



Management of Children with SAM at Community Level

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FOOD GROUPS (ICMR-1989)

Five food groups, as follow:

1. Cereal, roots and tubers
2. Pulses, nuts, and oil seeds
3. Milk, meat & their products
4. Fruits and vegetables
5. Fat & oils, sugar & jaggery



A Balance diet is the food of all categories taken regularly in the desired proportion in our meal to fulfil all needs of the body.

Management of Malnutrition (Birth to 6 months)

Global recommendations for appropriate feeding practices

Initiation of breastfeeding within one hour after birth¹

Exclusive breastfeeding for six months¹

Appropriate complementary feeding from six months of age with continued breastfeeding up to two years or beyond¹

Rapid development after 6 months requires additional nutritional support in the form of appropriate complementary foods^{2,3}

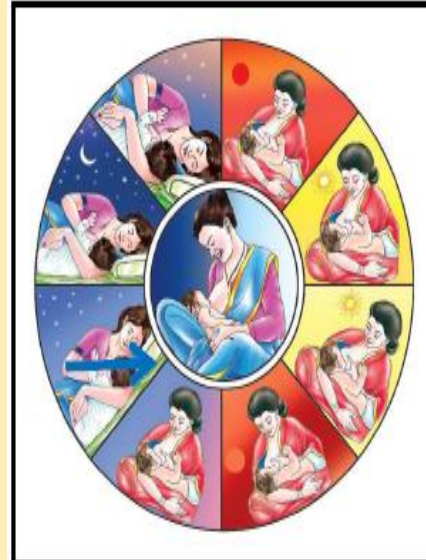
If mother is HEALTHY



If mother is suspected/confirmed COVID 19 status: Wear Mask/cloth mask



If mother is confirmed with COVID-19 and she is sick



Express breastmilk



Feed with spoon and cup

At birth: Colostrum ...

Colostrum

(first immunization) is rich in the anti-infective factors that protects against diarrhea, respiratory and other infections.

Colostrum is also rich in immunoglobulin, proteins, vitamin A and vitamin E



Mature breast milk contains lactose, fats, energy and water-soluble vitamins

Birth to 6 months...

Fats: High HDL & Low LDL

Essential fatty acids

Enzyme lipase

Proteins (amino acids for growth and anti-infective factors)

Whey protein and less casein.

Lysozyme (which kills bacteria)

