

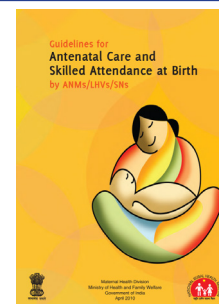
# MATERNAL NUTRITION RESOURCE TOOLKIT

1. GUIDELINES
2. POLICY BRIEFS AND CASE STUDIES
3. INFORMATION SYSTEMS
4. TRAINING AND COMMUNICATION TOOLKIT
5. MN E MODULE
6. MN WEBINAR SERIES
7. PAPERS

## GUIDELINES

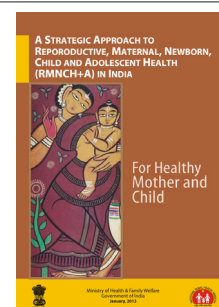
Guideline for antenatal care and skilled birth attendance by lhv/anm/sn, mohfw, 2010

[https://nhm.gov.in/images/pdf/programmes/maternal-health/guidelines/sba\\_guidelines\\_for\\_skilled\\_attendance\\_at\\_birth.pdf](https://nhm.gov.in/images/pdf/programmes/maternal-health/guidelines/sba_guidelines_for_skilled_attendance_at_birth.pdf)



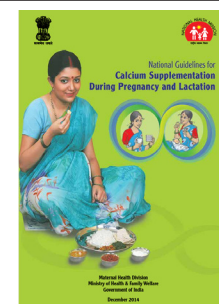
A strategic approach to reproductive, maternal, newborn, child and adolescent health (rmnch+a) in india, mohfw, 2013

[https://nhm.gov.in/images/pdf/RMNCH+A/RMNCH+A\\_Strategy.pdf](https://nhm.gov.in/images/pdf/RMNCH+A/RMNCH+A_Strategy.pdf)



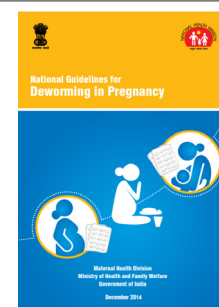
National Guidelines for Calcium Supplementation in Pregnancy and Lactation period, 2014

[https://nhm.gov.in/images/pdf/programmes/maternal-health/guidelines/National\\_Guidelines\\_for\\_Calcium\\_Supplementation\\_During\\_Pregnancy\\_and\\_Lactation.pdf](https://nhm.gov.in/images/pdf/programmes/maternal-health/guidelines/National_Guidelines_for_Calcium_Supplementation_During_Pregnancy_and_Lactation.pdf)



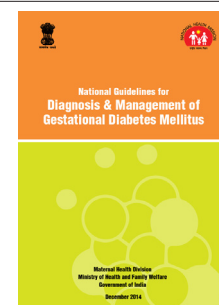
National Guidelines for Deworming in Pregnancy, MoHFW, 2014

[https://nhm.gov.in/images/pdf/programmes/maternal-health/guidelines/National\\_Guidelines\\_for\\_Deworming\\_in\\_Pregnancy.pdf](https://nhm.gov.in/images/pdf/programmes/maternal-health/guidelines/National_Guidelines_for_Deworming_in_Pregnancy.pdf)



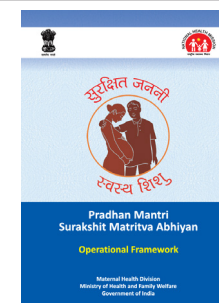
National Guidelines for Diagnosis & Management of Gestational Diabetes Mellitus, MoHFW, 2014

[https://nhm.gov.in/images/pdf/programmes/maternal-health/guidelines/National\\_Guidelines\\_for\\_Diagnosis\\_&\\_Management\\_of\\_Gestational\\_Diabetes\\_Mellitus.pdf](https://nhm.gov.in/images/pdf/programmes/maternal-health/guidelines/National_Guidelines_for_Diagnosis_&_Management_of_Gestational_Diabetes_Mellitus.pdf)

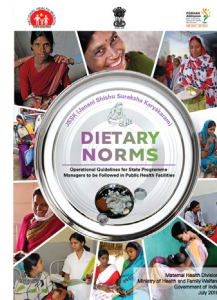


Pradhan Mantri Surakshit Matritva Abhiyan, PMSMA, MoHFW, 2016

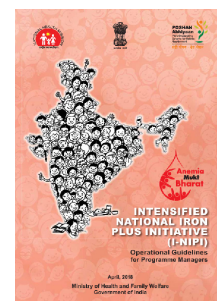
[https://pmsma.mohfw.gov.in/wp-content/uploads/2016/09/PMSMA\\_Operational\\_Framework.pdf](https://pmsma.mohfw.gov.in/wp-content/uploads/2016/09/PMSMA_Operational_Framework.pdf)



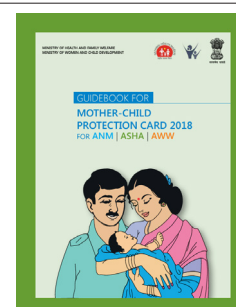
JSSK Dietary Norms, Operational Guidelines for State Programme Managers to be followed in Public Health Facilities, MOHFW, 2018  
[https://nhm.gov.in/New\\_Updates\\_2018/NHM\\_Components/RMNCHA/MH/Guidelines/JSSK\\_Final\\_English.pdf](https://nhm.gov.in/New_Updates_2018/NHM_Components/RMNCHA/MH/Guidelines/JSSK_Final_English.pdf)



