

**GOVERNMENT OF INDIA  
WOMEN AND CHILD DEVELOPMENT  
LOK SABHA**

UNSTARRED QUESTION NO:4524  
ANSWERED ON:19.12.2014  
NUTRITION TO ADOLESCENTS  
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**Will the Minister of WOMEN AND CHILD DEVELOPMENT be pleased to state:**

- (a) whether the Government has conducted/ proposes to conduct any study to assess the average nutrition requirement of adolescents in the country;
- (b) if so, the details and the outcome thereof;
- (c) whether the Government is implementing any scheme to improve the nutritional status of adolescents in the country. If so, the details thereof along with the criterion/norms adopted by the Government to determine the nutritional status of adolescents in the country particularly in rural areas;
- (d) the details of funds allocated and released to the States/UTs under the said scheme during each of the last three years and the current year and the utilisation reported thereunder during the said period, State/UT-wise;
- (e) whether the Planning Commission has raised concerns over the performance of States in utilisation of funds for similar schemes, if so, the details thereof; and
- (f) the steps taken/being taken/proposed to be taken by the Government for proper monitoring evaluation and implementation of the said scheme?

**Answer**

MINISTER OF WOMEN AND CHILD DEVELOPMENT (SHRIMATI MANEKA SANJAY GANDHI)

(a): In India, Indian Council of Medical Research (ICMR) sets up Nutrition Advisory Committees or Expert Groups and recommend the 'Dietary Allowances' in respect of energy (Calories), proteins, fats, minerals, iron, vitamins etc. for various age groups including adolescents. Recommended Dietary Allowances (RDA) are the average daily dietary nutrient intake level sufficient to meet the nutrient requirement of nearly all healthy individuals in a particular life stage and gender group. They provide a guideline for nutrient intake, adequacy, preventing deficiency or excess of nutrient of a population. The RDA are based on scientific knowledge and revised every 10 years. Current RDA of Indians was revised in 2010.

(b): The details of the nutrition requirements of the adolescents as per the current RDA, 2010 is given in Annexure-1.

(c): Government is implementing Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (RGSEAG) - Sabla, a Centrally-sponsored scheme in 205 districts from all the States/UTs across the country. The scheme aims at all-round development of adolescent girls of 11-18 years (with a focus on all out of school Adolescent Girls). One of the objective is improving the health and nutrition status of adolescent girls.

Under the scheme Sabla, out of school Adolescent Girls in the age group of 11-14 years and all girls in the age group of 14-18 years attending anganwadi- centres are provided Supplementary Nutrition containing 600 calories, 18-20 grams of protein and micronutrients per beneficiary per day for 300 days in a year. Nutrition is provided in the form of Take Home Ration (THR) or Hot Cooked Meals. Nutritional Status of the Adolescent Girls is assessed by calculating the Body Mass Index (BMI) of adolescent girls. If the BMI is less than 18.5, then it is considered underweight and if it is between 18.5 & 23.5, it is considered normal.

(d) State-wise details of the funds released and utilization reported during the last three years and the current year under SABLA are given in Annexure-2.

(e) & (f): No specific concern has been raised by the Planning Commission over the performance of the States in utilization of funds under the scheme. To expedite beneficiary coverage and fund utilization under RGSEAG - Sabla, the scheme is being reviewed at National Level and the monitoring reports received from States are analysed in the Ministry. The shortfalls, if any noticed in the implementation of the scheme are communicated to concerned States/UTs for taking corrective actions.