



SNS COLLEGE OF NURSING
Saravanampatti (po), Coimbatore.

DEPARTMENT OF NURSING

COURSE NAME : BSC (NURSING) I YEAR

SUBJECT : NUTRITION

UNIT: III: NATIONAL NUTRITIONAL PROGRAMES

**TOPIC : INTEGRATED CHILD DEVELOPMENT SCHEME
(ICDS)**



INTRODUCTION



Integrated child development scheme launched in the year 1975, by the Ministry of Health and family welfare. ICDS scheme represents one of the world's largest and unique programmes for early childhood development.



DEFINITION



ICDS is the foremost symbol of India's commitment to her children – India's response to the challenge of providing pre – school education on one hand and breaking the vicious cycle of malnutrition.



OBJECTIVES



- To improve the nutritional and health status of children in the age – group 0 – 6 years
- To lay the foundation for proper psychological, physical and social development of the child.



SERVICES



1. Supplementary nutrition
2. Immunization
3. Health check – ups
4. Referral services
5. Pre school non formal education
6. Nutrition and health education.



NUTRITION



- This includes supplementary feeding and growth monitoring.
- Prophylaxis against Vit A Deficiency and control of nutritional anemia.
- By providing supplementary feeding, the Anganwadi attempts to bridge the caloric gap between the national recommended and average intake of children and women in low income.



GROWTH MONITERING AND NUTRITON



- Children below the age of three yeas of age are weighed once a month and children 3- 6 years of age are weighed quarterly.
- Weight for age growth cards are maintained for all children below six years. This helps to detect growth faltering and helps in assessing nutritional status.



IMMUNIZATION



- Immunization of pregnant women and infants protects children from six vaccine preventable diseases.

These are major preventable causes of child mortality, disability, morbidity and related malnutrition.



HEALTH CHECK UP



This includes health care of children less than six years of age, Antenatal care of expectant mothers and postnatal care of nursing mothers.

the various health services provided for children by Anganwadi workers and primary health center staff includes regular health checkups, recording of weight, immunization and management of malnutrition.



REFERRAL SERVICES



During health check ups and growth monitoring, sick or malnourished children,, in need of prompt medical attention are referred to primary health center.

The anganwadi worker has been oriented to detect disabilities in young children.



NON FORMAL PRE – SCHOOL EDUCATION



Anganwadi centre is the main platform for delivering of these services. These AWCs have been set up in every village in the country.

It mainly focus on total development of the child, in the age upto 6 years, mainly from the under privileged groups.



CONTD..



The early learning component of the ICDS is a significant input for cumulative lifelong learning and development.

It also contributes to the universalization of primary education, by providing to the child the necessary preparation for primary schooling and offering substitute care to younger siblings, thus freeing the older ones.



NUTRITION AND HEALTH EDUCATION



These are the key element of the work of the Anganwadi worker. This forms part of BCC (Behavior Change Communication) strategy.

This has long term goal of the Capacity building of the women – especially in the age group of 15 – 45 years.



ICDS TEAM



- The anganwadi workers
- Anganwadi helpers
- Supervisors
- Child development officers
- District programme officers.
- The medical officer
- ANM
- ASHA



ANGANWADI CENTRE



Population norms

- For Rural / Urban projects

400 – 800 = 1 AWC

800- 1600 = 2 AWC

- For mini AWC

150 – 400 – 1 Mini AWC



ANGANWADI CENTRE



- For Tribal / Riverine/ Dessart, Hilly and other difficult areas/ Projects
300 – 800 = 1AWC
- For mini AWC
150 – 300 1 Mini AWC



CONCLUSION



ICDS represents one of the world's largest and most unique programmes for early childhood development. The main beneficiaries of the programme were aimed to be the girl child upto her adolescence, all children below 6 years of the age.



ASSESSMENT



- Explain the services provided by ICDS
- Enlist the objectives of ICDS.





REFERENCE

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- Shella John, Jasmine devaselvam, “Essentials of Nutrition and dietetics for nursing”, 2nd edition, published by Wolters Kluwer.
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