Anemia Mukht Bharat Operational Guidelines, 2018  
<https://anemiamukhtbharat.info/wp-content/uploads/2023/03/Anemia-Mukht-Bharat-Operational-Guidelines-FINAL.pdf>



Guidelines to Maternal and Child Protection Card, 2018  
For ANM/ASHA/AWW  
[https://nhm.gov.in/New\\_Updates\\_2018/NHM\\_Components/Immunization/Guidelines\\_for\\_immunization/MCP\\_Guide\\_Book.pdf](https://nhm.gov.in/New_Updates_2018/NHM_Components/Immunization/Guidelines_for_immunization/MCP_Guide_Book.pdf)



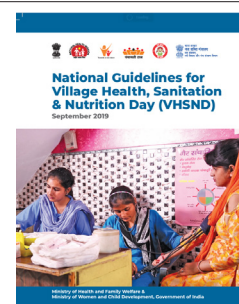
Anemia Test, Treat, talk (T3) Camp Guidelines - AMB Dashboard-  
Resource Section - Ana emia Test, Treat, Talk Camp, 2019  
<https://anemiamukhtbharat.info/resources/>



Anemia Mukht Bharat Training toolkit, 2019  
[https://anemiamukhtbharat.info/wp-content/uploads/2023/03/English\\_Anemia-Mukht-Bharat-Training-Modules-Folder\\_Lowress.pdf](https://anemiamukhtbharat.info/wp-content/uploads/2023/03/English_Anemia-Mukht-Bharat-Training-Modules-Folder_Lowress.pdf)



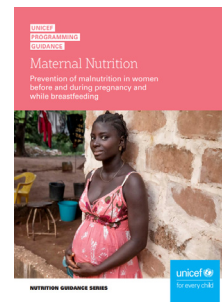
National Guidelines for Village Health, Sanitation & Nutrition Day (VHSND) Ministry of Health and Family Welfare & Ministry of Women and Child Development, Government of India September 2019  
[https://nhm.gov.in/New\\_Updates\\_2018/NHM\\_Components/RMNCHA/CH/Guidelines/National\\_Guidelines\\_on\\_VHSND\\_English\\_High\\_Res\\_Print\\_ready.pdf](https://nhm.gov.in/New_Updates_2018/NHM_Components/RMNCHA/CH/Guidelines/National_Guidelines_on_VHSND_English_High_Res_Print_ready.pdf)





Unicef Programming Guidance. Maternal Nutrition Prevention of malnutrition in women before and during pregnancy and while breastfeeding, 2022

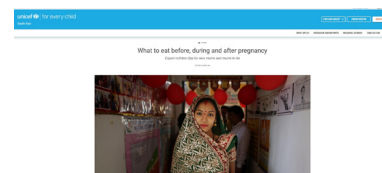
<https://www.unicef.org/media/115361/file/Maternal%20Nutrition%20Programming%20Guidance.pdf>



## POLICY BRIEFS AND CASE STUDIES

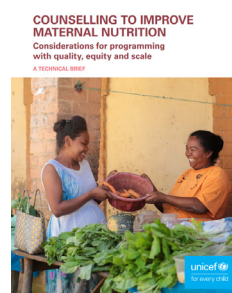
What to eat before, during and after pregnancy Expert nutrition tips for new mums and mums-to-be UNICEF South Asia, 2023

<https://www.unicef.org/rosa/stories/what-eat-during-and-after-pregnancy#:~:text=Focus%20on%20eating%20wholegrain%20foods,can%20help%20improve%20your%20health>



Counselling to improve maternal nutrition considerations for programming with quality, equity and scale a technical brief, unicef, 2022

<https://www.unicef.org/media/114566/file/Maternal%20Nutrition%20Counselling%20Brief.pdf>



## INFORMATION SYSTEMS

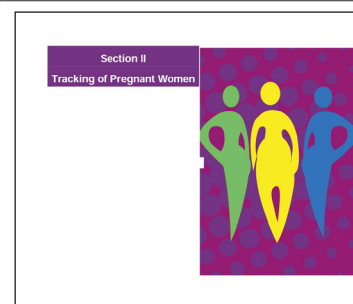
Maternal and Child Protection Card

[https://nhm.gov.in/New\\_Updates\\_2018/NHM\\_Components/Immunization/Guidelines\\_for\\_immunization/MCP\\_Card\\_English\\_version.pdf](https://nhm.gov.in/New_Updates_2018/NHM_Components/Immunization/Guidelines_for_immunization/MCP_Card_English_version.pdf)



Reproductive Child Health (RCH) Register- Section II- Tracking of Pregnant Women

[https://nhm.gov.in/images/pdf/NUHM/Format/RCH\\_Register\\_Section-II.pdf](https://nhm.gov.in/images/pdf/NUHM/Format/RCH_Register_Section-II.pdf)





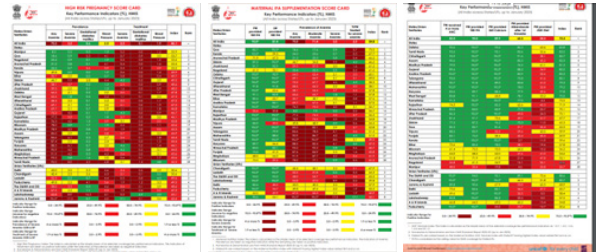
Maternal Nutrition Factsheet – India  
<https://anemiamukt Bharat.info/resources/>



