Global Nutrition Report (GNR, 2021)

GS Paper - 2 - Health , Issues Related to Children - Issues Related to Women

1 The world faces a grave nutrition situation...

2 billion people lack key micronutrients like iron and vitamin A

155 million children are stunted

52 million children are wasted

2 billion adults are overweight or obese

41 million children are overweight

88% of countries face a serious burden of either two or three forms of malnutrition

And the world is off track to meet all global nutrition targets

Context

- According to the recently released **Global Nutrition Report (GNR, 2021)**, India has made no progress on anaemia and childhood wasting.

What is Global Nutrition Targets

- In 2012, the **World Health Assembly** (the decision-making body of the World Health Organisation) identified six nutrition targets to be met by 2025. These are:

- ₒ **Reduce stunting** by 40% in children under 5.
- ₒ **Reduce the prevalence of anaemia** by 50% among women in the age group of 19-49 years.
- ₒ Ensure **30% reduction in low-birth weight.**
- ₒ Ensure **no increase in childhood overweight.**
- ₒ **Increase** the rate of exclusive **breasfeeding** in the first six months up to at least 50%
- ₒ Reduce and maintain childhood wasting to less than 5%.

What are the Major Findings:

- ₒ **Global Nutrition Targets:**
  - At the current rate of progress, the **global nutrition targets will not be achieved by 2025** globally and in most countries worldwide.
- ₒ **Variation in Data Availability:**
  - There is **substantial variation in data availability and progress towards the global nutrition targets across 194 countries.**
    - Only seven countries are on track to meet four of the six maternal, infant and young child nutrition targets by 2025, while no country is 'on track' to halt the rise in adult obesity or achieve a 30% relative reduction in salt/sodium intake.
- ₒ **Impact of Covid-19:**

- The **Covid-19 pandemic is impeding progress** towards achieving the global nutrition targets.

  - An estimated additional **155 million people have been pushed into extreme poverty globally,** while people with diet-related chronic diseases experience worse Covid-19 outcomes.

  o **Little Progress in Improving Diets:**

  - The previous decade has **seen little progress in improving diets**, and a quarter of all deaths among adults are attributable to poor diets.

  o **Greenhouse Gas Emissions Globally:**

  - Food production currently **generates more than a third of all greenhouse gas emissions globally,** and uses substantial and rising amounts of environmental resources.

  o **Sustainable Development Goals:**

  - No region is on track to meet the **Sustainable Development Goals** aimed at limiting health and environmental burdens related to diets and the food system.

- **India Specific Data:**

  o **Anaemic Indian Women:**

  - Over **half of Indian women** in the age group 15-49 years are **anaemic.**

- There has been a rise in **anaemic Indian women** since 2016 from 52.6% to 53% in 2020.

  o **Childhood Wasting:**

  - Over 17% of Indian children under 5 years of age are affected.

  - **India is also among 23 countries** that have made no progress or are worsening on reducing 'childhood wasting'.

    - **Wasting refers to** children whose weight is low-for-their height.

  o **Child Stunting:**

  - Over 34% of children under 5 years of age are still affected.

  - **India is among 53 countries** 'on course' to meet the target for stunting.

    - Stunting is defined as **low height-for-age.**

  o **Childhood Overweight:**

  - The country is **among 105 countries** that are 'on course' to meet the target for 'childhood overweight'.

  o **India Meeting Targets:**

  - India is **meeting 7 of the 13 global nutrition targets** which include sodium intake, raised blood pressure (both men and women), obesity (both men and women) and diabetes (both men and women).

What are the important Suggestions:

o **Increase Finance:**

- There **needs to be a step-change in efforts and financial investments** to end poor diets and malnutrition.

o **Holistic Approach:**

- Poor diets and malnutrition should be **addressed holistically and sustainably** to create a healthy future for all.

