

SANCHAR briefs

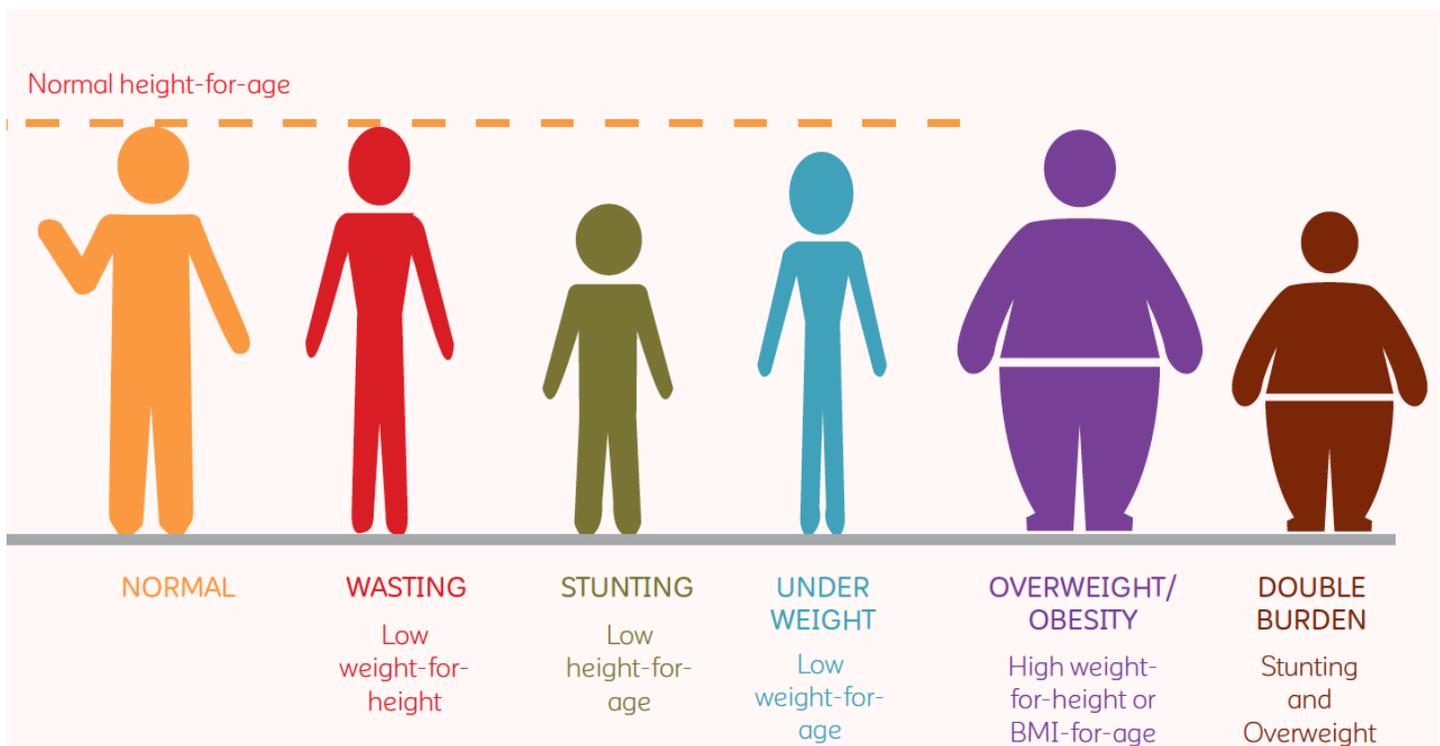
Science And News: Communicating Health And Research

