

Rising Rate of Malnourished Children in Gujarat

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Abstract: This research study is presented in the context of the increasing prevalence of malnutrition among children in India. We all know that India has the second highest population growth rate in the world after China. In the context of India's growing population, many vices such as poverty, hunger, unemployment, inflation, etc. are created. Poverty in India is increasing day by day. As a result, malnutrition among people living below the poverty line has increased. Weaknesses such as height, physical defects, underweight, etc. are found in children born at present. Why is malnutrition on the rise? What could be the reasons for this? What should be done to eliminate malnutrition? Etc. remains important under this study. Through this study, efforts have been made to eradicate malnutrition by raising awareness among malnourished children and mothers in rural and urban areas of India.

Key Words: Nutrition, Malnutrition, Growth, Development, Economy, Poverty, Unemployment.

1. INTRODUCTION:

Gujarat is the only progressive state out of 28 states and 8 Union Territories of Gujarat. Despite the scarcity of food in the state of Gujarat, malnutrition is a problem in only a few districts of Gujarat. There is a problem of malnutrition in some district of Gujarat. This problem of malnutrition is found mainly in little children, girls, and in pregnant woman. The ratio of anemia in Gujarat is 60 to high 11 can be found less ratio of a blood in 80 % little children of 6 months to 3 years in Gujarat. In Gujarat, 80% of children from 6 months to 3 years have low blood count. As well as some children have been found to be underweight according to their height. This has resulted in malnutrition. based on population of year 2011 the total population of Gujarat was 6.04 crore (6,04,39,692) in which 3.15 (3,14991260) crore male and 2.89 (2894843) crore female accreting population calculation the total population ration of Mehsana asray have been found 23,35,064 crore in which there are 10,56,520 male and 9,78,544 female. it we notice can the roost figure of population in Gujarat blurring year 1960 to 2011. There is a no table Increment of 70% in population

Child population ratio (0-6 year) in lakh

Gujarat State (Calculation ratio in Lakh)

year	rural	urban	total ratio
1961	35.56	11.02	46.58
1971	41.45	14.02	55.56
1981	43.43	17.99	61.41
1991	46.35	21.95	68.30
2001	50.86	24.49	75.32
2011	48.86	29.52	77.77

source: - social economical review 2019 -20, Gujarat state

If we notice on the ratio of child population of Gujarat during year 1991 to. 2001 the most 11 could be found incensement of notable in child population ratio. that is accordingly 46.35 in rural area and 21.45 in urban area. it could be found 50.86 in rural area and 24.46 in urban area by in c creasing of which the total ratio of 68.30 by 75 32.

Gujarat state is a progressive state. and in this type of developed state there are more than 1 lakh children who are ma/- nutrition. it is a workable matter for Gujarat. there are many projects running an Gujarat government book such as mid day meal, milk sanjvani, project of not snacks in angina vice , placidity of supplementary mutations companion in it the past is that the taint of mal nutrition is not remover yet. there are many projects running in Gujarat to reach to the problem of malnutrition in Gujarat.

In the present figure the increment in ratio of malnutrition, workable picture has been stood. of Gujarat in July month of year 2019 the figure of malnutrition child - ran in Gujarat was 10.42 lakh. That is 3.8 lakh by raising. The present figure of malnutrition it has opened corruption of sensitive movement of Gujarat.

2. The Condition of children in Gujarat: -

The ratio of poverty has been desecrated in Gujarat and all Hough Gujarat state is third number in an economical development Blurt the. Development is unequal. Schedule tribe, marginal, desert and in mountain area the level of poverty is been more than they are rage of Gujarat state.

in recent in Gujarat in universal primary education the reach of sexual equality and sale coater of drinking and woman plurality those all have been defrayed but the mother death pare very slow poverty, unemployment, malnutrition, bad prevarication of total vaccination and child marriage these all are becoming challenge full to the improvement of human redevelopment results of every quid of Gujarat.

In Gujarat due to doctor service there is a notable decrease in child death below age of 5 year. but the death rate of neonatal is not till decreased it has 63% partnership in the death of children below 5 years there is more death of girls than boys in Gujarat

