

POLICY AND PROGRAMME IMPLICATIONS OF THE FINDINGS

Intervention programs aimed at improving food security and reducing undernutrition have so far used families below the poverty line as the unit for interventions. Data from the study showed that there were substantial intrafamily differences in nutritional status across all age groups and both sexes in the urban low-middle income families.

Data from the present study indicate that there are substantial differences in nutritional status between siblings in the same family. Though prevalence of undernutrition is higher in younger siblings whose elder siblings are undernourished, majority of the younger siblings whose elder siblings are undernourished are normally nourished. In view of this it is imperative that all children in the family should be screened to ensure that under-nourished children are identified and appropriate intervention provided.

The protocol of community based management of undernutrition in under five children envisages that all children will be screened for undernutrition, undernourished children will be provided with appropriate ICDS supplements and monitored. Effective implementation of this protocol may help in accelerating reduction in undernutrition

In the context of dual nutrition burden in adults, there is a need screen all adult members of the family to identify and manage both under- and over-nutrition. Hypertension and diabetes occur at a younger age and at a lower BMI in Indians.

Non communicable diseases are asymptomatic in their early stages; symptoms appear only when the complications set in. Early detection of NCD by simple tests is possible in the health and wellness centres. All adults should also be screened for hypertension and diabetes in the health and wellness centres so that those with NCDs are identified in the early in the asymptomatic period and given appropriate care so that complications are prevented.

