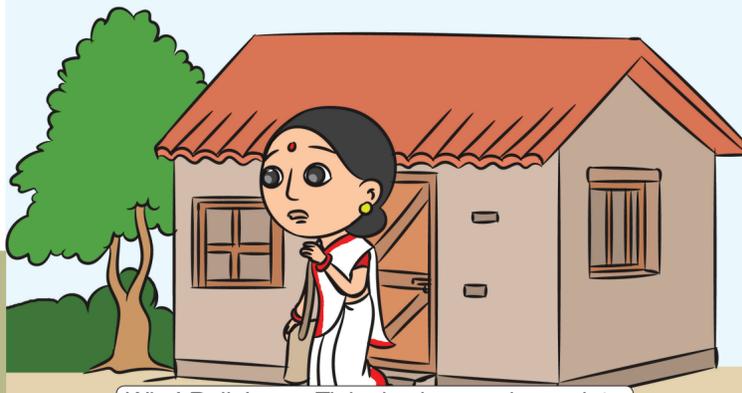


Identify Stunting and Wasting, Learn to Prevent Malnutrition in Children

Takeaway 13



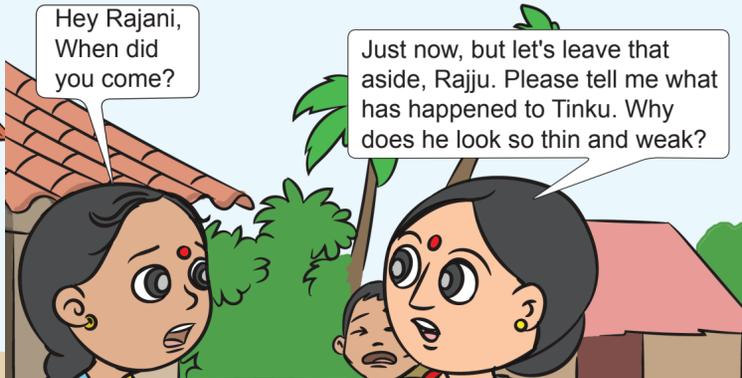
Anganwadi Worker Rajani is on her way for a home visit.



Why! Rajju's son Tinku is alone and so quiet, and he looks so weak. What has happened to him?



Rajani picks up Tinku, who starts crying. Rajju comes out of her house.



Hey Rajani, When did you come?

Just now, but let's leave that aside, Rajju. Please tell me what has happened to Tinku. Why does he look so thin and weak?

Don't know, Rajani! He suffered from diarrhea last month and since then something or the other bothers him. He is not able to retain any food and had become thinner.

Yes, Didi, I will.

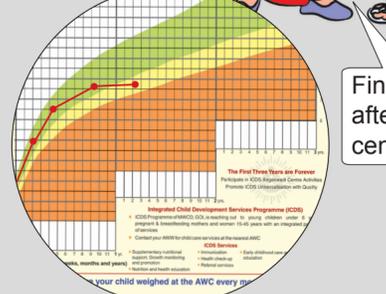
I do not think it is all that simple, Rajju. You should take his wasting seriously. Why don't you bring him to the anganwadi center tomorrow?

Next day in the anganwadi center

Look, Rajju! your son has fallen in the Yellow Zone of this Chart.



Oh! Could you please visit me in the evening and explain as to what it means, Rajani? I have to go feed our cattle now.



Fine, Rajju. I will visit you after closing anganwadi center.

Rajani visits Rajju's home after closing her anganwadi center.

It means that your child's health is rapidly deteriorating. When I measured his weight previously, Tinku was in the Green Zone which meant that he was healthy. Suddenly, he has fallen in the Yellow Zone which means that he is becoming malnourished and is now in the moderate category.

Come, Rajani. Will you please explain what this Yellow Zone is?



Be cautious, Rajju! If you fail to pay attention now, Tinku may soon fall in the Red Zone and that would be dangerous, and you may then have to admit him to a hospital. You have to make efforts to avoid such situation.

Do not scare me Rajani! please tell me how to prevent it and I will do everything for my Tinku.

Fine, Rajju! Feed him home cooked food, and nothing else. Moreover, feed him 5-6 times a day and add some ghee and edible oil every time. Give variety of foods so that he takes interest in his meals.



Yes, I am.

And remember that he should get proper treatment and enough food if he falls ill. You are still breastfeeding him, aren't you?

