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**Poshan Weekly** is a knowledge dissemination tool intended to share research, evidence, policy and programme guidelines as well as tools on Maternal and Child Nutrition with colleagues around India.

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# Stories of change: Women's collectives lead Food Nutrition Health and WASH (FNHW) interventions

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Dear colleagues,

Improving nutrition for women and children remains a high public health priority in India. Women's groups are becoming important in delivering health and nutrition interventions while continuing to address gender and livelihood challenges. India's key poverty alleviation programme Deendayal Antodaya Yojana- National Rural Livelihoods Mission (DAY-NRLM) recognized that members of its women self-help groups (SHGs) were spending their savings on health expenses, due to recurrent illness impacting their income and well-being. In response, the food, nutrition, health, WASH (FNHW) and social development initiatives were integrated within the programme.

Under the DAY-NRLM programme, the FNHW interventions led by women's collectives are focused on behaviour change within communities to adopt practices for better health and nutrition outcomes, demand generation and linkage with services and entitlements. SHGs and their federations play a key role in engaging communities by discussing FNHW topics in their regular meetings and supporting mobilisation for public nutrition and health services.

On similar lines, Swabhimaan (2017-2021) a research pilot was initiated by State Rural Livelihoods Mission under DAY-NRLM in three states; Bihar, Chhattisgarh and Odisha, with an objective to generate operational know-how on how women's collectives can be engaged in FNHW interventions. In this PoshanWeekly, we share examples from Swabhimaan sites on how DAY-NRLM self-help groups are leading change:

· Women collectives tackle teen sex, contraception and nutrition

Relevant materials on FNHW programming by women's collectives are available in the resources section. We hope this inspires your advocacy efforts towards improved health and nutrition for women and children.

Kind Regards, Arjan De Wagt, Chief, Nutrition Programme I UNICEF India

### **Resources**

### 1.FNHW Counselling cards by Aajeevika (DAY-NRLM)

- Adolescent Nutrition and Health
- <u>Anemia</u>
- Antenatal Care and Birth Preparedness
- First 1000 Days
- 2. FNHW Flipbooks by Ajeevika (DAY-NRLM)

#### 3. FNHW Digital Toolkit by Aajeevika (DAY-NRLM)

(Link can be accessed on Internet Explorer, Safari browsers)

# Nutrition in the news

Date	News	Source	
06/03/2023	Food companies, FSSAI, health institutions differ	Economic Times	
	over front pack labelling proposal		
06/03/2023	State mulls more 'GrainATMs' after WFP project wins	Hindustan Times	
	prestigious award	Hindustan Times	
06/03/2023	How to double India's farmers' income	Indian Express	
06/03/2023	Despite push, Govt's millet procurement target	Indian Express	
	expected to fall short — by 40%	indian Express	
05/03/2023	Childhood obesity a rising concern	Times of India	
04/03/2023	Sing is king: A nutty way to solve India's protein	Times of India	
	problem		

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03/03/2023     Malnutrition in 'developed' Gujarat, a glimpse; Tribal areas see 'spike' in 'underweight' children     New Indian Express       03/03/2023     Agriculture Minister Urges Small Farmers To Grow More Millets To Help Address Malnutrition     SwachchIndia       03/03/2023     Govt targets to procure 7.5.1t millets, Karnataka to contribute 6.1t     The Hindu Business       02/03/2023     How IFAD, UN's Rural Development Agency.1s Working With India For Sustainable Agriculture Growth     Swachch India NDTV       02/03/2023     Govt urges small farmers to grow more millets to help address malnutrition     Zeebiz       02/03/2023     LPG price hike draws flak from hoteliers, home- makers and opposition parties in Bengaluru     The Hindu       01/03/2023     Prevention of child marriage: Breaking inter- generational gender exclusion     Firstpost       01/03/2023     Malnutrition centre gives new life to Gumla kids     Times of India       01/03/2023     Malnutrition centre gives new life to Gumla kids     Times of India       28/02/2023     Helping millets get their mojo back     Times of India       28/02/2023     Green Revolution, Green school; a step to reduce malnutrition     NDTV       28/02/2023     Green Revolution, Green school; a step to reduce malnutrition     New Indian       28/02/2023     Green Rev				
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- 02/12/2022: New video series on latest NFHS insights for states Part I

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Ministry of Women and Child Development Government of India



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Centre of Excellence for Management of Severe Acute Malnutrition (CoE-SAM) Network





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