Maternal Nutrition Score Cards

- IFA Supplementation
- Antenatal Care
- High Risk Pregnancy

<https://anemiamukt Bharat.info/resources/>



## TRAINING AND COMMUNICATION TOOLKIT

### 1. CHAPTER

Strengthening maternal nutrition services in  
Antenatal care (8 contacts)

[http://nceard.roshni-cwca.co.in/UploadPDF/  
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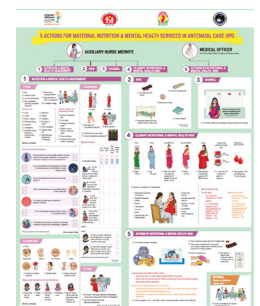


### 2. ALGORITHM

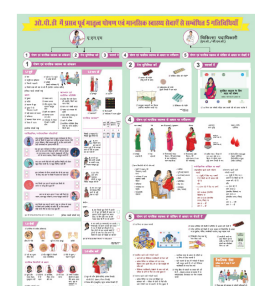
5 Actions for maternal nutrition & mental health services in antenatal  
care (OPD)

[http://nceard.roshni-cwca.co.in/UploadPDF/Algorithm\\_  
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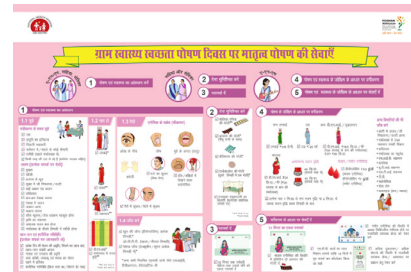
5 Actions for maternal nutrition & mental health services in village health sanitation and nutrition day (VHSND)

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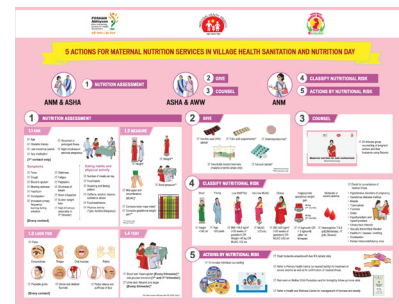
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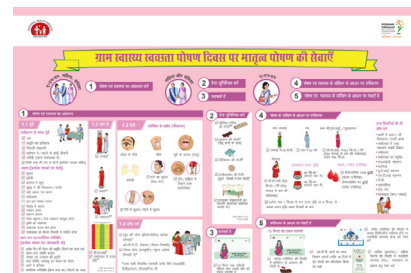
5 Actions for maternal nutrition services in village health sanitation and nutrition day (VHSND)

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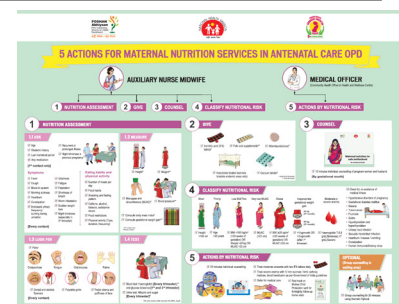
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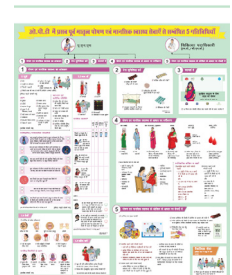
5 Actions for maternal nutrition services in antenatal care (OPD)

[http://nceard.roshni-cwcsa.co.in/UploadPDF/Algorithm\\_VHSND.pdf](http://nceard.roshni-cwcsa.co.in/UploadPDF/Algorithm_VHSND.pdf)

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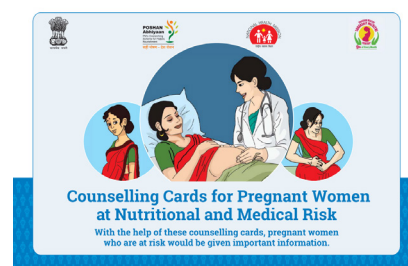
Maternal nutrition for safe motherhood  
<http://nceard.roshni-cwcsa.co.in/UploadPDF/Flipbook.pdf>



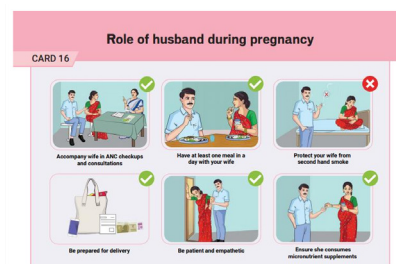
Maternal nutrition for safe motherhood Messages: By-gestational month  
<http://nceard.roshni-cwcsa.co.in/UploadPDF/By-gestational%20month%20cards.pdf>



Counselling Cards for Pregnant Women at Nutritional and Medical Risk  
[http://nceard.roshni-cwcsa.co.in/UploadPDF/Atrisk%20cards\\_17%20conditions.pdf](http://nceard.roshni-cwcsa.co.in/UploadPDF/Atrisk%20cards_17%20conditions.pdf)



Role of husband during pregnancy  
<http://nceard.roshni-cwcsa.co.in/UploadPDF/Document-2020-03-05-12-43-51.pdf>



