

About Adolescent Nutrition, Sanitation & Health (ANSH) project:

Under the Mission Health of Glaxo SmithKline-Consumer Health (GSK-CH), the Adolescent Nutrition, Sanitation & Health (ANSH) project invests in improving nutritional status of 10-19 year olds (adolescent) girls and boys through evidence-based globally accepted interventions. The objectives of the project are aligned with those of the Government of India's *Poshan Abhiyaan* i.e. to bring about a reduction in thinness (as per age specific Body Mass Index-BMI) and Iron deficiency anaemia (blood Haemoglobin) in the community.

The project is technically led by JSI R&T India Foundation and implemented in the field by the NGO SHARP, in one district each of Uttar Pradesh (Bahraich), Bihar (Gaya), Assam (Barpeta) and Madhya Pradesh (Vidisha). The four selected districts have poor nutrition and health status and are Aspirational districts of Niti Aayog.

A 360-degree approach is being used to bring about a change in food related practices of the adolescents. We engage with the adolescents themselves, their parents and teachers, peer leaders and general community to improve their knowledge on balanced diet, dietary diversity, Iron-rich foods, deworming and Water, Sanitation & Hygiene (WASH). The project also works closely with the Rashtriya Kishore Swasthya Karyakram (RKSK) to improve uptake of Weekly Iron Folic Acid Supplementation (WIFS) and with ICDS to improve reach of Take Home Rations (THR).

Each of the states have teams of both partner agencies who work in close coordination to achieve the objectives of the project. Project activities are shared with local government representatives and shared on Government web portals as appropriate.

By the end of project, we hope to benefit 1,50,000 adolescents who reside in the project geographies.

Project progress

Through interesting and innovative activities, we have touched upon the lives of 60,000 adolescents, interacted with 1592 families, 198 FLWs and 256 peer leaders. We are supporting 2058 undernourished adolescents improve their BMI by counseling them and their families on better diet and WASH practices. Further, we supported RKSK by strengthening Adolescent Friendly Health Clinics, organizing 72 Adolescent Health Days at 39 schools and 33 AWCs and 49 Adolescent Clubs at Anganwadis and streamlining the supply of Weekly Iron and Folic Acid supplementation.

ANSH introduced an innovative idea of a cartoon character called 'ANSHika' who is a model older adolescent girl. ANSHika corners have been installed in 30 schools and 20 AWCs to convey messages to adolescents in a lively manner. Another innovation is a 'Soap Bank' established in 11 schools where the nearby community contributes soap for use by school children.

Read more.....

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Project progress

Improving adolescent practices on food and WASH:

- ♣ To attract and keep the attention of adolescents, project team created a cartoon character called 'ANSHika' who is a well-dressed older adolescent girl. This cartoon is drawn on a prominent wall and simple nutrition and WASH messages are written next to the cartoon. This area is called 'ANSHika Corner'. Such corners have been established in 30 schools and 20 AWCs and have generated a lot of interest among the children.
- ♣ In 11 schools, 'Soap Bank' has been established. Project team regularly reaches out to the nearby community to seek their contributions to this bank and to build a sense of ownership among them.
- ♣ Interesting and interactive infotainment activities such as Quiz, slogan writing competition, painting completion, song writing etc. organized during 72 Adolescents Health Days organized in 39 schools and 33 AWCs
- ♣ Participatory knowledge building sessions held with 1246 out of school adolescents during Adolescent Friendly Health Club (AFHC) meetings held at Anganwadi centers

Engaging Influencers of adolescents:

- ♣ Improved nutritional literacy of 242 school teachers and 198 Front Line Workers (FLWs)
- ♣ Empowering 256 Peer Educators
- ♣ Engaged with 2397 parents during parent meetings in school and home visits to enhance their nutritional knowledge

Strengthening existing systems:

- ♣ Renovation of Adolescent Friendly Health Clinic (AFHC) to make it attractive and welcoming to adolescents
- ♣ Supporting AFHC counsellors to improve nutritional counseling
- ♣ Improving visibility of AFHC among target populations
- ♣ Supply of Iron Folic Acid tablets under the WIFS program has been streamlined and uptake of the program by schools and children has been improved

Supporting malnourished adolescents:

- ♣ Body parameters - height and weight of 3963 school-going and out of school adolescents collected and analyzed to calculate Body Mass Index (BMI) and Hemoglobin of 2925 adolescents collected and analyzed to understand Anaemia status
- ♣ Malnourished children counseled through one to one interactions and balanced meal plans shared with them
- ♣ Home visits made to 824 children with low BMI to counsel them and their family

Supporting Government:

- ♣ Project teams organize events to observe important occasions like National Nutrition Month; World Breastfeeding Week; Poshan Pakhwada; Menstrual Hygiene Day on 28th May 2019, World Nutrition Day 28th May 2019; National Deworming Day (NDD); Global Handwashing Day, World Iodine Deficiency Disorder Day. Additionally, we help state government to organize important events.

Next Steps:

- Improve toilet and drinking water facilities in schools and Anganwadis.
- Identification of more adolescents as Peer Educators and their orientation in nutrition and health.
- Institutional tracking of WIFS administration.
- Establish ANSHika corner in all AWCs & schools.