

# Daily Answer Writing

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## Structure

- Concept of DALY.
- Objective.
- Causes of Malnutrition.
- Conclusion

## Context

- Prevent of malnutrition in the country.
- Government Schemes.
- Thus it is important to understand the underlying causes and solutions to address the situation.

## Introduction

Two-thirds of the 1.04 million deaths in children under five years in India are still attributable to malnutrition, according to the first comprehensive estimate of disease burden due to child and maternal malnutrition and the trends of its indicators in every State from 1990.

## Disability-adjusted life year (DALY):

The disability-adjusted life year (DALY) is a measure of overall disease burden, expressed as the number of years lost due to ill-health, disability or early death. The DALY is becoming increasingly common in the field of public health and health impact assessment (HIA). It "extends the concept of potential years of life lost due to premature death to include equivalent years of 'healthy' life lost by virtue of being in states of poor health or disability." In so doing, mortality and morbidity are combined into a single, common metric.

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Office No - 5, Below Ground Floor, Apsara Arcade Building,  
Near Karol Bagh Metro Station, New Delhi - 110060

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- The disability-adjusted life year is a societal measure of the disease or disability burden in populations. DALYs are calculated by combining measures of life expectancy as well as the adjusted quality of life during a burdensome disease or disability for a population. DALYs are related to the quality-adjusted life year (QALY) measure; however QALYs only measure the benefit with and without medical intervention and therefore do not measure the total burden. Also, QALYs tend to be an individual measure, and not a societal measure.
- Traditionally, health liabilities were expressed using one measure, the years of life lost (YLL) due to dying early. A medical condition that did not result in dying younger than expected was not counted. The years lost due to disability (YLD) component measures the burden of living with a disease or disability.

## Malnutrition:

- Malnutrition is a complex and multi-dimensional issue.
- It is primarily caused by several factors, including poverty, inadequate food consumption, inequitable food distribution, improper maternal, infant and child feeding, and care practices, inequity and gender imbalances, poor sanitary and environmental conditions, and restricted access to quality health, education and social care services.
- Over 40% of children from Scheduled Tribes and Scheduled Castes are stunted.
- Close to 40% of children from the Other Backward Classes are stunted.

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- In April 2016, the United Nations General Assembly adopted a resolution proclaiming the UN Decade of Action on Nutrition from 2016 to 2025.

## Groups of population most affected:

- Certain groups of population may be most affected because of their,
- Biological vulnerability as in infants, preschool children, pregnant mothers, adolescent girls and old people.
- Socioeconomic factors like poor, socially deprived, slum dwellers, street kids, etc.
- Habitat such as those living in inaccessible remote areas, thick forests and mountainous regions e.g., **tribal population and nomads.**

## Initiatives taken by government to reduce Malnutrition:

- Integrated Child Development Services (ICDS)
- National Health Mission (NHM)
- Mid-Day Meal Scheme
- Rajiv Gandhi Schemes for Empowerment of Adolescent Girls (RGSEAG) or SABLA.
- Indira Gandhi Matritva Sahyog Yojana (IGMSY) Indirect Multi-sectoral interventions.

## Way Forward:

- A decentralized approach should be promoted with greater flexibility and decision making at the state, district and local levels.
- The ownership of Panchayati Raj and urban local bodies is to be strengthened over nutrition initiatives.
- Mothers should be made aware of the right nutrition their child will need to stay strong and healthy.
- Overall sanitation and hygiene of rural and urban areas is to be increased. Poor sanitation and frequent illness reduces the child's nutritional absorption capacity.
- The whole mid day meal process should be made more transparent to make sure that the government initiatives bring out intended results.

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