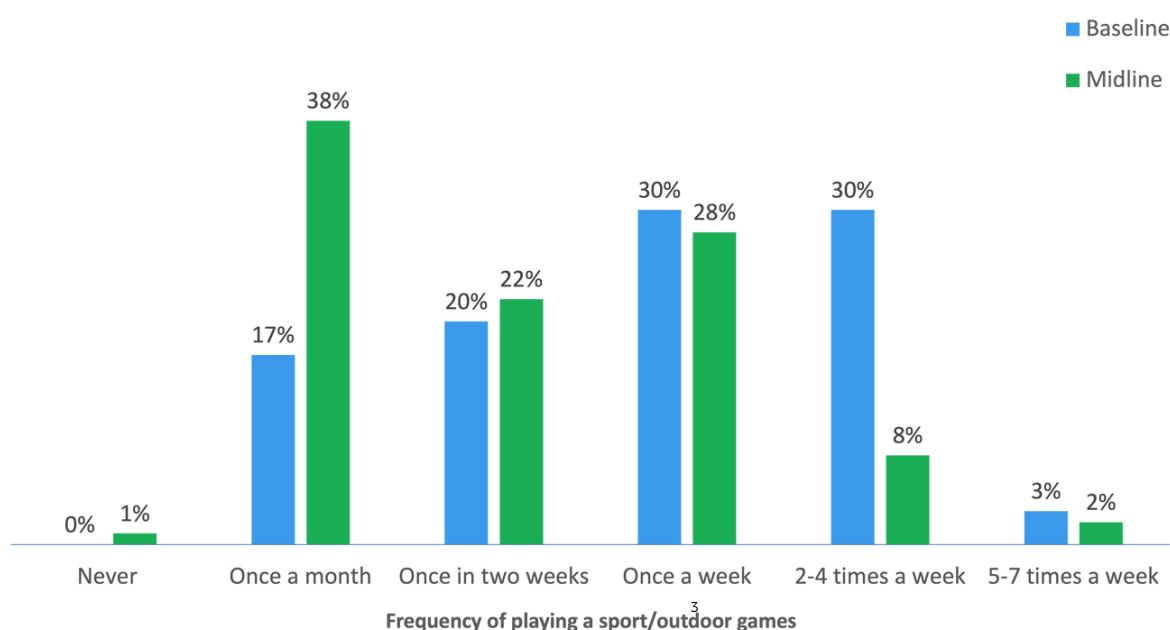


of children reported that they take Iron tablets



of children reported that they take deworming tablets

Physical activity



The results from the midline survey show that the percentage of children playing a sport or outdoor games 2-4 times a week and 5-7 times a week have decreased by 22 percentage points and 1 percentage point, respectively. The percentage of children playing a sport or outdoor games once a month has increased by 21 percentage points.



KEY RESULTS

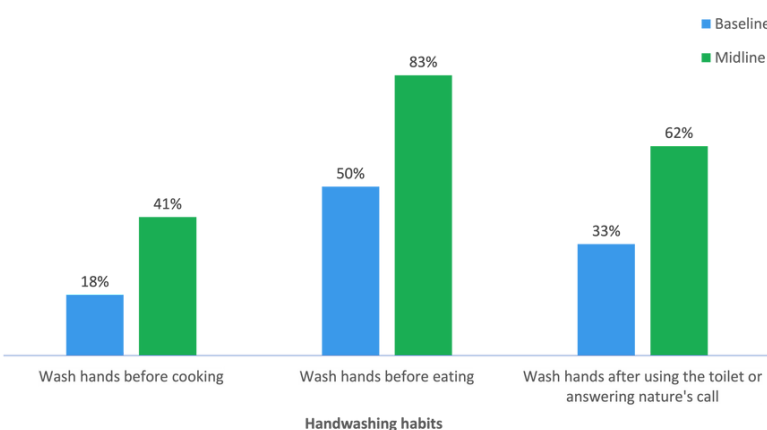
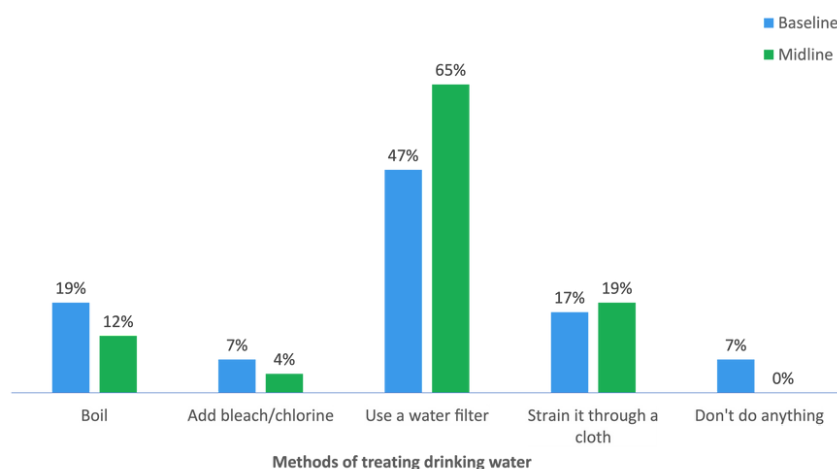
Water, Sanitation and Hygiene



According to the Joint Monitoring Report 2022 on WASH, 74% of schools in India have basic water services from an improved and available source. Further, 86% of schools have basic sanitation services (improved, available and single-sex) and 53% have basic hygiene services (facility with water and soap).¹⁰

The results show an overall improvement in the handwashing behaviour of schoolchildren. As per the midline survey results, the percentage of children who reported that soap is present in school to wash their hands improved by 22 percentage points. The percentage of children that reported using water and soap to wash their hands at school increased by 18 percentage points.