o **Accountability and Monitoring:**

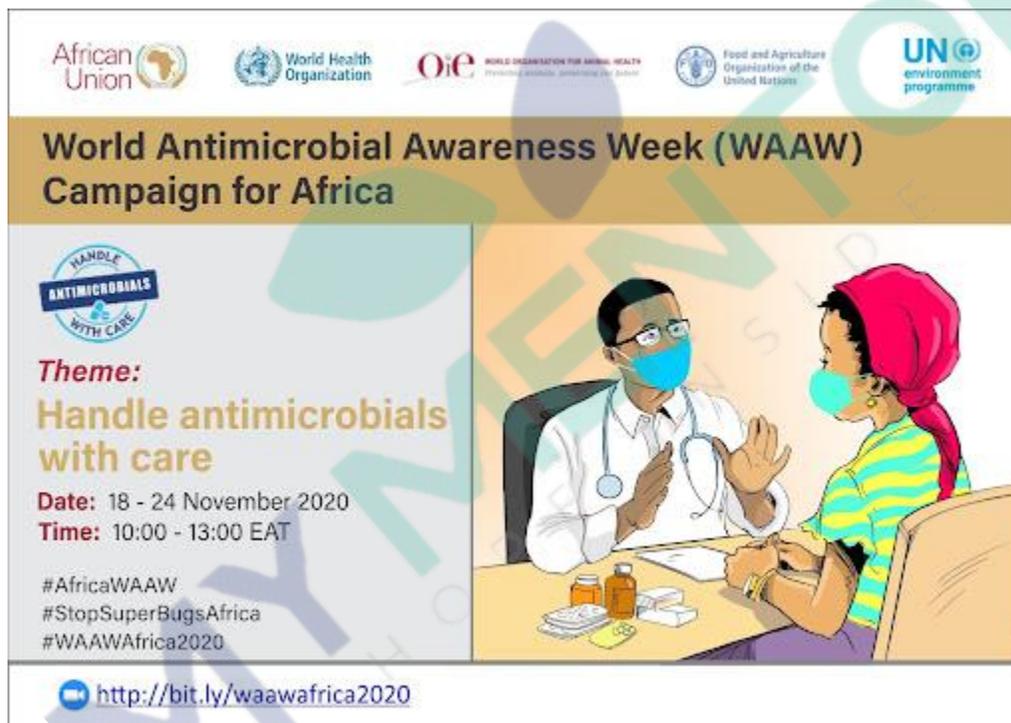- Better data, greater **accountability and systematic monitoring** are key to identify the progress needed.

What is Global Nutrition Report

- It was conceived following the first **Nutrition for Growth Initiative Summit (N4G)** in 2013.

- The first report was **published in 2014**.

- It acts as a **report card on the world's nutrition**—globally, regionally, and country by country—and on efforts to improve it.

- It is a **multi-stakeholder initiative**, consisting of a Stakeholder Group, Independent Expert Group and Report Secretariat.

Source:DTE

World Antimicrobial Awareness Week (WAAW - November 18-24).

GS Paper - 3 - GS Paper - 2 , Health

Context

Recently, the Ministry of Animal Husbandry and Dairying has organized a workshop on the National Action Plan to combat **Antimicrobial Resistance (AMR)**, while celebrating **World Antimicrobial Awareness Week** (WAAW - November 18-24).

Other related information

- This year's **theme** of WAAW was **"Spread awareness, stop resistance"**.

- During WAAW an International Colour Campaign, **'Go Blue' campaign**, was launched by the AMR **tripartite organisations (World Health Organization**, **Food and Agriculture Organization** of the United Nations and the **World organisation for Animal Health**) to **help spread awareness about AMR.**

Major Key Points about this

- It is the resistance acquired by any **microorganism (bacteria**, **viruses**, **fungi**, **parasite**, **etc.) against antimicrobial drugs** (such as antibiotics, antifungals, antivirals, antimalarials, and anthelmintics) that are used to treat infections.

- As a result, standard treatments become ineffective, infections persist and may spread to others.

- Microorganisms that develop antimicrobial resistance are sometimes **referred to as "superbugs"**.

- The **WHO** has declared AMR as **one of the top 10 global health threats.**

What are the Reasons for Spread of AMR:

o Contamination **around pharmaceutical manufacturing sites** where untreated waste releases large amounts of active antimicrobials into the environment.

o Many factors have accelerated the threat of AMR worldwide, including **overuse and misuse of medicines in humans,** livestock and agriculture, as well as poor access to clean water, sanitation and hygiene.

What about major Concern:

1)Increased Cost of Healthcare:

- AMR is already **responsible for up to 7,00,000 deaths a year.** It also **increases the cost of healthcare with lengthier stays in hospitals,** additional tests and use of more expensive drugs.

