Almora | Uttarakhand

**DISTRICT DEMOGRAPHIC PROFILE**

Total Population 6,22,506

<table>
<thead>
<tr>
<th>Gender</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Male</td>
<td>46.8%</td>
</tr>
<tr>
<td>Female</td>
<td>53.2%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Urban</th>
<th>Rural</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.0%</td>
<td>90.0%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SC</th>
<th>ST</th>
<th>Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>24.3%</td>
<td>0.2%</td>
<td>75.5%</td>
</tr>
</tbody>
</table>

Almora ranks 255 amongst 599 districts in India²

**THE STATE OF NUTRITION IN ALMORA**

**UNDERNUTRITION³**

- Stunting (among children <5 years): 32.9%
- Wasting (among children <5 years): 14.4%
- Underweight (among children <5 years): 22.5%
- Anemia (among children <5 years): 48.6%
- Low birth weight (<2500 g): 9.6%
- Anemia among women of reproductive age (WRA): 32.9%
- Women with body mass index <18.5 kg/m²: 24.8%

**POSSIBLE POINTS OF DISCUSSION**

- How does the district perform on stunting, wasting, underweight and anemia among children under the age of 5?
- What are the levels of anemia prevalence and low body mass index among women?
- What are the levels of overweight/obesity and other nutrition-related non-communicable diseases in the district?

**OVERWEIGHT/OBESITY & NON-COMMUNICABLE DISEASES (15-49 y)⁴**

- BMI >25 kg/m² among women (15-49 years): 13.7%
- BMI >25 kg/m² among men (15-49 years): 9.6%
- High blood pressure among women (15-49 years): 19.4%
- High blood pressure among men (15-49 years): 4.8%
- High blood sugar among women (15-49 years): 5.4%

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¹Data source 1 (see Page 2) ²Data source 2 (see Page 2) ³Data source 3,4 (see Page 2) ⁴Data source 3 (see Page 2)
The most crucial period for child nutrition is from pre-pregnancy to the second year of life.

**HOW CAN NUTRITION IMPROVE?**

**WHAT FACTORS CAUSE UNDERNUTRITION?**

- **Optimum fetal and child nutrition and development**
- **IMMEDIATE DETERMINANTS**
  - Breastfeeding, nutrient rich foods, caregiving practices
  - Low burden of infectious diseases
- **NUTRITION SPECIFIC INTERVENTIONS**
  - Service delivery to mothers and infants along the continuum of care, access to health facilities
- **UNDERLYING AND BASIC DETERMINANTS**
  - Women’s status, sanitation and hygiene, food security, socio economic conditions
- **INTERVENTIONS THAT AFFECT UNDERLYING AND BASIC DETERMINANTS**
  - Women’s empowerment, sanitation, agriculture and social safety net programs

Child undernutrition is caused by inadequacies in food, health and care for infants and young children, especially in the first two years of life (**immediate determinants**). Mothers’ and infants’ access to **nutrition-specific** interventions can influence these immediate determinants.

At the household and community level, women’s status, household food security, hygiene and socio economic conditions further contribute to children’s nutrition outcomes (**underlying and basic determinants**). Interventions such as social safety nets, sanitation programs, women’s empowerment and agriculture programs have the potential to improve nutrition by addressing underlying and basic determinants.

**DATA SOURCES**

   Only available for select districts

Data source 5 (see Page 2)
### POSSIBLE POINTS OF DISCUSSION

- **Immediate Determinants of Undernutrition**
  - What are the levels of timely initiation of breastfeeding (within one hour of birth), exclusive breastfeeding (for the first 6 months), and timely initiation of complementary feeding (at 6 months of age)?
  - What percentage of 6-23 month olds receive an adequate diet (4 or more food groups, and minimum meal frequency)? What can be done to improve breastfeeding and complementary feeding?
  - How does the prevalence of diarrhea and ARI in the district compare to the state average? How can ORS use be improved?

- **Prenatal and Delivery Care**
  - How does the district perform on health and nutrition interventions along the continuum of care: does it adequately provide both prenatal and postnatal services to its women of reproductive age, pregnant women, new mothers and new-borns?

- **Postnatal and Early Childhood Care**
  - What percentage of households have access to health and ICDS services?
UNDERLYING AND BASIC DETERMINANTS OF UNDERNUTRITION

POSSIBLE POINTS OF DISCUSSION

- How can the district increase rates of women’s literacy, and reduce early marriage?
- How does the district perform on providing drinking water and sanitation to its residents? Since sanitation and hygiene play an important role in improving nutrition outcomes, how can all aspects of sanitation be improved?
- How does the district fare on food security?

POSSIBLE POINTS OF DISCUSSION

- How can social programs that address underlying and basic determinants be strengthened?
- What are some of the major development challenges in the district?

This District Nutrition Profile was prepared by: Nitya R. George, Abhilasha Vaid, Phuong Hong Nguyen, Rasmi Avula and Purnima Menon. Technical support for production was provided by iTech Mission Private Limited (ITM)