

# Improving the nutritional status of mothers and children in India

## Background

*The Stats* (from [here](#), [here](#) and [here](#)):

“One in every three malnourished children in the world lives in India.”

“In India, around 46 per cent of all children below the age of three are too small for their age, 47 per cent are underweight and at least 16 per cent are wasted. Many of these children are severely malnourished.”

“Malnutrition in early childhood has serious, long-term consequences because it impedes motor, sensory, cognitive, social and emotional development. Malnourished children are less likely to perform well in school and more likely to grow into malnourished adults, at greater risk of disease and early death.”

“Vitamin and mineral deficiencies also affect children’s survival and development. Anaemia affects 74 per cent of children under the age of three, more than 90 per cent of adolescent girls and 50 per cent of women.”

“But an important factor is the relatively poor health of young Indian women. More than [90 percent of adolescent Indian girls](#) are anemic, a crucial measure of poor nutrition. And while researchers have long known that Indian mothers tend to be less healthy than their African counterparts, [a new study](#) published Monday in [the Proceedings of the National Academy of Sciences](#) demonstrates that the disparity is far worse than previously believed.

By analyzing census data, Diane Coffey of Princeton University found that 42 percent of Indian mothers are underweight. The figure for sub-Saharan Africa is 16.5 percent.”

## *The Context*

Based on Sen and Drezes’ work, we know that the supply of food is not lacking in India but the distribution channels are broken and food doesn’t get to the people that need it.

[Furthermore, an obscene proportion of food is wasted in India](#) – agriculture minister Sharad Pawar recently told Parliament that agriculture produce to the tune of Rs. 50,000 crore—40% of the total produce—was wasted every year in the country.

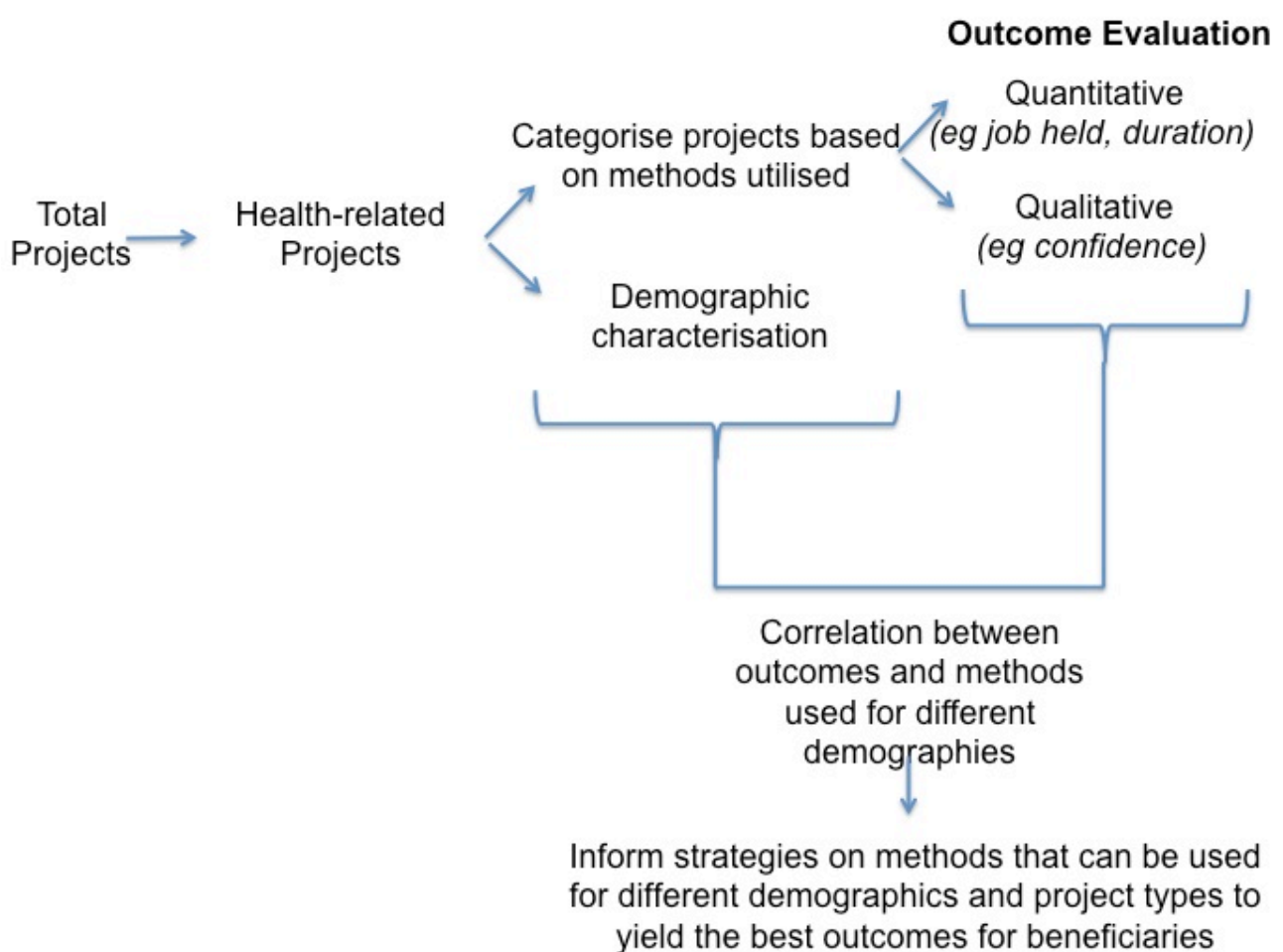
## Asha for Education

Asha for Education is a worldwide charity focused on catalysing socio-economic change in India by promoting basic education of underprivileged children in India. We believe that the most effective means of social and economic development is through the education of children.

Asha for Education is a 100% volunteer run organisation and its core values are that it is flat structured, apolitical, secular and has minimal overhead. Since its inception, Asha has raised over \$20million, all of which has been disbursed to our nearly 400 project partners to directly benefit approximately 84,000 children in India annually.

### Improving the nutritional status of mothers and children in India

The higher level aim of the project is to help us develop strategies to improve the nutritional status of mothers and children in India in the long term and in the short term to reduce the numbers of mothers and children who are malnourished. The means by which we aim to do this is summarised in the diagram below:



The project will consist of the steps below. The steps undertaken by the Imperial Charity Insights Team will be discussed and adjusted according to the individuals' interests and skills.

1. Devise a categorisation system for our different employment related projects (they can be found here: <https://www.ashanet.org/projects/project-category.php?&f=3>).
2. Categorise the health-related projects according to the system developed in step 1
3. Review the literature and create a framework to collect relevant demographic characteristics for the projects and the beneficiaries they support

4. Review the literature and create a qualitative outcomes framework for the projects
5. Review the literature and create a quantitative outcomes framework for the project
6. Collect information from the projects for the metrics from steps 3-5
7. Analyse the data to understand the types of outcomes that result from different methods used for different demographics
8. Draft a strategy document highlighting the types of methods that lead to the best outcomes for different types of demographics