As per the midline survey, there is an increase in the percentage of children whose households access an improved water source like piped water into dwellings and use of water filters to purify drinking water by 18 percentage points and 18 percentage points, respectively.



There is an increase in the percentage of children washing their hands with soap before eating, after using the toilet or answering nature's call and before cooking.

It is essential to ensure an increase in the percentage of children that are washing their hands with soap to prevent water, hygiene and sanitation-related diseases.

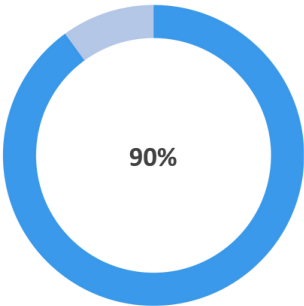
10. WHO/UNICEF Joint Monitoring Programme For Water Supply, Sanitation And Hygiene, Progress on Drinking Water, Sanitation and Hygiene-Thematic-Report2021 <https://www.who.int/publications/i/item/9789240054943>

KEY RESULTS

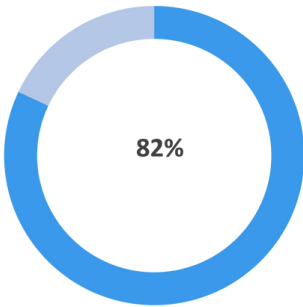
Toolkit Use



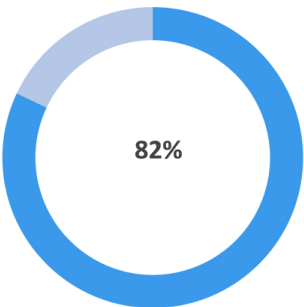
The Nourishing Schools Toolkit helps schoolchildren learn about food and nutrition, sanitation and hygiene and agriculture through games and activities like Friends and Foes, Guess Who?, Snakes and Ladders and many more. As per the midline survey results, Friends and Foes, Make Your Own Mask and Guess Who? were the most popular games/activities amongst children, followed by Investigate Sanitation, Dramatic Connections and others.



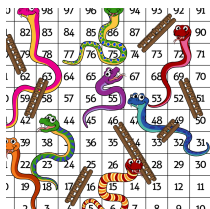
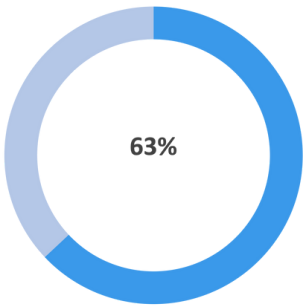
of students reported that the Friends and Foes activity has been carried out in their school



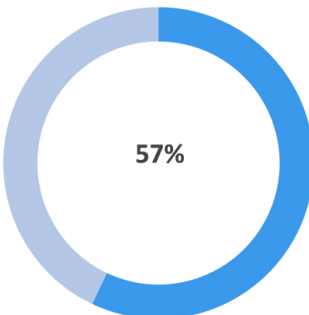
of students reported that the Make Your Own Mask activity has been carried out in their school



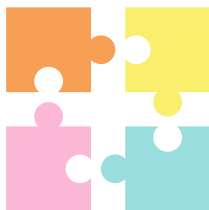
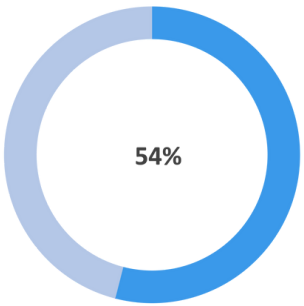
of students reported that the Guess Who? activity has been carried out in their school



of students reported that the Snakes and Ladders activity has been carried out in their school



of students reported that the Investigate Sanitation activity has been carried out in their school



of students reported that the Dramatic Connections activity has been carried out in their school

CONCLUSION

The data collected from the Jaipur midline survey provide a snapshot that helps us to understand where there have been significant improvements and areas where we need to focus more.

It is necessary to focus on practical initiatives to improve knowledge around diet and encourage behaviour change and healthy food habits. These form the basis of lifelong habits and help children prevent nutritional deficiencies. The prevalence of playing a sport or outdoor games is low. Identifying ways to address this could help prevent the rising prevalence of obesity in adolescents.

Post the implementation of our toolkit, 90% of the students believe that they have the ability to take charge of their own nutrition and 91% of students surveyed claim that they want to continue the programme in their schools.





Authored and reviewed by: Nourishing Schools Foundation team

We thank Shikshit Rojgar Kendra Prabandhak Samiti for partnering with us for this impact assessment.

We are grateful to NASSCOM Foundation for their support that made this report possible.



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schools