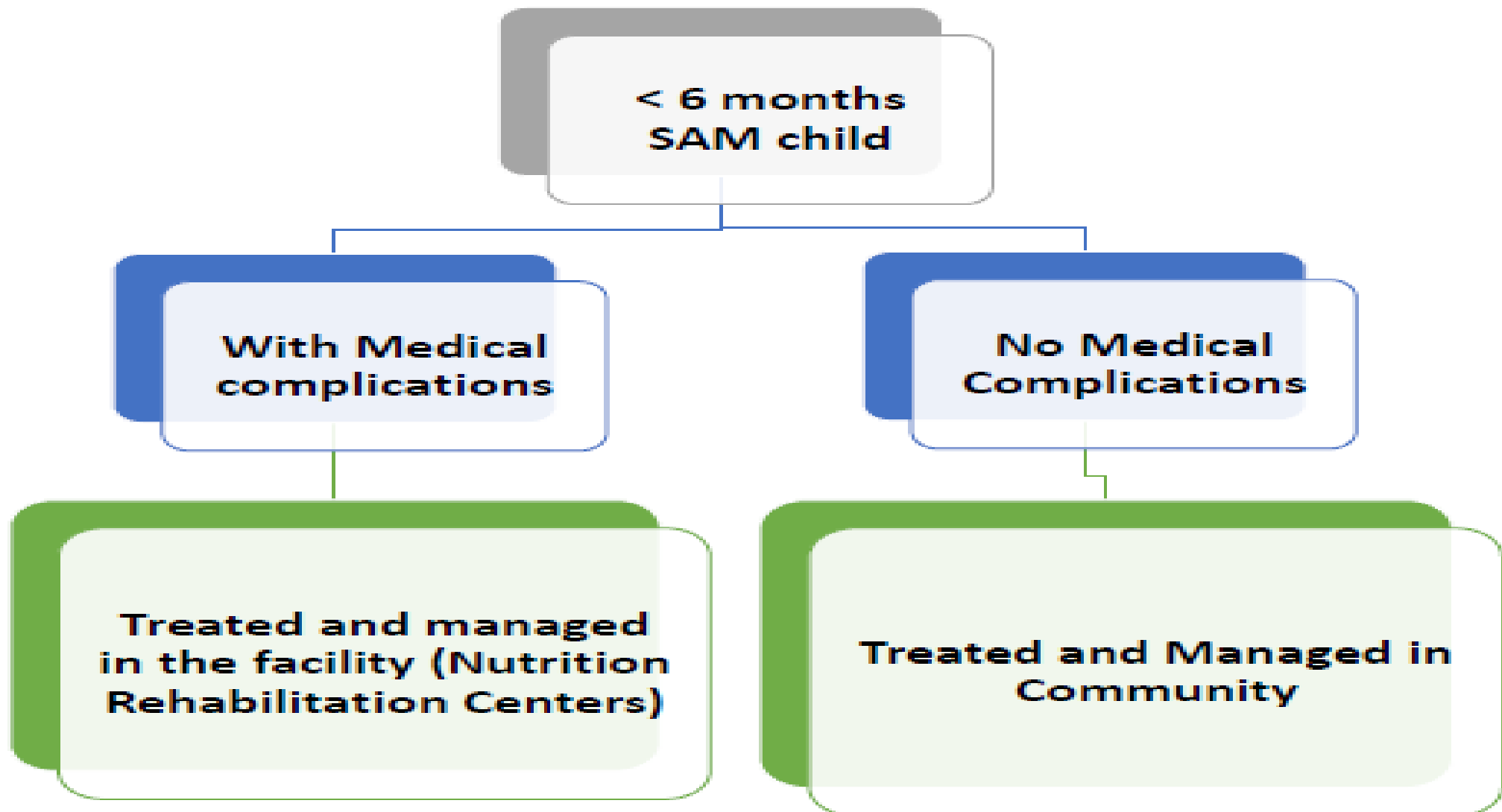
Antibodies (immunoglobulin)

Carbohydrates (Lactose & oligosaccharides)

Anti-infective proteins (lactoferrin- which binds iron and prevents the growth of bacteria which need iron)

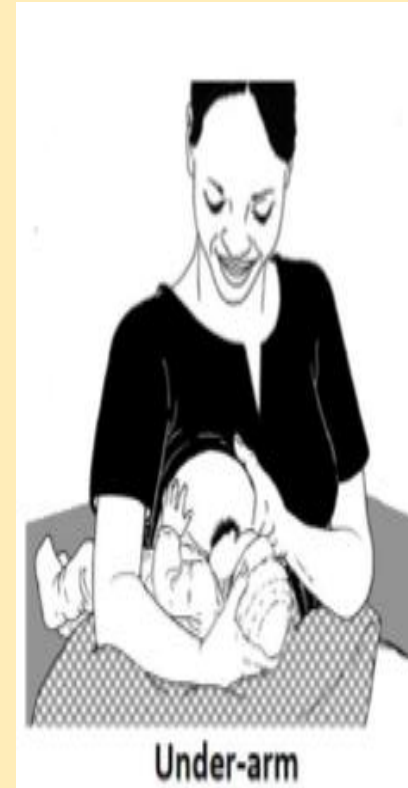


As with older children, SAM in infants who are less than 6 months of age can be “uncomplicated” or “complicated”.



SAM in Below 6 months Children

- Correct attachment/ positioning
- Identify barriers
- Breast conditions/psychosocial factors
- Twins
- Link with adequate medical care



Re-lactation



Kangaroo Mother Care

Low birth weight (LBW)

Preterm

Duration of KMC: Short: 4 hours daily* / Extended: 5-8 hours daily* / Long: 9-12 hours daily* / Continuous: More than 12 hours daily*



On Completion of 6 months...