### 3. RECIPE BOOK

Home augmented meal/snack recipes For underweight indian women  
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Home based meal/snack recipes For obese indian women  
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Home augmented iron rich Snacks/recipes  
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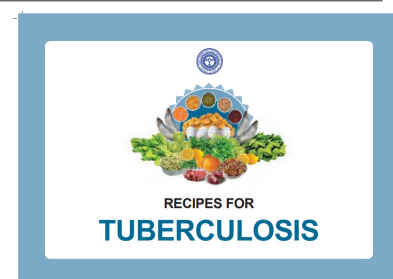
Home based snack recipes for gestational diabetes mellitus  
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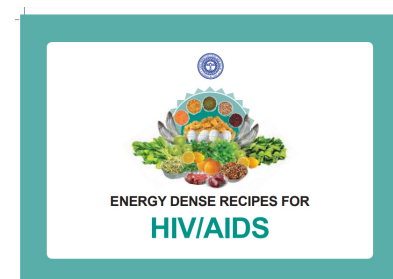
Recipes for hypertension  
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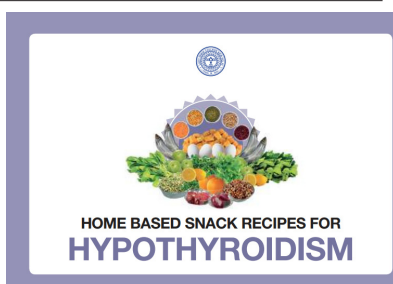
Recipes for tuberculosis  
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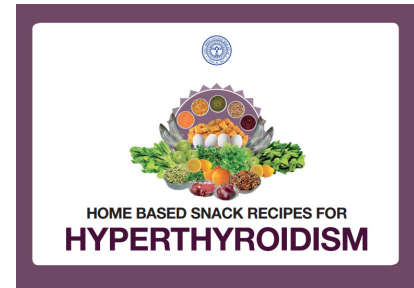
Energy dense recipes for hiv/aids  
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Home based snack recipes for hypothyroidism  
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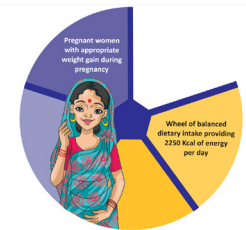


Home based snack recipes for hyperthyroidism  
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#### 4. THALI MODELS

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Underweight  
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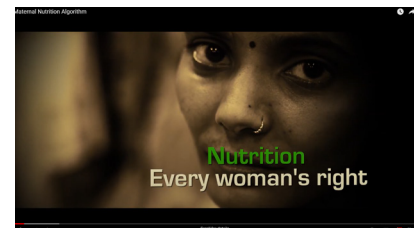


Obese  
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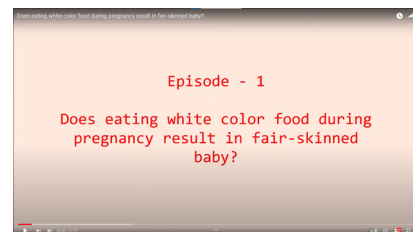
#### 5. MN FILMS

MN algorithm  
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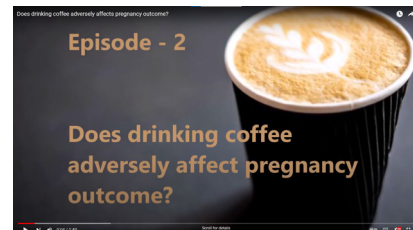
Does eating white colour food during pregnancy result in fair-skinned baby?

[https://youtu.be/IY\\_SrVjbosU](https://youtu.be/IY_SrVjbosU)



Does drinking coffee adversely affects pregnancy outcome?

<https://youtu.be/InOuQgQu2Fw>



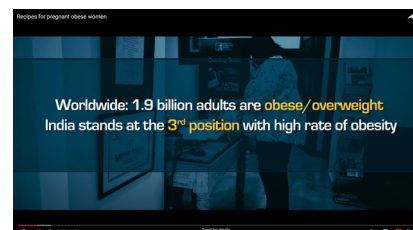
Does Consumption of ghee during pregnancy eases delivery?

<https://youtu.be/yNv6bVJiwMs>



Recipes for obese pregnant women

<https://youtu.be/yNv6bVJiwMs>



Iron rich Recipes for pregnant women

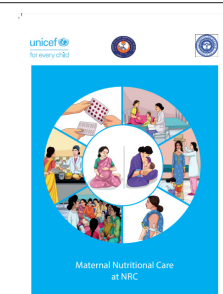
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## 6. MN IN NUTRITION REHABILITATION CENTER (NRC)

MN care at NRC operational guidelines

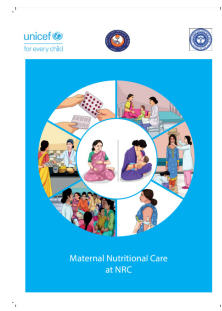
[https://www.ennonline.net/attachments/3055/Maternal\\_Guidelines-final.pdf](https://www.ennonline.net/attachments/3055/Maternal_Guidelines-final.pdf)





Algorithm

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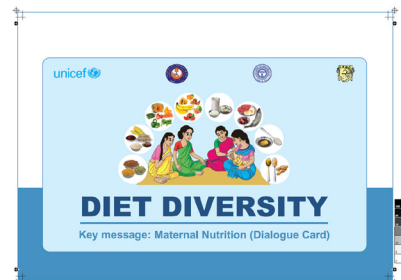