Do not stop breastfeeding; it will enhance his capacity to fight diseases and if he begins to eat well, he will regain his health. Together we have to make efforts to bring him back from Yellow to Green Zone. I will visit to check on his health everyweek, and you bring him to Anganwadi Center every month where we will measure his height and weight to assess improvement in his health.

I will do all that, Rajani, and you will see that my Tinku will soon be healthy.

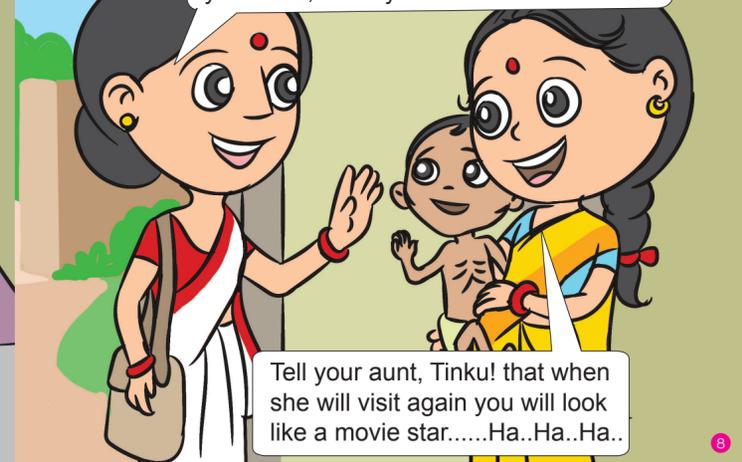


You should have brought him to me earlier, Rajju, never ever neglect such condition.

I made a mistake, Rajani, but it will not happen again.



I take your leave now, Rajju. I was on my way to Sunita's house, when dear little Tinku made me stop. Hey, little one! You will eat well, be healthy, and smile for your aunt, won't you?



Tell your aunt, Tinku! that when she will visit again you will look like a movie star.....Ha..Ha..Ha..

What is Severe Acute Malnutrition and What Causes It?

Children falling in Yellow Zone of the Growth Chart are Moderately Wasted and children falling in Red Zone are Severely Wasted

(All three children shown in the picture are of the same age, find the difference)



Normal

- Child has appropriate weight and height for age

Why this happened?

- Child had optimal complementary feeding, especially between the ages of 6 to 24 months.
- Family ensured hygiene and cleanliness.
- Child received complete immunization and timely care during illness.



Wasted and Underweight

- Child has low weight for height

Why this happened?

- Child lost weight due to some recent major illness, such as TB, measles etc.
- Child may have a serious illness, such as diarrhea, fever, heart or liver related disease, pneumonia etc.
- Illness does not affect a child's height but he loses weight and gets wasted.



Stunted and Underweight

- Child has low height for age hence stunted

Why this happened?

- Child not fed enough for a long period.
- Child has suffered from repeated illnesses or has been ill since long.

Why Wasting is Dangerous?

Wasted children fall sick very easily.

Wasted children are much more likely to die of illnesses, such as diarrhea, than stunted children are.

The more wasted a child is, the more likely she/he is to die.

Thinness reflects poor health and indicates that the body is not strong enough to fight infections.

Wasting is an emergency and such children require immediate medical advice and treatment.

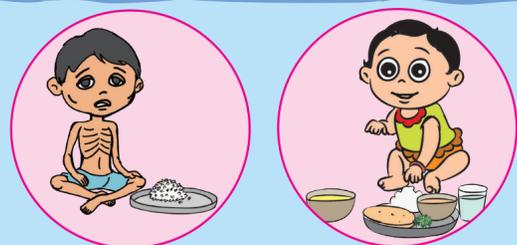
Recommended Criteria for Admission in a Hospital



For children between 6-59 months:

- Measure weight for height and identify children falling in the Red Zone of growth chart.
- Conduct appetite test and identify children with no or very little appetite.
- Children suffering from fever for past few days.
- Children suffering from diarrhea and vomiting continuously.
- Children who are unconscious or are listless.
- Children with high anemia.
- Children with pneumonia.
- Children with any type of severe illness.
- Children who have swelling in their hands and feet.