3. The addition of anemia in women and children in Gujarat.

No	Name of District	6-59 Months of Children (%)	Unmarried women of 15.49 Year (%)	Pregnant women of 15.49 Year (%)	Women of 15-49 Years (%)	Minor Girl of 15-19 Years (%)
1.	Ahmedabad	72.0	63.5	70.1	63.7	67.3
2.	Amreli	72.0	50.3	00	50.0	47.0
3.	Anand	78.4	66.6	00	66.4	64.2
4.	Aravalli	89.5	77.1	82.6	77.3	87.7
5.	Banaskantha	79.00	56.6	68.6	60.00	65.8
6.	Bharuch	81.0	71.6	77.2	71.8	69.8
7.	Bhavnagar	71.5	49.1	56.2	49.4	52.0
8.	Botad	75.5	59.1	48.5	58.8	60.3
9.	Chhotaudepur	87.7	79.1	72.1	78.9	80.3
10.	Dahod	87.2	75.4	69.4	75.1	79.7
11.	Dang	82.4	77.6	66.8	77.2	77.1
12.	Devbhumi Dwarka	66.7	48.8	49.1	48.8	50.9
13.	Gandhinagar	81.2	69.2	57.4	68.8	72.8
14.	Gir Somnath	68.9	49.6	57.7	49.9	50.9
15.	Jamnagar	75.0	50.6	00	50.2	60.1
16.	Junagadh	74.7	58.8	57.3	58.8	55.5
17.	Kutchh	68.6	58.0	43.1	57.5	62.6
18.	Kheda	85.1	76.2	72.9	76.1	77.6
19.	Mahesana	86.0	69.5	62.9	69.3	77.7
20.	Mahisagar	85.9	73.2	56.5	72.5	79.4
21.	Morabi	75.3	50.7	50.1	50.7	62.0
22.	Narmda	93.2	75.9	75.6	75.9	83.0
23.	Navsari	75.3	68.9	00	68.7	72.6
24.	Panchmahal	91.0	69.5	74.0	69.8	71.7
25.	Patan	76.2	59.8	60.1	59.8	60.2
26.	Porbandar	77.9	47.4	54.9	47.6	52.4
27.	Rajkot	77.0	60.6	00	60.5	72.7
28.	Sabarkantha	81.1	67.9	49.4	67.3	73.8
29.	Surat	83.6	69.3	58.7	69.0	76.2
30.	Surendranagar	81.0	55.4	60.8	55.6	56.9

31.	Tapi	80.7	77.6	72.0	77.4	72.8
32.	Vadodara	86.4	72.6	65.9	72.3	74.3
33.	Valsad	87.6	75.8	71.0	75.7	85.8
	Total Average	79.8	64.6	53.4	64.6	68.3

Source : National Family Health Survey – 5, 2019-20.

There has been decrease in tiny body level in children below 5 years in Gujarat. Tithing there are 39% children who are the victim of malnutrition since long time or they are tiny in body. In a duration of 10 years of year 2006 to 2016 there has been decrease in the ration of too much malnutrition children that is very restful against the existence of children. The wettings of mother are very salutary for the nutrition of children. After the birth of a child, in a hair the yellow wettings of a mother that is known as colostrums and if this colostrums is given to children, than children may get protection against many dose etc. disease. But in Gujarat only 50% children get their mother's wettings with their birth.

4. What is nutrition?

The main dependence of development, growth, and existence of a child is depending on good health, nutrition and on their qualitative care. In India about half of the people's health is on risk due to the weak condition of nutrition. the shortage of food, wrong beliefs about food, habits, and not knowledge of information about nutrition related of food etc. which are the main factors that is close to the condition of nutritional food in enough for their health lives and to live to every person of society that is physically, mentally, ad socially.

Human body needs nutrition food of various types because various food do various function in our body. Our body use what we eat. That is known as food or support it is called as nutrition by which process body uses food.

5. What is malnutrition?

Due to faulty food or inadequate nutrition elements or any reason in a body the fault of exploitation of nutrition elements, and the physical situation raised in human is known as malnutrition. In short, less weight, height, length and I adequate physical development is accepted as main measure.

[Measurements of malnutrition]

no.	height cm	-3sd weight	-2sd weight	medium weight { kg }	standard dedication
1	78.5	7.7	8.4	9.9	0.8
2	79.0	7.8	8.4	10.0	0.8
3	79.5	7.8	8.5	10.1	0.8
4	80.0	7.9	8.6	10.2	0.8
5	80.5	8.0	8.7	10.3	0.8
6	81.0	8.1	8.8	10.4	0.8

By world health organization the average height of children 80.8, average weight 10.2 (1200 grams) those children are known as malnutrition.

6. The condition of nutrition Gujarat:-

The condition of nutrition below age of 5 years children in Gujarat.

No.	Name of District	Children of low height as per age (%)	Children of low weight as per age (%)	Children of low height as per age (Every Wasted) (%)	Children of low weight as per age (Underweight) (%)	Children of Overweight as per age (Overweight) (%)
1.	Ahmedabad	35.5	17.5	7.5	34.0	4.6
2.	Amreli	35.3	23.7	7.2	30.6	6.8
3.	Anand	38.4	28.6	10.9	46.6	3.8
4.	Aravalli	47.1	29.0	9.3	47.2	3.3

