

**GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA**

UNSTARRED QUESTION NO:2992
ANSWERED ON:19.08.2011
CALORIE CONSUMPTION
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Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

- (a) whether the average calorie consumption in the country is far below the required level;
- (b) if so, the gap between the availability and requirement of calories per adult male and female at present, vis-à-vis the position two decades ago; and
- (c) the measures taken by the Government to increase the intake of calories especially among female population?

Answer

THE MINISTER OF STATE FOR HEALTH & FAMILY WELFARE (SHRI SUDIP BANDYOPADHYAY)

(a) & (b) As per Diet and Nutrition Survey of National Nutrition Monitoring Bureau 2006 of National Institute of Nutrition, Hyderabad (under Indian Council of Medical Research) in 9 states namely Kerala, Tamilnadu, Karnataka, Andhra Pradesh, Maharashtra, Gujarat, Madhya Pradesh, Orissa and West Bengal, the average energy consumption (Kcals) in adult man/day is 1964 Kcals while that of adult woman is 1878 Kcals. The Recommended Dietary Allowance (RDA) in adult man/day is 2320 Kcals while that of adult woman is 1900 Kcals.

The gap between per day consumption and recommended dietary allowances (RDA) for adult man is 356 Kcals while in case of adult woman is 22 Kcals.

(c) Government has taken various measures to improve the health & nutritional status of vulnerable population including females of the country. The details are as under:

1. Prime Minister's National Council on India's Nutrition Challenges was set up in October, 2008 for policy direction, review, effective coordination between Ministries which will have a sectoral responsibility.

2. A National Nutrition Policy has been adopted in 1993 and a National Plan of Action for Nutrition (1995) is being implemented through various Departments of Government.

3. Reproductive Child Health Programme under National Rural Health Mission (NRHM) includes:

Emphasis on appropriate infant and young Child feeding

Treatment of severe acute malnutrition through Nutrition rehabilitation Centers (NRCs) set up at public health facilities.

Specific Programme to prevent and combat micronutrient deficiencies of Vitamin A and Iron & Folic Acid. Vitamin A supplementation of children till the age of 5 years. Iron & Folic Acid syrup to children from the age of 6 month to 5 years. Iron and Folic Acid supplementation of pregnant and lactating mothers also.

4 National Iodine Deficiency Disorders Control Programme (NIDDCP) for promotion of iodated salt consumption at house hold level.

5 Nutrition Education to increase the awareness and bring about desired changes in the dietary practices including the promotion of breast feeding and dietary diversification is encouraged under both Integrated Child Development Services Schemes (ICDS) and National Rural Health Mission (NRHM).

6. Other schemes targeting improvement of nutritional status are as under:

Integrated Child Development Services Schemes (ICDS).

Rajiv Gandhi Scheme for Empowerment of Adolescent Girls [RGSEAG] - (SABLA)

Indira Gandhi Matritva Sahyog Yojana (IGMSY)

National Programme of Nutritional Support to Primary Education (Mid Day Meal Programme)

Improving the purchasing power of the people through various income generating schemes including Mahatma Gandhi National Rural Employment Guarantee Scheme.

Availability of essential food items at subsidized cost through Targeted Public Distribution System.