## 7. DIALOGUE CARDS

Diet diversity

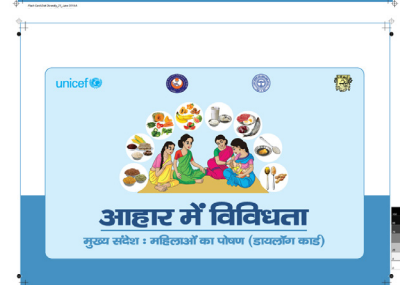
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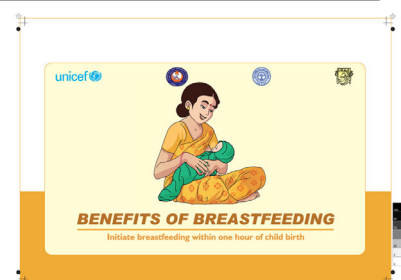
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Benefits of breastfeeding

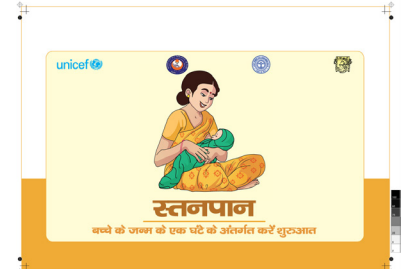
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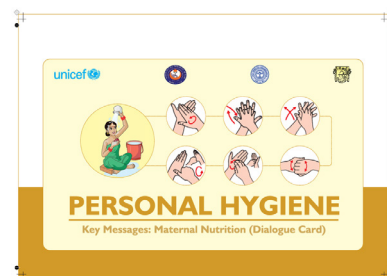
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Personal hygiene

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Micronutrients

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[http://nceard.roshni-cwcsa.co.in/UploadPDF/4h.Micronutrient%20&%20Anemia\\_Hindi\\_Prepress.pdf](http://nceard.roshni-cwcsa.co.in/UploadPDF/4h.Micronutrient%20&%20Anemia_Hindi_Prepress.pdf)

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Family planning

[http://nceard.roshni-cwcsa.co.in/UploadPDF/English\\_Family%20Planning.pdf](http://nceard.roshni-cwcsa.co.in/UploadPDF/English_Family%20Planning.pdf)

ENGLISH:-



[http://nceard.roshni-cwcsa.co.in/UploadPDF/Hindi\\_Family%20Planning.pdf](http://nceard.roshni-cwcsa.co.in/UploadPDF/Hindi_Family%20Planning.pdf)

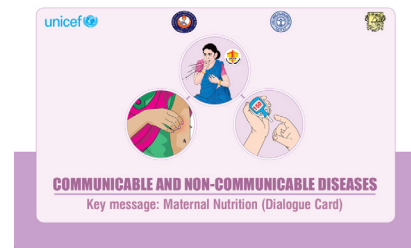
HINDI:-



Communicable and Non communicable diseases

[http://nceard.roshni-cwcsa.co.in/UploadPDF//English\\_NCD%20&%20CD.pdf](http://nceard.roshni-cwcsa.co.in/UploadPDF//English_NCD%20&%20CD.pdf)

ENGLISH:-



[http://nceard.roshni-cwcsa.co.in/UploadPDF/Hindi\\_NCD%20and%20CD.pdf](http://nceard.roshni-cwcsa.co.in/UploadPDF/Hindi_NCD%20and%20CD.pdf)

HINDI:-



## 8. WOMEN INTERVENTION FNHW

VO Integrated micro planning (IMP)

[http://www.roshni-cwcsa.co.in/UploadDocument/5\\_Swabhiman%20Karyakram%20\\_27.08.2019.pdf](http://www.roshni-cwcsa.co.in/UploadDocument/5_Swabhiman%20Karyakram%20_27.08.2019.pdf)



IMP review format- VO Level

[http://www.roshni-cwcsa.co.in/UploadDocument/06\\_IMP%20review%20-%20VO.pdf](http://www.roshni-cwcsa.co.in/UploadDocument/06_IMP%20review%20-%20VO.pdf)



IMP review format- CLF Level

[http://www.roshni-cwcsa.co.in/UploadDocument/07\\_IMP%20Review%20-%20CLF.pdf](http://www.roshni-cwcsa.co.in/UploadDocument/07_IMP%20Review%20-%20CLF.pdf)



Daily food time-table (Dincharya Chart)

[http://www.roshni-cwcsa.co.in/UploadDocument/08\\_Daily%20Food%20time%20Table\\_revised-01.jpg](http://www.roshni-cwcsa.co.in/UploadDocument/08_Daily%20Food%20time%20Table_revised-01.jpg)





Food myths chart

[http://www.roshni-cwcsa.co.in/UploadDocument/09\\_Food%20Myths%20Chart.jpg](http://www.roshni-cwcsa.co.in/UploadDocument/09_Food%20Myths%20Chart.jpg)



Govt services & practices problem assessment chart

[http://www.roshni-cwcsa.co.in/UploadDocument/10%20Government%20Services%20&%20Assessment%20Chart%20\\_29.08.2019.pdf](http://www.roshni-cwcsa.co.in/UploadDocument/10%20Government%20Services%20&%20Assessment%20Chart%20_29.08.2019.pdf)



Problem cards

[http://www.roshni-cwcsa.co.in/UploadDocument/13-%20Problem%20Card%20\(used%20in%20PLA%20Meeting%20No.%205\).pdf](http://www.roshni-cwcsa.co.in/UploadDocument/13-%20Problem%20Card%20(used%20in%20PLA%20Meeting%20No.%205).pdf)



