

ANSH

Adolescent Nutrition Sanitation and Health

(Feb 2018 - June 2020)

*Supporting Aspirational Districts Improve
Nutrition and WASH Practices*



Implemented by SHARP & JSI R&T India
Foundation, with support from GSK
Consumer Healthcare

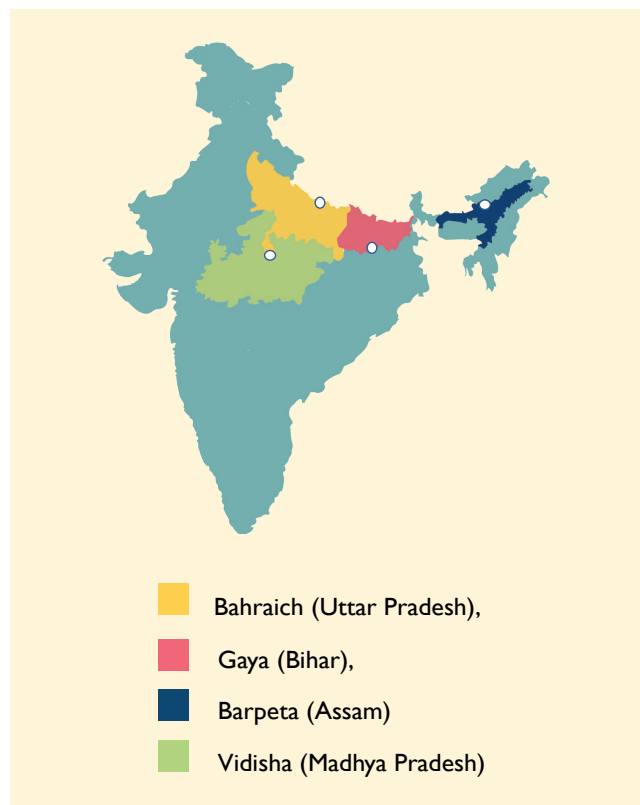
Project Overview

ANSH project worked towards improving the nutritional status of 10-19 year-old (adolescent) school-going & out-of-school girls and boys through evidence-based globally accepted interventions in 4 aspirational districts of India with Bahraich and Gaya as core intervention areas.

The objectives of the project were aligned with those of the Government of India's *Poshan Abhiyaan*, to bring about a reduction in:

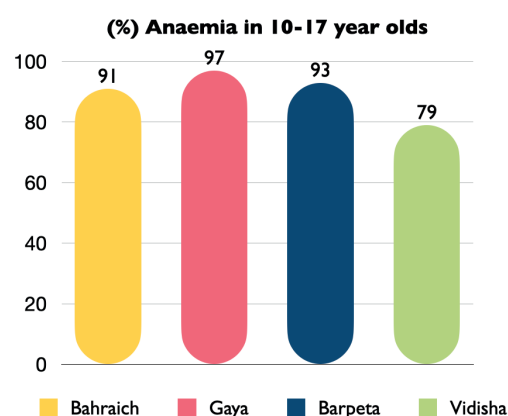
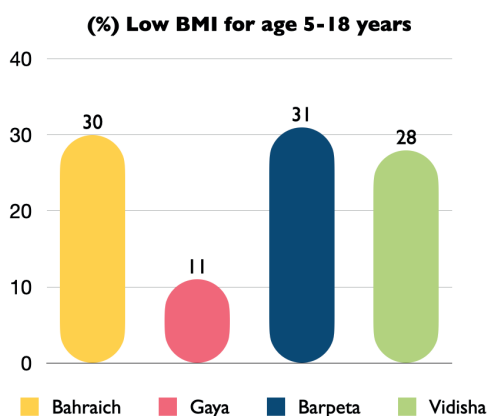
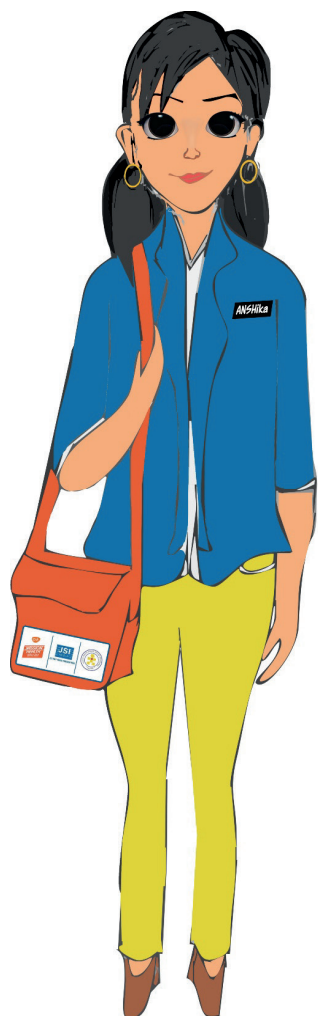
- Thinness as per age specific Body Mass Index (BMI),
- Iron deficiency (anaemia).