- **6-8 MONTHS:** Start by giving 2 to 3 tablespoons of soft semi-solid food (**1 Tb. Sp = 15 g**).
- Give 3 meals & 2 snacks/day
- **9-12 MONTHS:** Give ½ **cup** 4 times & 2 snacks between meals
- Introduce non-vegetarian foods
- Give small chewable items that the child can hold

(1 cup = 250 ml)





- **12-18 MONTHS**
- Give **3/4 cup**; 4 meals each day & 2 snacks between meals.
- **2 years and older:**
- Give at least **1 full cup (250ml)** at each meal
- Give 4 meals each day
- Give 2 nutritious food between meals

Management of SAM/ MAM Children

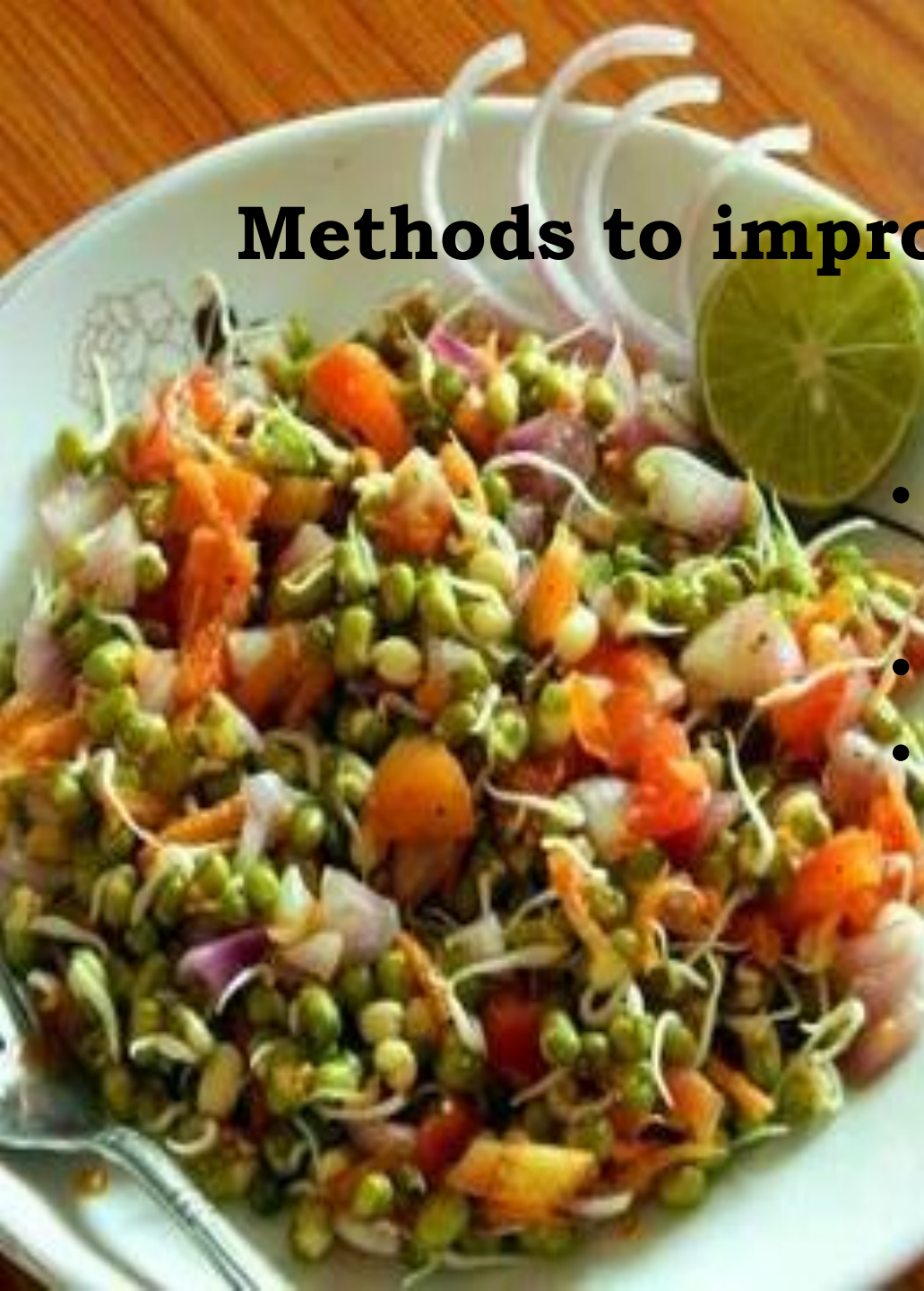
Inclusion of

- High energy density foods
- High protein foods
- Animal products (high protein, zinc and iron & no anti-nutrients)
- Essential minerals & vitamins
- Easily digestible foods.
- Increasing the Nutritive Value of Foods



Methods to improve the nutritive quality of food

- Sprouting/
Germination
- Fermentation
- Mixing



Management of SAM/ MAM Children

Inclusion of

- Blended flours
- Promotion of low cost locally available foods.
- Milk products (hormonal effect that stimulates linear growth)
- Nutrient-dense fluids (such as milk, soups, dals)