Brief #13: CNNS Data for Stunting, Wasting, Underweight

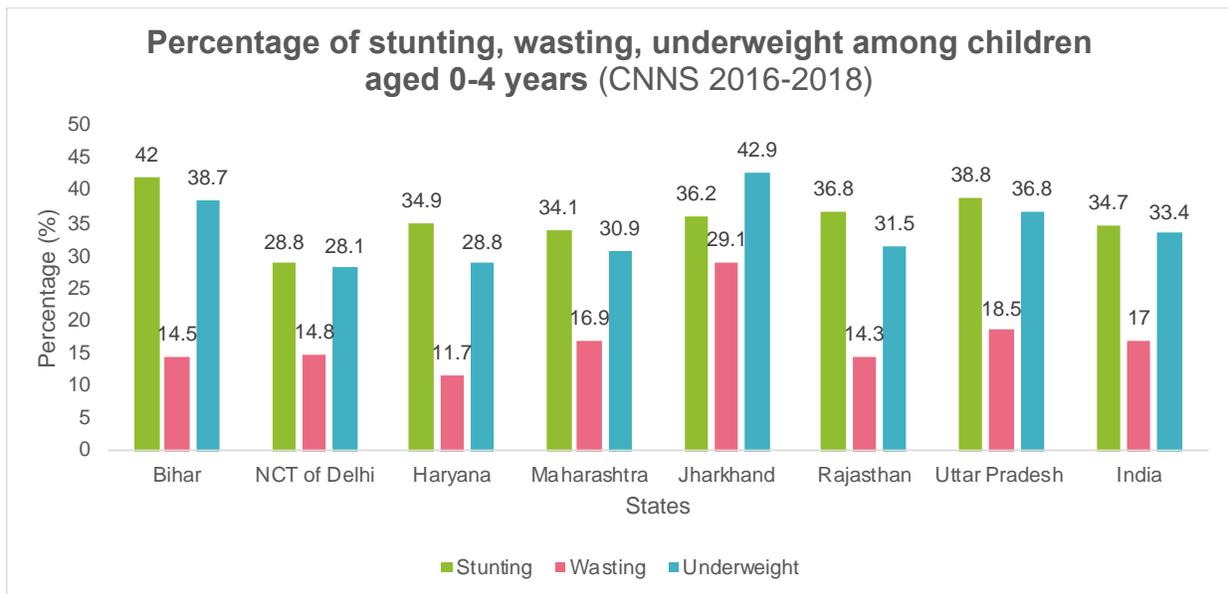
Definitions, as per World Health Organization

- **Stunting** is defined as low height-for-age, and is an outcome of gross undernutrition and persistent infection in the first 1000 days of a child's life.
- **Wasting** is defined as low weight-for-height, and often indicates recent and severe weight loss, although it can also persist for a long time.
- **Underweight** refers to children with low weight-for-age. A child who is underweight may be stunted, wasted, or both.
- **Overweight/Obesity**: Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health. It is measured as excessive weight-for height (for children under 5) or as raised BMI for age (for children over 5 years, adolescents and adults)

Types of malnutrition and reference measures, India, CNNS 2016-2018:



Targets have been set by Government of India's **POSHAN Abhiyaan** to reduce **stunting** in children 0-6 years (by 2% per year), reduce **underweight** prevalence in children 0-6 years (by 2% per year), reduce **anemia** prevalence in children 6-59 months, women and adolescent girls 15-49 years (by 3% per year) and reduce **low birth weight** (by 2% per year).



*States/ UTs included in the map indicate representation of journalists in Project SANCHAR's Training Cohort

Key Findings from the Comprehensive National Nutrition Survey (CNNS) 2016-2018, India:



References:

- Ministry of Health and Family Welfare (MoHFW), Government of India, UNICEF and Population Council. 2019. Comprehensive National Nutrition Survey (CNNS) National Report. New Delhi.
- World Health Organization. Malnutrition Factsheet. 2020. Accessed from <https://www.who.int/news-room/fact-sheets/detail/malnutrition>

How can this inform your work?

Journalists play a key role in raising awareness on health and development issues. Malnutrition, in all its forms, including undernutrition (wasting, stunting, underweight), causes irreversible physical and mental damage to children.

Malnutrition places an immense human and economic toll at the individual, household, community and national level. Through evidence-based reportage, journalists can inform the public on strategies to prevent stunting, wasting and underweight.

Project SANCHAR is aimed at building capacity and facilitating the adoption of practices to use or draw on evidence in public health communication and practice. To facilitate this, SANCHAR collates and provides data from scientifically validated sources, from national datasets in easily interpretable formats, and accessible visuals that can be downloaded easily.



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