

**Nutrition education intervention to improve hemoglobin status  
of adolescent girls in Urban slums, Pune.**

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*(Note: This report can be a part of Research and Diet promotion subheadings given in template.)*

The Institute of Health Management, Pachod (IHMP) aims at the holistic development of the individual, family and community and is deeply committed to the upliftment of marginalized groups. IHMP is involved in program implementation, training, research and policy advocacy. It is working with 100,000 population from rural area and 30,000 population from urban slums. Health and Nutrition education is one of the major activities of IHMP. IHMP is also involved in production of audio-visual and training material for the NGO and government sectors. For details visit <http://www.ihmp.org>

Iron deficiency anemia (IDA) is identified, as major health concern where 3.5 billion people in the developing world suffered from IDA and prevalence is highest in India. The prevalence of anemia among adolescent girls is 40 to 60% in different geographical settings in India. A study conducted by the IHMP in 1999-2000 has found 60% prevalence of anemia among unmarried girls from urban slums age 10 to 18 years. IHMP is conducting a *Community Based Randomised Trial* to assess impact of Nutrition Education on anemia among adolescent girls. As the part of this study one and half year intervention has planed to change dietary behaviours for prevention of anemia and implemented in 8000 population.

### **Description of Nutrition Education Intervention:**

Nutrition education was given to the adolescent girls and their families in various ways. Messages regarding diet, iron rich and Vitamin C rich food consumption were developed and given to the girls. The messages were repeated using different methods so as to have impact on their diet behaviour.

### **Ways of imparting Nutrition Education:**

- Nutrition education classes for adolescent girls
- Melava (mass meetings) for adolescent girls
- House visits by grassroot level health workers
- Demonstrations of iron rich recipes
- Exhibitions
- Providing information on cheap and seasonally available local foods.

### **Material used:**

- **Posters:** Set of posters were prepared to create awareness regarding magnitude of the problem, its consequences and displayed in exhibition. Publicity of intervention activity was also made through exhibitions.
- **Flashcard set:** Information regarding anemia, its consequences, locally available iron rich foods, vitamin C rich food and few iron rich recipes have explained through this flash card set. 'Meera' a flash card set has the information in story form so that it will easy to understand by girls and their families.

- **Cookbook:** 'Prevent Anemia Now!' contains around 50 low cost iron and vitamin C rich recipes prepared from locally available foods. The brief information regarding anemia and adolescent diet, meal plan for adolescent girl, iron and vitamin C content of foods is also given in the book.
- **Sticker:** Four important messages regarding number of meals, daily consumption of iron rich food, consumption of Vitamin C rich food with diet etc has repeated in this sticker.

IHMP has completed one and half-year intervention phase and doing end line survey to assess an impact of the intervention on knowledge, diet behaviour and hemoglobin status of adolescent girls.

The flashcard set and cookbook are priced publications of IHMP. These can be used for adolescent girls, pregnant women, women in the reproductive age, small children and for the entire family. Health workers, nurses, teachers can use this material for health education in community and hospital settings.