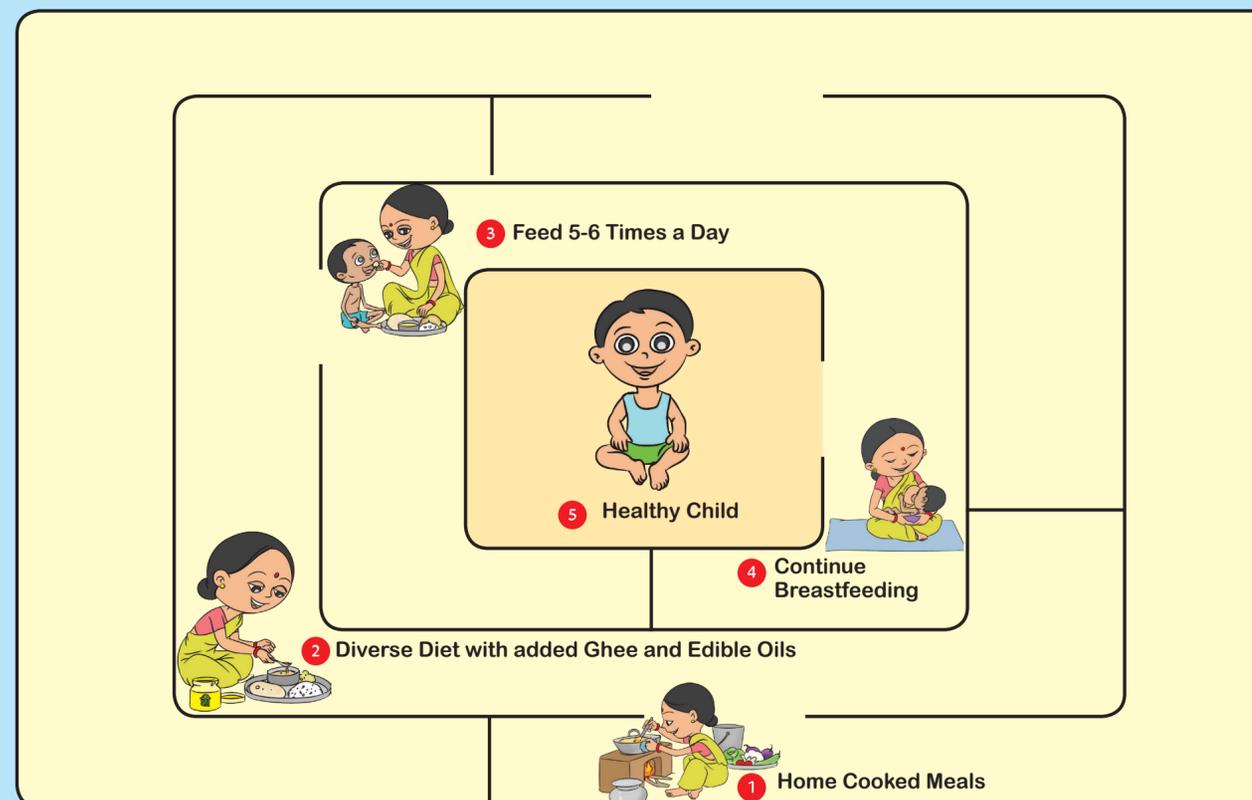
Care of Children Not Admitted in Hospital



How to help wasted children gain weight?

- If the child is older than 6 months and is not sick, feed the child well and gradually increase the quantity and variety of complementary food as we have learnt earlier.
 - ◆ Give food available at home.
 - ◆ Ensure the child is given a variety of food.
 - ◆ Ensure density of food.
 - ◆ Give more fat rich food.
 - ◆ Feed more frequently, say 5-6 times a day.
 - ◆ Continue breastfeeding until 2 years.
 - ◆ Ensure hygiene.
- Find out what caused the child to become so weak.
- Ensure complete immunization and supplementation of Vitamin A.

Find in a Game Ways to Make Tinku Healthy Again



Action Points for Anganwadi Worker

- Weigh all children in the AWC catchment area monthly and measure height of all children in the AWC once in three months.
- Refer all those children found to be in the Red Zone for weight-for-height to the nearest hospital or NRC.
- Refer all those children found to be in the Yellow Zone for weight-for-height, and are currently ill or losing weight, to the nearest hospital or NRC.
- Ensure regular growth monitoring to enable early identification of children at risk of wasting.
- Assess all children with illness lasting more than three days for wasting.
- Follow up wasted children who are not admitted, to ensure that:
 - i. They are fed well.
 - ii. They are given all vaccines and vitamin A.
 - iii. They are referred if they lose weight or fall sick again.

