

Health Adaptation Plan for Nutrition Related illness

Health Adaptation Plan for Climate Sensitive diseases

Actionable Plan for the Health Officer at the State Level

Identification, Prevention of occurrence of Nutritional Related Diseases/Deficiencies in the state- Action Plan for the Health Officer.

(i) Understanding the extent of occurrence and Assessment of Nutritional status

Objective: To Impart Knowledge and Training to the Health Officer Regarding Nutritional Related Diseases/Deficiencies that may occur in short/Mid/Long term duration.

Action Plan: To conduct Training/Orientation program for State Health Officers of one to two weeks duration on

1. Types of Nutritional diseases, identification, causes, and prevention using dietary approaches.
2. Nutritional Assessment Methods (Anthropometry, Dietary surveys, Biochemical parameters)
3. Assessing Quality of Water and Food grains and Milk

(ii) Create Awareness among food distribution centres (ICDS/MDM/PDS etc) and beneficiaries on Nutrition related diseases and means to prevent them

Objective: To Facilitate the Health Officer in Creating Awareness among food distribution centres (ICDS/MDM/PDS etc) and beneficiaries on Nutrition related diseases through IEC Activities.

Action Plan:

1. To generate Awareness on Nutrition Dense foods available in the Local region and ways of consuming them.
2. To Demonstrate using IEC materials on the Types of Nutritional diseases, their identification, causes, and prevention using dietary approaches.
3. To Plan for Awareness programs to be conducted at defined time intervals based on the extent of understanding of the beneficiaries.

(iii) To Conduct Surveillance on the occurrence of Nutritional deficiency diseases.

Objective: To Plan Monitoring and Surveillance programmes on the occurrence of Nutritional deficiency diseases in the Local region by the Health Officer.

Action Plan:

1. To Conduct surveillance of occurrence of Nutritional deficiency diseases at predefined time intervals to assess seasonal & geographic variation through engagement of Health and Nutritional functionaries.
2. To generate database on the seasonal and geographical prevalence of Nutritional diseases/deficiencies occurring in the Local regions.

(iv) Ensure supply and accessibility of Nutritive dense foods/crops.

Objective: To Ensure supply and accessibility of Nutritive dense foods/crops by the Health Officer under any unfavourable climatic conditions

Action Plan:

1. The Health officer must ensure that supply of Nutritionally dense foods/crops is not disrupted under unfavourable climatic conditions specially to vulnerable sections of the region (children, pregnant and lactating mothers, elderly)
2. The Health officer must ensure that Nutrition Dense foods of importance that may be available locally or can be transported from neighbouring places such as
 - seasonal fruits and vegetables,
 - Protein foods (Eggs, Pulses, milk, nuts and oil seeds)
 - Other foods of Dietary Importance (Cereals, spices, etc.,)

(v) Ensure quality of water and food grain distributed to the beneficiaries.

Objective: To Ensure that the Water and Food grains as well as perishables foods distributed are of reasonably good quality that conforms to the government specifications so as occurrence of Food borne diseases can be prevented.

Action Plan:

1. The Health officer must ensure that Water used for drinking is of potable nature and that used for cooking meets the minimum criteria of safety.
2. The Health officer must ensure that the Quality of Food grains meets the minimum criteria to prevent Insect and mould damage.
3. The Health officer must ensure that perishables such as Eggs, Milk and Fruits and Vegetables are to be supplied in as much fresh state as possible.