The project had an integrated approach leveraging Government platforms like *Rashtriya Kishor Swasthya Karyakram*, National Nutrition Mission, *Anemia Mukta Bharat Campaign*, *Swachh Bharat Mission*.



Project Need

Substantial number of adolescents have anaemia and low BMI in target area, as depicted below:



Source: CAB 2014

Reasons

- poor dietary intake,
- inadequate consumption of Iron Folic Acid,
- lack of awareness among adolescents and their families about nutritional value of food,
- poor access to water & sanitation facilities, poor hygiene practices & female illiteracy.

Project Achievements at a glance

Strengthened capacities of service providers (frontline workers) & teachers



157 ANM,
41 Anganwadi supervisors,
27 ASHA Supervisors,
242 school teachers.



Training for frontline workers

Supported Rashtriya Kishor Swasthya Karyakram (RKSK)



2 Adolescent Friendly Health Clinics (AFHC) upgraded,
72 Adolescent Health Days celebrated (AHD),
72 awareness generation sessions organized.



Celebration of Poshan Mah (Nutrition Month)

Improved supply chain of Iron Folic-acid (IFA) and Deworming tablets



Availability of IFA improved in **196** schools & **203** AWCs,
Availability of deworming medication improved in **196** schools & **203** AWCs,
Reached **300** unreached children of Madarasas.



Madarsa adolescents got access to IFA tablets

Improved WASH in schools & Anganwadi Centres (AWCs)



Drinking water facilities improved in **6** schools & **9** AWCs,
Toilet facilities improved in **8** schools & **4** AWCs.



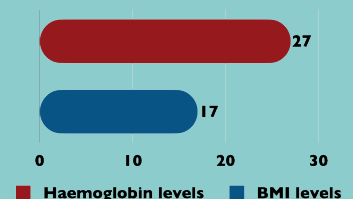
Wall painting to promote handwashing

Improved nutrition parameters among core adolescent group



36,000 school-going adolescents trained,
17% adolescents' nutritional parameters improved,
27% of adolescents' Haemoglobin levels upgraded to normal over the course of the project,
17% of adolescents' BMI levels upgraded to normal over the course of the project.

(%) Improvement based on project need



Project Innovations

- **ANSHika Corner**, an informative corner in school where adolescents learn about nutrition & WASH, and put their queries in a drop box - Set up at 50 schools & Anganwadis,
- **Soap Bank**, a steel/ wooden box to donate & keep soaps in order to encourage good hygiene & sanitation practices – Set-up in 11 schools,
- **Swasthya Evam Swachhta Kit** (Health & Hygiene Kit) containing soap, nail cutter, bandage, antiseptic, and cotton - Provided to 35 schools,
- Adolescents oriented on the concept of **kitchen gardens** and encouraged to set these up at their homes,
- **Anshika**, a **chatbot** that helps to know one's BMI and have customized nutritional recommendations.



ANSHika corner



FURTHER INFORMATION AT...

- www.jsiindia.org
- www.schoolindia.org
- <https://www.linkedin.com/company/apluspusti/>
- <https://www.facebook.com/Adolescentplus/>
- <https://twitter.com/AplusPusti>
- <https://www.youtube.com/channel/UCWlPalGrxC1xluoPEKc56IA>