2)Undermining Progress:

- AMR is undermining **a century of progress in medicine,** infections that were previously treatable and curable with our drugs are becoming (or at risk of becoming) incurable (as medicines are not working against infections).

3)Infections and Surgeries Becoming Risky:

- Even common infections are becoming risky and a problem. Surgeries are becoming risky and the cause of all this is found **in the behaviour of human beings who are misusing or overusing antimicrobials.**

4)Inadequate Incentives for New Antibiotics:

- No new classes of antibiotics **have made it to the market in the last three decades**, largely on account of inadequate incentives for their development and production.

5)Headed Towards Antibiotic Apocalypse:

- Without urgent action, **we are heading to antibiotic apocalypse – a future without antibiotics**, with bacteria becoming **completely resistant to treatment** and when common infections and minor injuries could once again kill.

Notes about AMR in India:

- India, with its combination of **large population,** rising incomes that facilitate purchase of antibiotics, high burden of infectious diseases and easy over-the-counter access to antibiotics, is an important locus for the generation of resistance

genes (such genes help bacteria in surviving on being exposed to antibiotics).

- The multi-drug resistance determinant, **New Delhi Metallo-beta-lactamase-1 (NDM-1),** emerged from this region to spread globally.

  - Africa, Europe and other parts of Asia have also been affected by multi-drug resistant typhoid originating from South Asia.

- In India, over **56,000 newborn deaths each year due to sepsis** are caused by organisms that are resistant to first line antibiotics.

What are the Measures Taken to Address AMR:

1)National Programme on AMR containment:

- The Surveillance Network has been strengthened by establishing labs in State Medical College.

2)National Action Plan on AMR:

- It focuses on **One Health approach** with the aim of involving various stakeholder ministries/departments.

3)AMR Surveillance and Research Network (AMRSN):

- It was launched in 2013, to generate evidence and capture trends and patterns of drug resistant infections in the country.

4)Antibiotic Stewardship Program:

- ICMR has initiated antibiotic stewardship program (AMSP) on a pilot project across India **to control misuse and overuse of antibiotics in hospital wards** and ICUs.

5)Integrated One Health Surveillance Network for AMR:

- To assess the preparedness of Indian Veterinary laboratories to participate in integrated AMR surveillance network.

6)Others:

- India has undertaken many activities like **Mission Indradhanush** — to address low vaccination coverage — strengthened micro-planning and additional mechanisms to improve monitoring and accountability.

- The **Ministry of Health & Family Welfare (MoHFW)** identified AMR as one of the top 10 priorities for the ministry's collaborative work with the World Health Organisation (WHO).

What can be done more

- Detection and **prevention of the sale of spurious drugs**, particularly in tier 2 and tier 3 cities.

- The occasional **measurement of bioavailability at pharmacokinetics** and pharmacodynamics, enforcement of antibiotics policies via prescription databases and auditing of pharmacies.

  - Pharmacokinetics is defined as **the study of the time course of drug absorption, distribution, metabo- lism, and excretion.**

- Monitoring sale of drugs with **GST (Goods and Services Tax)** tracking/matching of e-prescriptions.

- Shift from the syndromic approach to treatment of the diagnosis, **use of new technologies such as imaging and bioinformatics** and geographic information systems.

- **Adherence to the WASH strategy**: antibiotic-free animal feed, and antibiotics fed to animals should be different from those consumed by humans (e.g. marked by different colour schemes).

Source: PIB

Aadhaar 2.0- Ushering the Next Era of Digital Identity and Smart Governance

Context

Recently, the **Ministry of Electronics & Information Technology (Meity)** inaugurated a 3-day workshop titled '**Aadhaar 2.0- Ushering the Next Era of Digital Identity and Smart Governance**'.

Other related information

- The Workshop aims to analyze the reach of **Digital Identity** in major reforms and schemes launched by the Government.

- It also aims to look into **various futuristic aspects of Digital Identity** to achieve universal inclusion, both social as well as financial.

Major Key Points about this

- o It will provide a **platform to share and exchange ideas with Government and Industry leaders,** Eminent Academicians and Scientists, Innovators and Practitioners working on Digital Identity in India and abroad.

- o The workshop will **provide an opportunity to feed into the regional and global debates**, while reflecting on India-specific challenges and opportunities to share best practices in terms of people, processes, technology, research, regulatory framework, legal policy and governance.