5.	Banaskantha	39.0	25.5	8.5	44.1	1.2
6.	Bharuch	40.9	24.5	8.0	45.5	4.7
7.	Bhavnagar	32.6	29.6	6.3	39.5	1.8
8.	Botad	32.2	26.0	9.6	32.3	5.8
9.	Chhotaudepur	48.6	28.4	13.8	47.1	4.8
10.	Dahod	55.3	27.8	13.4	53.0	5.8
11.	Dang	37.6	40.9	22.2	53.1	1.1
12.	Devbhoomi Dwarka	30.2	26.1	17.2	36.2	4.9
13.	Gandhinagar	38.1	30.6	9.9	44.6	0.5
14.	Gir Somnath	44.6	18.5	4.9	30.3	5.0
15.	Jamnagar	28.4	23.8	12.5	28.9	3.6
16.	Junagadh	37.3	17.3	7.1	26.4	4.4
17.	Kutch	37.5	20.2	10.6	33.4	2.6
18.	Kheda	37.5	30.9	12.1	39.5	2.5
19.	Mahesana	31.0	28.2	12.0	41.4	1.5
20.	Mahisagar	43.4	26.2	12.0	49.0	2.6
21.	Morabi	32.9	25.2	12.5	32.3	4.0
22.	Narmada	47.2	23.0	9.9	52.8	3.1
23.	Navsari	36.8	29.0	9.3	43.6	3.4
24.	Panchmahal	47.1	35.7	19.7	51.9	3.4
25.	Patan	50.5	20.9	6.5	42.3	3.1
26.	Porbandar	18.2	21.8	14.2	25.5	3.9
27.	Rajkot	38.9	17.6	7.3	37.0	8.1
28.	Sabarkantha	37.0	33.1	16.6	41.0	4.9
29.	Surat	36.1	26.0	14.7	32.5	5.3
30.	Surendranagar	39.2	27.1	8.8	41.8	5.2
31.	Tapi	41.7	36.6	17.1	51.8	1.9
32.	Vadodara	42.3	20.1	5.2	39.9	6.4
33.	Valsad	37.8	23.2	9.1	34.8	0.3
	Total Average	38.7	26.4	11.1	40.3	3.8

Source: - national health survey.5 2019-20

The government of Gujarat has expensed more than 1000 crore Rs. in 2-6 years to remove this malnutrition fortified, the premixed packets of nutrition has also been prepared and by women and child welfare department about more than 1:20 crore expenses is only done on people awareness. Though 12.59 larch children of poor family of Gujarat have come a victim of malnutrition. There are 58, 31,837 children, maiden, pregnant woman and children mother. Who is the victim of malnutrition in state? 55% woman and 80% children in Gujarat are victim of malnutrition as per country. In Gujarat the woman who are feeding their children in one hair before their birth is less than 50% whereas types is a lack protein and calory in a proper rite in set children. and 50% children have lack of vitamin A 6 month 70 3 year 20.43 40 children out of 13,09,554 only fortified flair is given out of noted children 12,97,556 only 17.49.049 of 3 to 6 years children get nutrition food only the maiden this who are pineal, from malnutrition only 500,540 maiden out of 12,29.055 nutrition packets are given 78 lakh women and are children yet have not been provided nutrition food. it means 40.29 lakh beneficiary out of 58.3% only fortified flair, nutrition candy, sukhadi, shiro and upama's premix packet have been profiled in the whole Gujarat state 45% children till 5 years hale low weight the coffee table books, mission nutrition published bt women and child welfare department are totally failed according to the national family health survey (NFHS-5) 2019-20 in Gujarat there are 34.0% funnel children, 25% wasted children, 10.6% severely wasted children, 39.7% underweight children, 3.9% are overweight children.

Gujarat is for most in all fields although in the condition of health and nutrition, it is so behind. Gujarat which has the most economical growth in india, the rate of malnutrition is found very high that is not development for Gujarat, but is a shameful mart tea.

7. Why are children becoming malnutrition?

- Due to not start of breakfast in the first hour before birth.
- Due to not receiving only mothers breakfast till six months to children.
- Less wettings and less supplementary food.

- Due to not start of other food in proper ratio, as per age and time.
- Due to late vaccination or not complete vaccination.
- the malnutrition in children is found due to micro nutrition elements that is lying in a body such as vitamin A, Iron, lack of awoken etc.
- Due to infection of respiratory deceases and stomach frequently.
- The start age of necessary treatment and consent apprehension, early diagnosis in sick children and malnutrition.
- There is not duration of 3 years between two children.

8. Ten actions about the health and nutrition of children.

- The breast feeding should be done only till 6 month before birth.
- To start other food onetime after month.
- To give proper food to 6 month to 20 year children as per their age.
- To provide proper food to children after sickness or during sickness.
- To provide decease treatment food to children who are too much malnutrition children.
- To provide adequate nutrition and education to maiden give to stop anemia.
- To provide adequate nutrition and education to pregnant and woman.
- To improve healthy habits of supplement nutrition.
- To give continue vaccination and to give vitamin A sync to anemia on every six months.

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