Food items photos

<http://www.roshni-cwcsa.co.in/UploadDocument/10-%20Food%20Items%20Postcard.pdf>



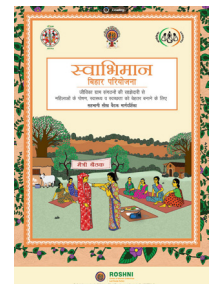
Nazari Naksha

<http://www.roshni-cwcsa.co.in/UploadDocument/11-%20Village%20Resource%20Mapping.pdf>



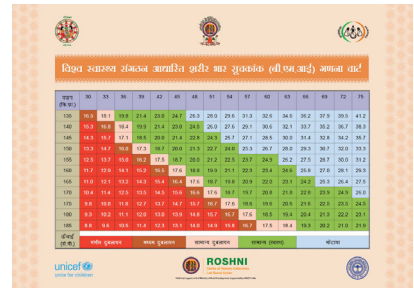
PLA Module: Maitri Baithak (24 Cycle)

[http://www.roshni-cwcsa.co.in/UploadDocument/14%20PLA%20Module%20-%20Maitri%20Baithak\\_29.08.2019.pdf](http://www.roshni-cwcsa.co.in/UploadDocument/14%20PLA%20Module%20-%20Maitri%20Baithak_29.08.2019.pdf)



### BMI Chart

[http://www.roshni-cwcsa.co.in/UploadDocument/14-%20BMI%20Chart%20\(used%20in%20PLA%20Meeting%20No.%203\).JPG](http://www.roshni-cwcsa.co.in/UploadDocument/14-%20BMI%20Chart%20(used%20in%20PLA%20Meeting%20No.%203).JPG)



### Food Groups

[http://www.roshni-cwcsa.co.in/UploadDocument/15-%20Food%20Groups%20\(used%20in%20PLA%20Meeting%20No.%2010\).JPG](http://www.roshni-cwcsa.co.in/UploadDocument/15-%20Food%20Groups%20(used%20in%20PLA%20Meeting%20No.%2010).JPG)



### Diarrhoea diagram

[http://www.roshni-cwcsa.co.in/UploadDocument/16-%20Diarrhoea%20Diagram%20\(used%20in%20PLA%20Meeting%20No.%2010\).JPG](http://www.roshni-cwcsa.co.in/UploadDocument/16-%20Diarrhoea%20Diagram%20(used%20in%20PLA%20Meeting%20No.%2010).JPG)



### Pre-post tests for women PLA

[http://www.roshni-cwcsa.co.in/UploadDocument/17-%20Pre-Post%20Test%20for%20Women%20PLA%20Module%20Training%20\(Round%201,%202%20&%203\).pdf](http://www.roshni-cwcsa.co.in/UploadDocument/17-%20Pre-Post%20Test%20for%20Women%20PLA%20Module%20Training%20(Round%201,%202%20&%203).pdf)



### Introduction note

<http://www.roshni-cwcsa.co.in/UploadDocument/1-%20Introduction%20Note%20to%20FNHW%20Women%20Intervention.pdf>



## 9. NRLM RESOURCE

### Maternal nutrition flipbook for shg meetings

[https://fnhw-aajeevika.lokos.in/pdfs\\_english/Flipbooks/Maternal%20Nutrition.pdf](https://fnhw-aajeevika.lokos.in/pdfs_english/Flipbooks/Maternal%20Nutrition.pdf)



Counselling card maternal nutrition

[https://fnhw-aajeevika.lokos.in/pdfs\\_english/Counselling%20Cards/Counselling%20card-Maternal%20Nutrition.pdf](https://fnhw-aajeevika.lokos.in/pdfs_english/Counselling%20Cards/Counselling%20card-Maternal%20Nutrition.pdf)



Maternal nutrition poster

[https://fnhw-aajeevika.lokos.in/pdfs\\_english/Posters/Poster-Maternal%20Nutrition.pdf](https://fnhw-aajeevika.lokos.in/pdfs_english/Posters/Poster-Maternal%20Nutrition.pdf)



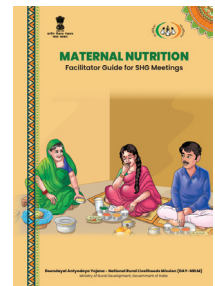
Antenatal care

[https://fnhw-aajeevika.lokos.in/pdfs\\_english/Stickers/Stickers-Antenatal%20Care.pdf](https://fnhw-aajeevika.lokos.in/pdfs_english/Stickers/Stickers-Antenatal%20Care.pdf)



Maternal nutrition Facilitator guide for shg meetings

[https://fnhw-aajeevika.lokos.in/pdfs\\_english/Facilitator%20Guides/Maternal%20Nutrition.pdf](https://fnhw-aajeevika.lokos.in/pdfs_english/Facilitator%20Guides/Maternal%20Nutrition.pdf)