What are the Major Discussions:

- ○ **Expanding Use of Aadhar:** Aadhaar can continue itself as one of the main enablers of identity verification in both on-line as well as offline mode in light of the **SWIK rules (Social welfare, Innovation and Knowledge).**

  - For example, Aadhaar can deliver on e-gov; e-commerce and e-banking and finance in particular.

- ○ **Aadhaar as an International Digital Identity Standard:** Aadhaar to be developed as a framework for creating International standards for digital identity, a roadmap for International digital identity standards and across borders interoperability.

- ○ **Strengthening Privacy Framework:** Aadhar's legal framework is settled with the Aadhaar Act, **Supreme Court judgement**, but for addressing privacy aspects **Data Privacy Law** needs to be enacted.

- ○ **Use of Critical Technologies:** Biometrics in Aadhar, can be improved using **Artificial Intelligence** and **deep learning techniques.**

  - **Blockchain-based technologies** and applications as well as the impact of Aadhaar and these new technologies in the Banking sector should be explored.

Brief notes about Aadhar

- Aadhaar number is a **12-digit random number** issued by the **Unique Identification Authority of India (UIDAI)** to the residents of India after satisfying the verification process laid down by the Authority.

- Any individual, **irrespective of age and gender, who is a resident of India,** may voluntarily enrol to obtain an Aadhaar number.

- Person willing to enrol has to provide minimal **demographic and biometric information** during the enrolment process which is totally free of cost.

- An individual needs to enrol for Aadhaar only once and after **de-duplication** only one Aadhaar shall be generated, as the **uniqueness is achieved through the process of demographic and biometric de-duplication.**

- **Legal Framework:** The Parliament has passed the **Aadhaar and Other Laws (Amendment) Act, 2019** which allows voluntary use of Aadhaar as proof of identity.

  What are the important Benefits of Aadhar:

  1)Promoting Transparency and Good Governance: Aadhaar number is verifiable in an

online, cost-effective way.

- It is **unique and robust enough to eliminate duplicates and fake identities** and thus used as a basis/primary identifier to roll out several Government welfare schemes thereby promoting transparency and good governance.

2)Helping Bottom of the Pyramid: Aadhaar has **given identity to a large number of people** who did not have any identity earlier.

- It has been **used in a range of services and has helped in bringing financial inclusion**, broadband and telecom services, **direct benefit transfers** to the bank account of citizens in a transparent manner.

3)Neutral: Aadhaar number is **devoid of any intelligence** and does not profile people based on caste, religion, income, health and geography.

- The Aadhaar number is a proof of identity, however, **it does not confer any right of citizenship or domicile** in respect of an Aadhaar number holder.

4)People-Centric Governance: Aadhaar is a strategic policy tool for social and financial inclusion, public sector delivery reforms, managing fiscal

budgets, increasing convenience and promoting hassle-free people-centric governance.

5)Permanent Financial Address: Aadhaar can be used as a **permanent Financial Address and facilitates financial inclusion of the underprivileged and weaker sections** of the society and is therefore a tool of distributive justice and equality.

- Thus, the Aadhaar identity platform is one of the **key pillars of 'Digital India'.**

Source: IE

5th World Congress on Disaster Management (WCDM)

GS Paper - 2 - Disaster Management , Effect of Policies & Politics of Countries on India's Interests

Context

Recently, the **Defence Minister of India** addressed the **5th World Congress on Disaster Management (WCDM)** hedl in New Delhi.

Other related information

- At the congress the Raksha Mantri asserted that, time and again India has proved itself to be "**first responde**r" in the **Indian Ocean Region (IOR).**

- The emerging concept of India as a "first responder" reflects the **country's growing capability and increasing willingness to assume the role of a leading power.**

What World Congress on Disaster Management

- It is a unique **initiative of Disaster management initiatives and convergence society** to bring researchers, policy makers and practitioners from around the world in the same platform to discuss various challenging issues of disaster risk management.

- Its mission is **to promote interaction of science, policy and practices to enhance understanding of risks and advance actions** for reducing risks and building resilience to disasters.