- If cereal-based diet, give thick & add fat
- Yellow-fleshed fruit and vegetables and dark-green leafy vegetables.



Nutrition Education & Counselling

Avoid

- Only cereal based porridges.
- High salt, spices, sugar & chili
- Low nutrient value foods (sugary drinks, tea, fruit juices)
- Protein powders
- Use of sodium bicarbonate
- Grazing/ excessive snacking
- Eating in a table/ specific place
- Use of electronics while feeding
- Ultra-processed foods



Ultra-processed foods

0-6 months

REAL FOODS <i>(Unprocessed or minimally processed foods)</i>	ULTRA-PROCESSED FOODS
0-6 months*	
<div data-bbox="417 776 667 1113"></div> <div data-bbox="677 811 1075 1079"></div> <div data-bbox="407 1145 677 1173">Human Breastmilk</div> <div data-bbox="784 1145 968 1173">Animal Milk</div>	<div data-bbox="1482 788 2114 1099"></div> <div data-bbox="1533 1145 1982 1173">Infant Formula, Powdered Milk</div>

** Breastmilk is all that a baby needs for 0-6 months. For those where artificial milk has to be used for reasons, animal milk falls in minimally processed group and powdered milks fall in UPFs.*

Ultra-processed foods

6-36 months

REAL FOODS

(Unprocessed or minimally processed foods)



