

Innovations

under

ANSH

Adolescent Nutrition Sanitation and Health

(Feb 2018 - June 2020)

Supporting Aspirational Districts Improve Nutrition and WASH Practices

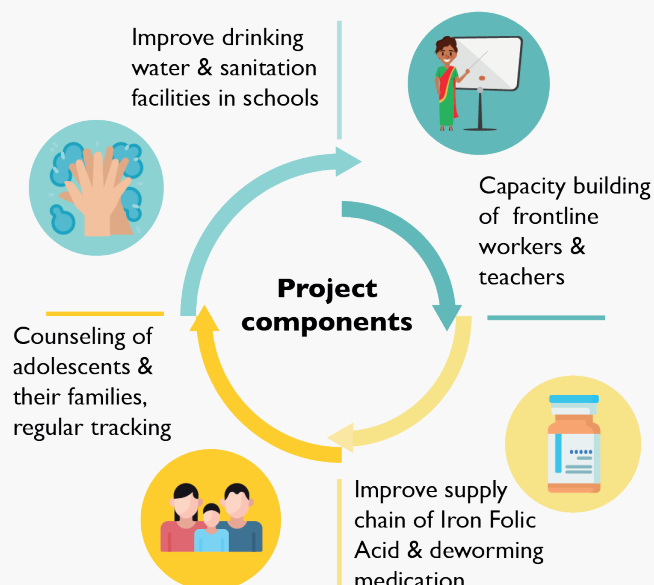


SHARP & JSI R&T India Foundation
with support from
GSK Consumer Healthcare

Project Overview

ANSH is a community-centered initiative to uplift the adolescent health and nutrition status in four aspirational districts of India viz. Bahraich (Uttar Pradesh), Gaya (Bihar), Barpeta (Assam) and Vidisha (Madhya Pradesh).

The project focuses on both school-going and out-of-school adolescent (10-19 years) girls & boys.



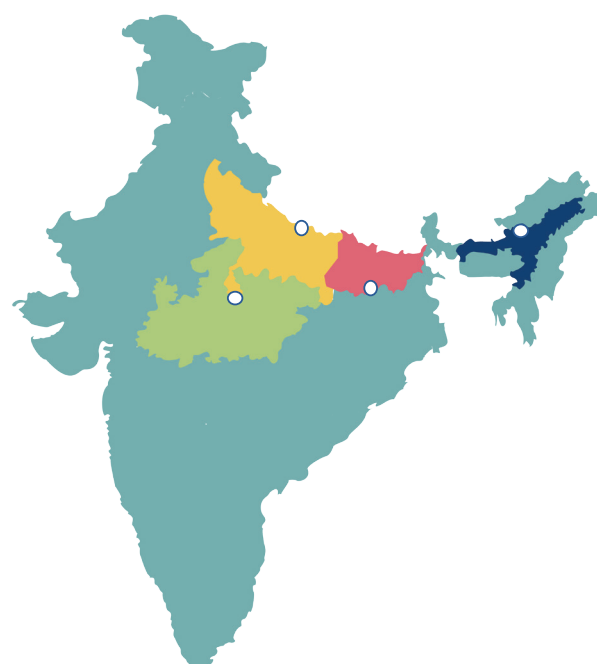
Project need

A very high number of adolescents were found to be anaemic and had low body-mass index (BMI).

Underlying causes:

- lack of awareness among adolescents & their families about nutritional value of food,
- poor hygiene practices,
- poor access to water & sanitation facilities,
- low female literacy,
- inadequate availability & use of basic health services.

Government of India is making efforts through Rashtriya Kishor Swasthya Karyakram, National Nutrition Mission, Anemia Mukta Bharat Campaign, and Swachh Bharat Mission to address the underlying causes.



District	% adolescents anaemic HB<7g/dL	% adolescents with BMI <18.5 kg/m ²
Bahraich	91%	30%
Gaya	97%	11%
Barpeta	93%	31%
Vidisha	79%	28%

ANSH project builds on these platforms and provides a model to the Government to address the issues of adolescent health, nutrition, and WASH through effective innovations in communications.

Project Innovations

ANSHika Corner

- An area developed for adolescents to seek answers to their queries related to healthcare, nutrition & WASH from Anshika, the project's mascot,
- The queries can be written and dropped in a box kept at the Anshika Corner in an anonymous manner.



Set up at 50 schools & Anganwadis

Soap Bank

- A steel/ wooden box kept in schools wherein students, parents & school staff keep soaps that are used by students during hand washing,
- It encourages good hygiene & sanitation practices and is a self-sustaining initiative wherein stakeholders ensure adequate stock.



Installed in 11 schools to improve sanitation practices

Swasthya Evam Swachhta Kit

- A healthcare & hygiene kit that contains a soap, a nail cutter, a pack of bandage, an antiseptic solution & a lotion, a cotton roll, a pack of sanitary napkins, and a sanitizer,
- This was provided to schools, and teachers were oriented to keep it handy to address basic hygiene & healthcare needs including first-aid.



Provided to 35 schools

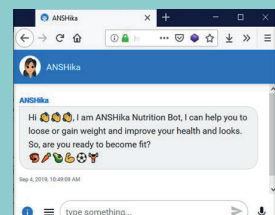
Growth Monitoring Chart

- A chart for adolescents to self-assess body-mass index (BMI),
- Intensive awareness and training sessions were conducted for teachers, frontline workers and adolescents about tracking BMI,
- This data generated interest in adopting good healthcare, nutrition & WASH practices.



ANSHika, a chatbot

- A chatbot that helps to know one's BMI and provides customized nutritional recommendations,
- This tool helps identify the gaps, understand the key requirements, and adopt the most appropriate practices for improvement of health & nutrition indicators like haemoglobin, body mass index, and weight.



Kitchen gardens

- The concept of growing herbs and vegetables around or within the house,
- Adolescents were orientated on this concept and encouraged to set these up at their respective homes.



Project Results

The ANSH project adopted innovative ways to share knowledge and build capacities to understand the causes of poor health & nutrition among adolescents, and to adopt the most suitable ways to address those causes. Through sustained efforts and efficient partnerships with frontline workers, teachers & families, significant results were seen over the project period (Feb2018-Jun2020).

- **27%** of adolescents with Hb <7gm/dL improved to normal level,
- **17%** of adolescents with BMI <18.5 kg/m² moved to normal level.



Demonstrating nutritional value of food items



FURTHER INFORMATION AT...

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