Major Key Points

- **India, As First Responder:**
  - **Underlying Vision:** India's vision for the Indian Ocean encapsulated by the concept of **SAGAR**

(Security and Growth for All in the Region). SAGAR has both distinct and inter-related elements such as:

- Deepening **economic and security cooperation** among the littoral states.
- **Enhancing capacities** to safeguard land and maritime territories.
- Working towards **sustainable regional development.**
- **Blue Economy** and promoting collective action to deal with non-traditional threats like natural disasters, piracy and terrorism.

o **Enabling Factors:** India's unique position in the **Indian Ocean Region**, complemented by a capability of the Armed Forces, enables it to contribute significantly in **Humanitarian Assistance and Disaster Relief** (HADR) situations.

- By contributing its resources to prevent or mitigate regional and international crises, **India is demonstrating its commitment as a responsible actor in the international order.**

o **Need: Challenging geo-political landscape** and the traditional and non-traditional threats including natural calamities like **Covid-19** faced by the world.

- Whether it is a **natural catastrophe, or a sudden financial shock,** the repercussions are

often massive, with regional and global implications.

- By taking the lead, India tries providing a public good to the **international order,** supporting smaller or less capable states in dire need of assistance.

- **Manifestation of India As First Responder:**

  - **HADR Operations:** India has been regularly conducting exercises to deepen the HADR co-operation and coordination with its **neighbours and friendly countries** with a focus on sharing expertise and building capabilities.

    - The Indian government and military forces have played a critical role in supporting neighbouring countries in relief operations like the **2004 tsunami**, **2015 Nepal Earthquake**, etc.

  - **Building Disaster Resilience:** India taking lead and offering expertise of **Disaster Resilient Infrastructure** (DRI) to its friendly countries .

    - **Coalition for Disaster Resilient Infrastructure** (CDRI) was first proposed by India during the 2016 Asian Ministerial Conference on Disaster Risk Reduction held in New Delhi.

  - **Expatriate Evacuation Operations: Operation Rahat** in Yemen in 2015 when India rescued and evacuated over 6,700 persons, including over 1,940 citizens of more than 40 other countries.

- **Non-Traditional Security Challenges**:The Indian Navy has emerged as the Indian Ocean's default first responder to non-traditional security challenges.
  - To **combat piracy** in the **Gulf of Aden since 2008**, it deployed almost thirty warships that have escorted more than 1500 ships and thwarted around thirty piracy attempts.
- **Post-Conflict Relief And Rehabilitation:** India has often taken the lead in supporting countries going through post-conflict processes which require expert resources and significant funding.
  - **For Example,** India provided help to Afghanistan and Sri Lanka for post conflict recovery.
- **Refugee Flows:** Whenever people fear for their lives in South Asia, they often look up to India first. **India has consistently provided an emergency safe haven for refugee** and minority populations from across South Asia.

What can be done more

- **Leveraging Cutting-Edge Technologies:** Emerging **cutting-edge technologies** in the fields of space, communication, bio-engineering, bio-medics and **artificial intelligence** can revolutionise the way the risks of

disasters are assessed and communicated through early warning.

- **Post Pandemic Assessment:** A comprehensive assessment of the impact of the pandemic on the implementation of **2030 Sustainable Development Goals** is needed.
  - The new framework should emphasise on the need to incorporate new ideas in global and national strategies for the implementation of the goals.

- **Studying And Augmenting First Respondent Tradition:** The first respondent tradition must be further studied and promoted, because it reflects India's deep commitment to assume a driving role in the international order.
  - And it will also have to be endowed with adequate resources and capabilities for India to move even quicker and farther beyond its borders.

Source: TH

National Family Health Survey (NFHS 2019-21)

GS Paper - 1 - Population and Associated Issues

ANAEMIA AMONG 6- TO 59-MONTH-OLDS

NFHS 5 ROUND 2 VS NFHS 4

BOTTOM 5			TOP 5		
MP	72.7	68.9	Chandigarh	54.6	73.1
Punjab	71.1	56.6	Arunachal	56.6	54.2
Rajasthan	71.5	60.3	Tamil Nadu	57.4	50.7
Haryana	70.4	71.7	Uttarakhand	58.8	59.8
Jharkhand	67.5	69.9	Puducherry	64	44.9

INDIA: 67.1 | 58.6

* 14 states and UTs covered in Phase 2; All figures in %

Context

Recently, the latest data from the **National Family Health Survey (NFHS 2019-21)** has been released.

Other related information

- The data shows a **declining trend** regarding **Total Fertility Rate** (TFR: the average number of children per woman).

