

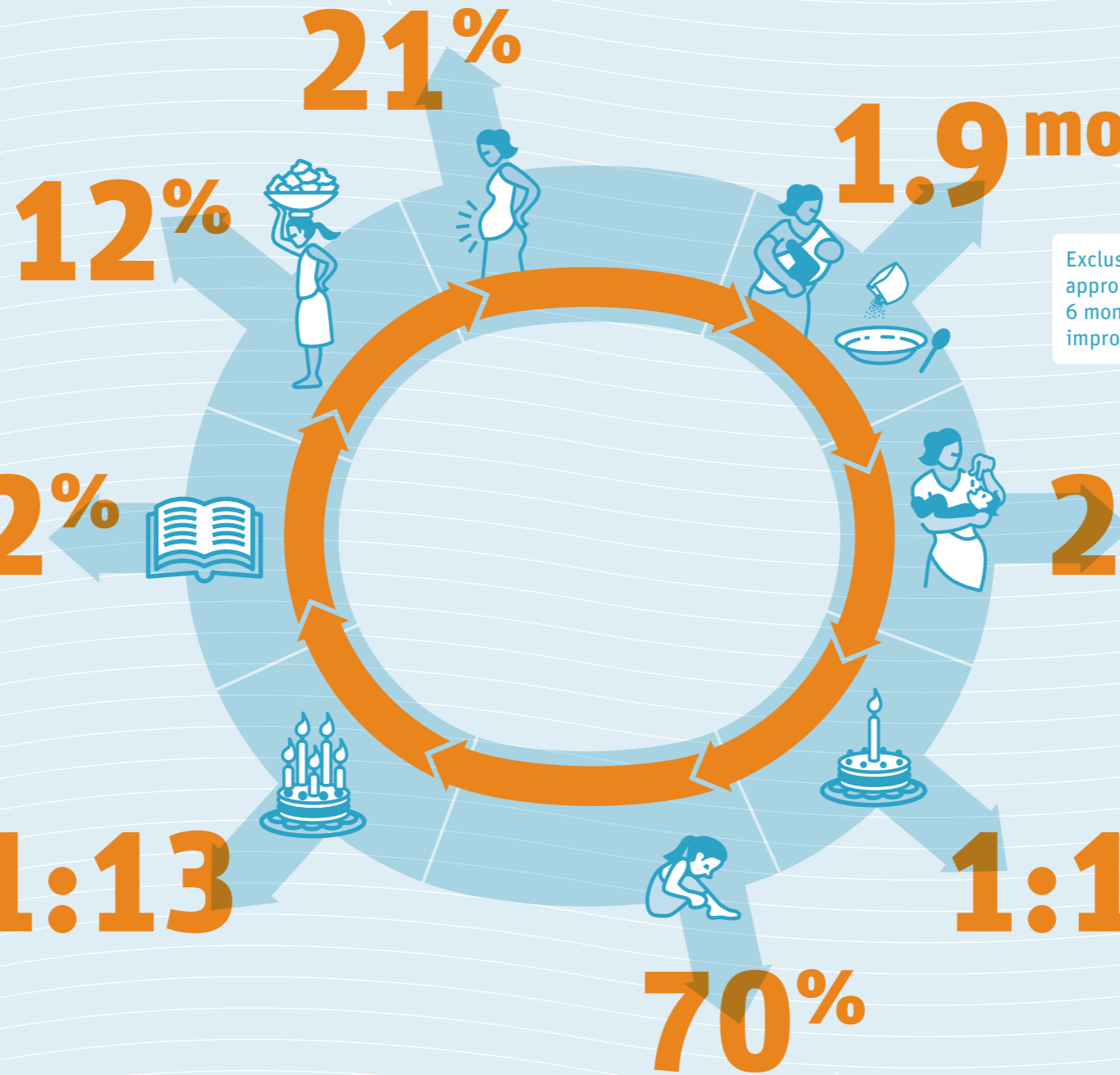
The Life of an Indian Girl

Disadvantaged before you are born
21% of Indian men and women want more sons than daughters. The sex ratio in children under 7 years is 918 girls for 1000 boys

> **The first 1000 days** from conception to 2 years of age are a 'Critical Window' in a Child's development. Nutrition intervention during this time can have a significant and sustained impact on the child's life²

> **Copenhagen Consensus 2008.** Supplementation with vitamin A, to reduce all-cause mortality and zinc to reduce diarrhoea episodes, have been ranked the #1 global development priority. These interventions can have widespread health and economic benefits³

> **Infant and young child feeding.** Interventions to improve the rates of exclusive breastfeeding till 6 months of age, and nutrition education on complementary feeding from 6–12 months, have shown to significantly reduce stunting, and improve child survival rates⁴



12% of girls 5–14 years old engaged in child labour

38% reduced risk of child labor if their mother has 8–9 years of education compared with no education

Only 15% of women 15–39 years of age have completed 8–9 years of education
22% of girls 6–24 years old have no education

Educated women have fewer but healthier babies later in life. Their children therefore have a better chance to survive and thrive

1 in 13 girls die before their 5th birthday
A girl has a significantly higher chance of dying before her 5th birthday than a boy

Exclusively breastfed for 1.9 months
A girl will be breastfed for 8 weeks less than the average boy
Only 21% of girls 6–23 months of age are fed an optimal complementary diet

Exclusive breast feeding till 6 months and appropriate complementary feeding after 6 months significantly reduces stunting and improves child survival

Vitamin A supplementation
Only 20% of 6–59 month olds received a vitamin A supplement in the past 6 months

Vitamin A supplementation to children under the age of five every four to six months results in a 24% reduction in under-five mortality

1 in 18 girls die before their 1st birthday

Girls under 5 years:
48% are stunted
19% are wasted
70% are anaemic

> 34% of women 15–49 years old have experienced physical violence and 9% sexual violence
> 1 in 140 women die as a result of pregnancy during their reproductive years¹
> **The effects of stunting at 2 years of age are largely irreversible.** The impact of stunting is not limited to physical development, having consequences for mental development and educational attainment as well

Unless stated all data from: International Institute for Population Sciences (IIPS) and Macro International. 2007. National Family Health Survey (NFHS-3), 2005–06: India: Volume I

¹ UNICEF State of the World's Children 2012

² UNICEF Infant and Young Child Feeding Programming Guide (2011)

³ Horton et al. (2008) Micronutrient Supplements for Child Survival (Vitamin A and Zinc). Copenhagen Consensus, Best Practice Paper.

⁴ Bhutta et al. (2008) What works? Interventions for maternal and child undernutrition and survival. Lancet 2008; 371: 417–40