Milk and Milk Products



Fruits and Vegetables



Cereals and Pulses

ULTRA-PROCESSED FOODS

6 months - 3 years



Drinks and Infant Cereals



Chocolates and Ice cream



Snacks and Biscuits

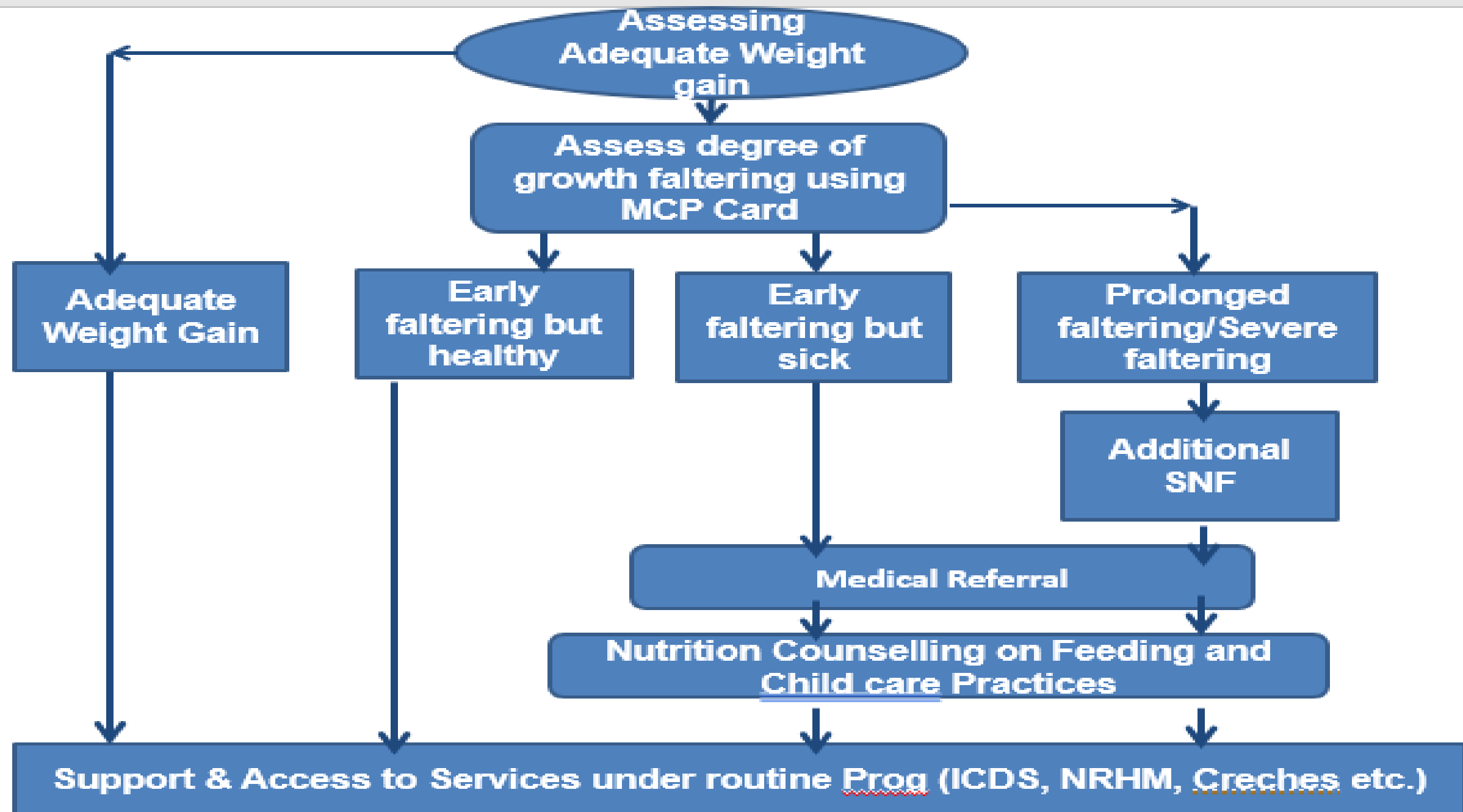


Healthy snacks...



Community Management of SAM (6 months & older)

- Identify the high burden blocks
- Sensitization of Functionaries of ASS, health, mothers, community, etc, Training and Mobilization
- 12 days rehabilitation programme
- Weight Recording (Entry weight & Exit weight)
- De-worming & administration of IFA
- Active participation of mothers and “learn by doing”
- Learning by doing feeding sessions to adopt correct feeding, hygiene and health and psychosocial practices, sharing of positive practices by positive deviant mothers
- Counselling on care practices
- Follow up action in 18 days home care



Learning by doing feeding Sessions

- Nutrient dense meal using locally & culturally acceptable food.
- Extra on-spot feeding of HCM (**300-400 Kcal & 18 g protein**)
- Replication of meals in their own homes for sustainability
- Include khichri, dalia, roti and daal, cereal based items etc. Additional oil. Enrich with veg, egg, soyabean, peanut/powder, jaggery/sugar etc.
- At least 2-3 eggs in 12 days alternated with peanuts, soyabean
- Contribution of veg and other items from family & community (enriches the food & adds variety)
- Every mother should bring any one food item available at her home

Follow up during 18 days home care

- Caregivers need continuous support to implement the new practices
- Home visits to be conducted to support mothers
- Ensure weight gain continues
- During 12 days child gains 200-400gms of weight



Community Interventions....