- **Brief notes About TFR:**

  - **Total fertility rate (TFR)** in simple terms refers to the **total number of children born or likely to be born to a woman in her lifetime** if she were subject to the prevailing rate of age-specific fertility in the population.

  - TFR of about **2.1 children per woman** is called **Replacement-level fertility**. TFR **lower than 2.1** children per woman — indicates that a **generation is not producing enough children to replace itself**, eventually leading to an outright reduction in population.

  - This value represents the average number of children a woman would need to have to **reproduce herself by bearing a daughter** who survives to childbearing age.

- **Declining Trend of TFR:**

  - Due to the **sustained family planning programme** spanning decades, the TFR), has declined further from 2.2 reported in 2015-16 to **2.0 at the all-India level.**

- The **TFR is at 1.6 in urban areas and 2.1 in rural India.**
- The total fertility rate, was as high as **6 or more in 1950s**

  o It is a very huge development because of maternal and child health improvement.

- **What are the major Reasons for Decline in TFR:**

  o **Women Empowerment:** The latest data also show significant **progress** on several indicators **related to fertility, family planning, age at marriage and women's empowerment** — all of which have contributed to the decrease in TFR.

  o **Contraceptives:** Also, there has been a significant increase in current use of any modern contraceptive method.

    - **Contraceptive Prevalence Rate** has increased substantially from 54% to 67% at the all-India level.

  o **Reversible Spacing:** Introduction of new **reversible spacing (gaps between children) methods** , wage compensation systems to undergo sterilisation, and the promotion of small family norms also worked well over the years.

  o **Government Efforts**: India has for long been working on population control. In fact, **India was the first country to launch a national-level**

family planning programme and the encouraging results that we see now are due to sustained, concerted efforts put together by the Centre, and the state governments

What are the Related Government Initiatives

- **Prime Minister's Appeal:** During his **Independence Day Speech** in 2019, the Prime Minister appealed to the country that population control was a form of patriotism.

- **Mission Parivar Vikas:** The Government has launched Mission Parivar Vikas in 2017 for **substantially increasing access to contraceptives** and family planning services in146 high fertility districts with TFR of 3 and above in seven high focus states.

- **National Family Planning Indemnity Scheme (NFPIS) :** This scheme was launched in the year 2005 under this scheme **clients are insured in the eventualities of death, complication and failure following sterilization.**

- **Compensation scheme for Sterilization Acceptors :** Under the scheme, the Ministry of Health and Family Welfare provides compensation for loss of wages to the beneficiary and also to the service provider (& team) for conducting sterilizations from the year 2014.

- **Major Significance of Declining TFR:**

  - **Population Stabilisation**: TFR of 2 is a "definite indicator" of **stability of population in the long term in the country.** A TFR of 2.1 is something a country wants to achieve.

    - A fall to 2 means India has achieved the goal of population stabilisation.
    - It essentially means that India need not worry too much about a very large population being a challenge to our development.

  - **Accelerated Economic Growth:** The younger population profile for the next 2-3 decades will provide an **opportunity for accelerated economic growth.**

    - However, in order to leverage this great opportunity for accelerated development, **India should invest in public health and education with skills.**

  - **Delayed Peak Population:** This also means we will possibly still become the most populous country in the world — it was expected somewhere between 2024-2028 — but it will now be delayed.

- **Worrying Trends:**

- ○ **Increasing Female Sterilization:** The survey reveals that the uptake of female sterilisation has gone up to 38% against 36% in 2015-16.

  - The **increase in female sterilisation shows that the onus of family planning remains with women,** with men not participating in the process and "shrugging responsibility",

- ○ **Declining Sex Ratio**: India needs to give huge stress on declining sex ratios and the **discrimination towards girls** so that people don't have a high number of children in the hope of having a boy.

- ○ **Concerns of Lower TFR:** TFR **lower than 2.1** children per woman — indicates that a **generation is not producing enough children to replace itself**, eventually leading to an outright reduction in population.

  - Thus, TFR lower than 2 (as it is the case in urban areas in India) has its own set of problems. For example, Declining population will lead to an increase in the population of old aged people, as is happening in China.

What can be done more

- **Behaviour-Change Communication Strategy:** The Government must adopt a targeted social and behaviour-change communication strategy to

ensure that men also take responsibility for family planning.

- **Environment Protection:** Population stabilization doesn't mean that India can divert its focus from environmental protection.

Source: IE