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Entering kitchens in households to transform nutrition- theory of change for policy designing

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The sustainable development goals have imposed pragmatic vision to improve basic necessities of citizen's life specially in LMICs. COVID-19 has inversely affected journey and interrupted interventions. Before COVID-19, malnutrition already existed in vulnerable and marginalised populations of these countries, which post COVID -19 situation has now taken a U turn in terms of Anemia, wasting and stunting. This abstract focuses on the urgent need of dietary assessment and measuring nutrition security at the household levels

Nutrition is a science but process begins from food in the kitchens which is main and only source of nutrition to families.. The presentation will focus on the data and interventions of National Family Health Survey conducted in India and knowledge created post COVID 19 for household nutrition. The dietary assessments and nutrition security measurement is required in the kitchens for " what is available and what is missing?"to transform nutrition which is now conundrum through policy implications. The resource mobilization has to be increased for household food system and consumption due to quarantine, lock downs and discontinuance of basic ration supplies has led to increase in hunger as well as undernutrition. The data will be correlated for food, water and health security to build resilience in urban, rural and tribal zones for better resilience, coping strategies and socio economic changes affecting food mobility and food systems at the household levels thereby communities. The theory of change has been built to design and reform nutrition policy of the countries focussing on six areas:

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|------------------------|-------------------------------------|
| 1.regional food system | 2.food costs and inflation |
| 3.Migration | 4.Gender |
| 5.Adolescent nutrition | 6.Education and financial prospects |

These components have influenced household nutrition behaviours the most as per data analysis from National family Health Survey of India and recommendations will discuss the approaches and strategies to be reviewed for policy changes and from Lens of National Family Health survey for LMICs focussing on Southe East Asia, so that safe calorific intake with optimal water in kitchens and health linkages can be maintained for better nutritional status post COVID-19.

Biography

Manisha Kabra is pursuing her PHd titled, " Assessment of household food and nutrition Securityty in urban slums of Jaipur, Rajasthan" from Institute of Health Management and Research University, Jaipur, Rajastha, India". She is Post graduate in Home Science with specialiation in Extension Education and developmental Communication . She possess 18 years of work experience in different domains of health and nutrition in various National and International organisations. She has expertise in Field operations of Integertaed Health and nutrition Programe management, Research and policy development. She has papers published in peer reviewed journals based on experiential field operations with qualitative analysis.

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