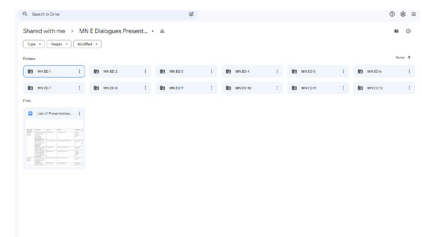


**MN E MODULE...(COMING SOON)**

**MN WEBINAR SERIES**

Maternal Nutrition Technical Webinar Videos and Materials

[https://drive.google.com/drive/folders/1DxuxPbZRuuG\\_7PNNf-UL-RUdcTbUYjpl](https://drive.google.com/drive/folders/1DxuxPbZRuuG_7PNNf-UL-RUdcTbUYjpl)



Video Links:

Maternal Thinness

[https://drive.google.com/drive/folders/1DxuxPbZRuuG\\_7PNNf-UL-RUdcTbUYjpl](https://drive.google.com/drive/folders/1DxuxPbZRuuG_7PNNf-UL-RUdcTbUYjpl)

Maternal Nutrition e-Technical Dialogues, 2021  
NIN, Hyderabad and FOGSI

CHRD

unicef

**BACKGROUND PAPER FOR DIALOGUE 1**  
Severe Thinness during pregnancy in India  
Prevalence, Determinants, Screening and Management Options

Contributors: Ranadip Chowdhury, Viree Sethi, Ruby Alambarsha, William Joe, Kausam Dhaacharya, Sashi Choudon, Zivir Muria, Anil Bhambhani, Madhavi Bhargava, Indrapati Ishwari Menam and Geethara R Babu



## Maternal Obesity

<https://docs.google.com/presentation/d/1-tx73UhggEhecR9UDOZ0xHQMPUkgKTsZ/edit?pli=1#slide=id.p1>

India Maternal Nutrition e-Technical Dialogue#2, 26 February, 2021  
A series hosted by National Institute of Nutrition, Hyderabad

**Obesity during pregnancy in India**  
Prevalence, Determinants, Screening and Management Options

Vani Sethi, Ph.D. (UNICEF) and William Joe (EG)



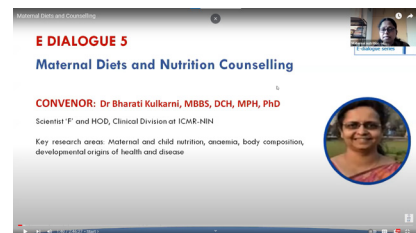
## Women's group for maternal nutrition

<https://www.youtube.com/watch?v=0Zypx-8xmX4>



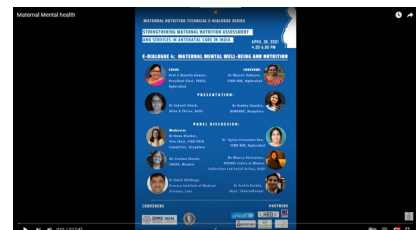
## Maternal diets and counselling

<https://www.youtube.com/watch?v=EzIva4aSO14>



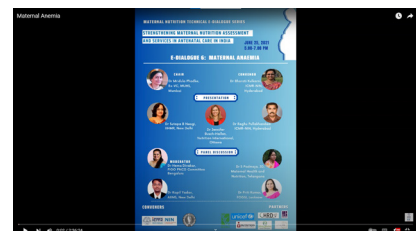
## Maternal Mental Health

<https://www.youtube.com/watch?v=R48dexlvro8>



## Maternal Anemia

<https://www.youtube.com/watch?v=DKzN-pwCwc8>



## FIGO Nutrition Checklist

<https://www.youtube.com/watch?v=QZMxQBk0Zh0>



## The role of social marketing in maternal health and nutrition

<https://www.youtube.com/watch?v=umxBhtJOUf0>



## Digital Innovations for maternal health and nutrition

<https://www.youtube.com/watch?v=t8HseEi7dy0>



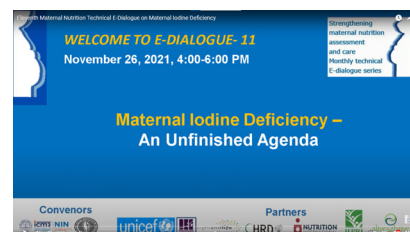
## Maternal Nutrition and Health during COVID-19 pandemic

[https://www.youtube.com/watch?v=uWtNVL1R\\_yQ](https://www.youtube.com/watch?v=uWtNVL1R_yQ)



## Maternal Iodine Deficiency - An unfinished agenda

<https://www.youtube.com/watch?v=O9FtwQI--PM>



## Nutrient Requirements 2020, and its implications for Public Health Interventions

<https://www.youtube.com/watch?v=U1qH6ZWXv0>



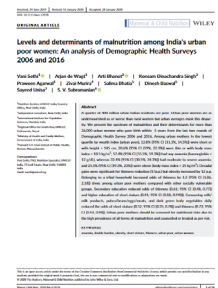


8- and 7-months pregnant mothers Sunitaben Vasava (left) and Minaben Vasava (right) being counselled on maternal nutrition by Anganwadi worker Sangitaben Vasava in the Aanganwadi centre 2 of Nivalda Village, Narmada, Gujarat, India

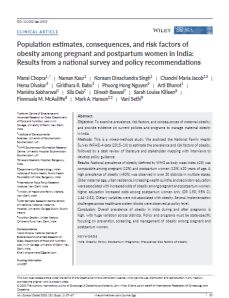
## PAPERS

### 1. LEVELS AND DETERMINANTS

Levels and determinants of malnutrition among India's urban poor women: An analysis of Demographic Health Surveys 2006 and 2016.  
<https://onlinelibrary.wiley.com/doi/epdf/10.1111/mcn.12978>