- Promotion of appropriate breastfeeding & complementary feeding practices
- Access to appropriate health care for the prevention and treatment of disease
- Involvement of SHG/ Women groups/ Multiple-micronutrient powders
- Improving home diet (convergence of different deptt)
- Seasonal blanket feeding programs (*Good Friday, Christmas, any occasion, etc*)
- Provision of locally available food rations
- Supplementary Nutrition (THR & HCM)
- POSHAN Vatika



Perennial plot

**Drumstick, Banana,
Papaya, Curry leaf,
Agathi, Lemon, Amla,
etc.**



Creepers



Herbs (Tulsi, Brahmi, Centella, Neem, Pudina, Long-Leaf Laucas, Curry leaves, Fish mint, etc



Community Interventions....

- Sanitation (i.e. safe water, sanitary latrines),
- Alleviation of poverty and food insecurity (i.e. agriculture training and inputs, gardening, livestock rearing, income generation).
- Empowered women with education on nutrition, etc
- Balak-Palak (Gujrat)
- Balamrutham is served as porridge mixed with hot water and in the form of “Laddu” to older children (Telengana).
- Village Child Development Centre (VCDC) to address the management of moderately and severely acute malnourished children (Maharashtra).

Community Interventions....

- Revive Millets on farms and plates with simultaneous focus on Production, Processing, Consumption, Marketing and Inclusion of Millets in Government schemes: Odisha & Telengana
- Ragi laddoo mix, made from ragi procured from farmers under the mission, was piloted in the Anganwadi menu in Keonjhar District on July 2nd, 2020
- Comprehensive Lactation Management Centres (CLMC) to support mothers to breastfeed and express milk, encourage Kangaroo Mother Care (KMC) and collect, store, process and feed Donor Human Milk to babies in need: Rajasthan

In addition to the above strategies, Action research projects on **Twin strategies in Nutri-sensitive gardens and Nutri-sensitive *Thali*** may be undertaken by Govt. / Institutions



Initiatives/ Interventions to reduce poverty

Food safety

- ✓ Hygienic Kitchen practices
- ✓ Clean food
- ✓ Clean kitchen utensils and equipment's
- ✓ Clean surfaces and cleaning material
- ✓ Clean storage
- ✓ Hygienic cooking practices
- ✓ Hand washing
- ✓ Clean food to eat
- ✓ Safe Water



Five keys to safer food (WHO) are:



Key 1: Keep clean



✓Key 3: Cook food thoroughly



✓Key 2: Separate raw & cooked food



✓Key 4: Safe temperature



✓Key 5: Use safe water

EAR/day (1-3 Years): ICMR-NIN (2020)

EAR/day (1-3 Years)	Amount (g)
Cereals & millets	50
Pulses & Legumes	30
Milk (ml) & milk products	300
Roots & Tubers	50
Vegetables	110
Fruits	40
Sugar	26
Fat/ Oil	22

Food Groups	Sources	
Cereals & Millets	Carbohydrates	Rice, Atta, Suji, Cornflakes, Rice flakes, Puffed rice, Ragi, Oats, Dalia, etc
Pulses & Flesh Foods	Protein	All types of dals, non-vegetarian foods, peas, whole grain grams, etc.
Milk & Milk Products	Protein, Fat, Vitamins & Minerals	Milk, Curd, Paneer, Channa, Lassi, etc
Roots & tubers	Vitamins & Minerals	Potato, Carrot, Radish, Colocasia, Beetroot, etc.
Green Leafy Vegetables		All types, Drumstick leaves, Spinach, Mint, Curry, Amaranthus, etc.
Other Vegetables		Squash, Pumpkin, Bottle gourd, Cauliflower, Papaya, etc
Fruits		All types
Sugar		Sugar &Jaggery
Fat/Oil	Energy	Ghee, butter, mustard oil, etc

CHILD HEALTH

- Complete Immunization
- Case management of those suffering from diarrhoea and Acute Respiratory Infections.
- ORS & Zinc
- Deworming
- IFA