Population estimates, consequences, and risk factors of obesity among pregnant and postpartum women in India: Results from a national survey and policy recommendations  
<https://obgyn.onlinelibrary.wiley.com/doi/epdf/10.1002/ijgo.13319>



Assessment of nutrition status of pregnant women based on MUAC  
<http://www.roshni-cwca.co.in/UploadDocument/Document-2021-03-04-18-42-55.pdf>



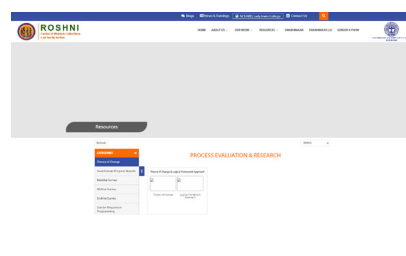




## 4. GENDER

Making swabhimaan gender transformative: formative research on engaging men and boys for advancing gender equality in the swabhimaan programme

<http://www.roshni-cwca.co.in/ResourcesFNHWReports.aspx?flag=1>



## 5. SCIENCE OF DELIVERY

### Food systems

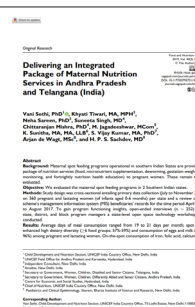
Improving maternal nutrition in india through integrated hot-cooked meal programs: a review of implementation evidence, UNICEF and IFPRI 2021

<https://poshan.ifpri.info/2021/05/25/improving-maternal-nutrition-in-india-through-integrated-hot-cooked-meal-programs-a-review-of-implementation-evidence/>



Delivering an integrated package of maternal nutrition interventions in Andhra Pradesh and Telangana(India).

<https://journals.sagepub.com/doi/pdf/10.1177/0379572119844142>



Combining a mid-day meal, health service package and peer support in Karnataka State, India.

<https://www.enonline.net/nex/southasia/middaymealindia>

Combining a mid-day meal, health service package and peer support in Karnataka State, India

View this article as a pdf  
Uma Mahabalan is Principal Secretary in the Department of Rural Development and Panchayats, Government of Karnataka, Bangalore.  
Ajay Singh is a Nutrition Specialist (add-on) and women's nutrition in the Nutrition Division, UNICEF India country office, New Delhi.  
Rajesh Tiwari is the Nutrition Specialist for UNICEF for the states of Andhra Pradesh, Telangana and Karnataka.  
Ajay de Wagt is Chief of the Nutrition Section, UNICEF India country office, New Delhi.

**Background**  
Karnataka is a Southern Indian state with a population of 68.7 million and one of the highest economic growth rates in the country.<sup>1</sup> Traditionally, the state continues to have high rates of maternal mortality<sup>2</sup>, over 21% of women of reproductive age (WRA) are low BMI (low body mass index), and 45% of infants are underweight.<sup>3</sup> Karnataka is also the second largest malnourished area, with nearly 50% of the state affected by recurring drought each year during the past decade,<sup>4</sup> suggesting food and water security issues, increasing migration and disrupting routine services. Data shows that the diets of women in the state are deficient in essential nutrients, with low daily consumption of milk, pulses, green leafy vegetables and animal products.<sup>5</sup>  
Nutrition services for women are delivered largely through the flagship programmes of two state departments, women and child development (WCD), and health and family welfare (HFW). However, there is evidence that only just over one-third of women are receiving the full nutritional package.<sup>6</sup> To improve the situation for women in Karnataka, a holistic mid-day meal that focused on laying interventions, including a hot cooked meal, health services and counselling, to deliver maternal nutrition to one billion. This article describes the launch of the midday meal (complete motherhood) programme in Karnataka and lessons learned for scaling in Karnataka.

## 6. HEALTH SYSTEMS

Screening and management options for severe thinness in pregnancy in India

<https://obgyn.onlinelibrary.wiley.com/doi/epdf/10.1002/ijgo.13939>



Development of a maternal service package for mothers of children with severe acute malnutrition admitted to nutrition rehabilitation centres in India

[https://www.enonline.net/attachments/3096/FEX\\_59\\_web\\_060219\\_26-30.pdf](https://www.enonline.net/attachments/3096/FEX_59_web_060219_26-30.pdf)



Women's nutrition matters for achieving Poshan Abhiyaan targets

<https://poshan.ifpri.info/2018/06/28/womens-nutrition-matters-for-achieving-poshan-abhiyaan-targets/>



Integrating an Algorithmic and Health Systems thinking Approach strengthens maternal nutrition services in government antenatal care programmes in Madhya Pradesh (India)

<https://pubmed.ncbi.nlm.nih.gov/36744622/>



## 7. INFLUENCING PLANNING, ALLOCATION AND EXPENDITURE FOR MATERNAL NUTRITION IN INDIA (AVAILABLE ON REQUEST)

### 8. MULTI-SECTORAL INTERVENTIONS

Integrated multisectoral strategy to improve girls' and women's nutrition before conception, during pregnancy and after birth in India (Swabhimaan): protocol for prospective, non-randomised controlled evaluation

<https://bmjopen.bmj.com/content/bmjopen/9/11/e031632.full.pdf>



Early lessons from Swabhimaan, a multi-sector integrated health and nutrition programme for women and girls in India

<https://www.enonline.net/fex/65/healthnutritionprogrammewomenindia>

