NUTRITION INTERNATIONAL

Nourish Life

India programs

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Nutrition International in India

Nutrition is fundamental to India's human capital development and long-term economic and social progress. Well-nourished populations are healthier, learn better, participate more productively in the workforce and contribute to stronger, more resilient economies. Investments in nutrition deliver lasting benefits across health, education, gender equality and economic growth, generating some of the highest returns on investment in human capital development.[1] By supporting government-led priorities and programs and leveraging existing platforms and systems, Nutrition International contributes to India's vision of a healthier, more productive and nutrition-secure future.

Over the past decade, the Government of India has demonstrated strong leadership in advancing nutrition through flagship initiatives such as POSHAN Abhiyaan, Saksham Anganwadi, POSHAN 2.0 and Anemia Mukt Bharat Abhiyaan. These efforts have strengthened nutrition systems and expanded access to essential services for millions of women, children and adolescents. While India has made notable progress on key nutrition indicators, ensuring equitable access to quality nutrition services remains critical to improving nutrition outcomes and sustaining the country's development gains.



For more than 30 years, Nutrition International has partnered with the Government of India and state governments to improve nutrition policies, systems and programs. Working closely with the Ministry of Health and Family Welfare, the Ministry of Women and Child Development, the Ministry of Consumer Affairs, Food and Public Distribution, and other partners, Nutrition International provides technical expertise to support the design, implementation and scale-up of evidence-based nutrition interventions.

OUR PROGRAM REACH*

191 M
people reached with adequately iodized salt

5.1 M
adolescent girls reached with iron and folic acid supplements

121 M
people reached with fortified foods

1.2 M
women reached with iron and folic acid supplements

32 M
children under five reached with two doses of vitamin A

763 K
newborns reached with a birth package intervention

OUR IMPACT OVER THE YEARS*

17.2 M
cases of anaemia averted

348 K
cases of mental impairments averted

15.9 M
newborns protected through maternal consumption of adequately iodized salt

55 K
births protected from neural tube defects

* Figures for the period 2019–2025

Priority programs and geographic coverage

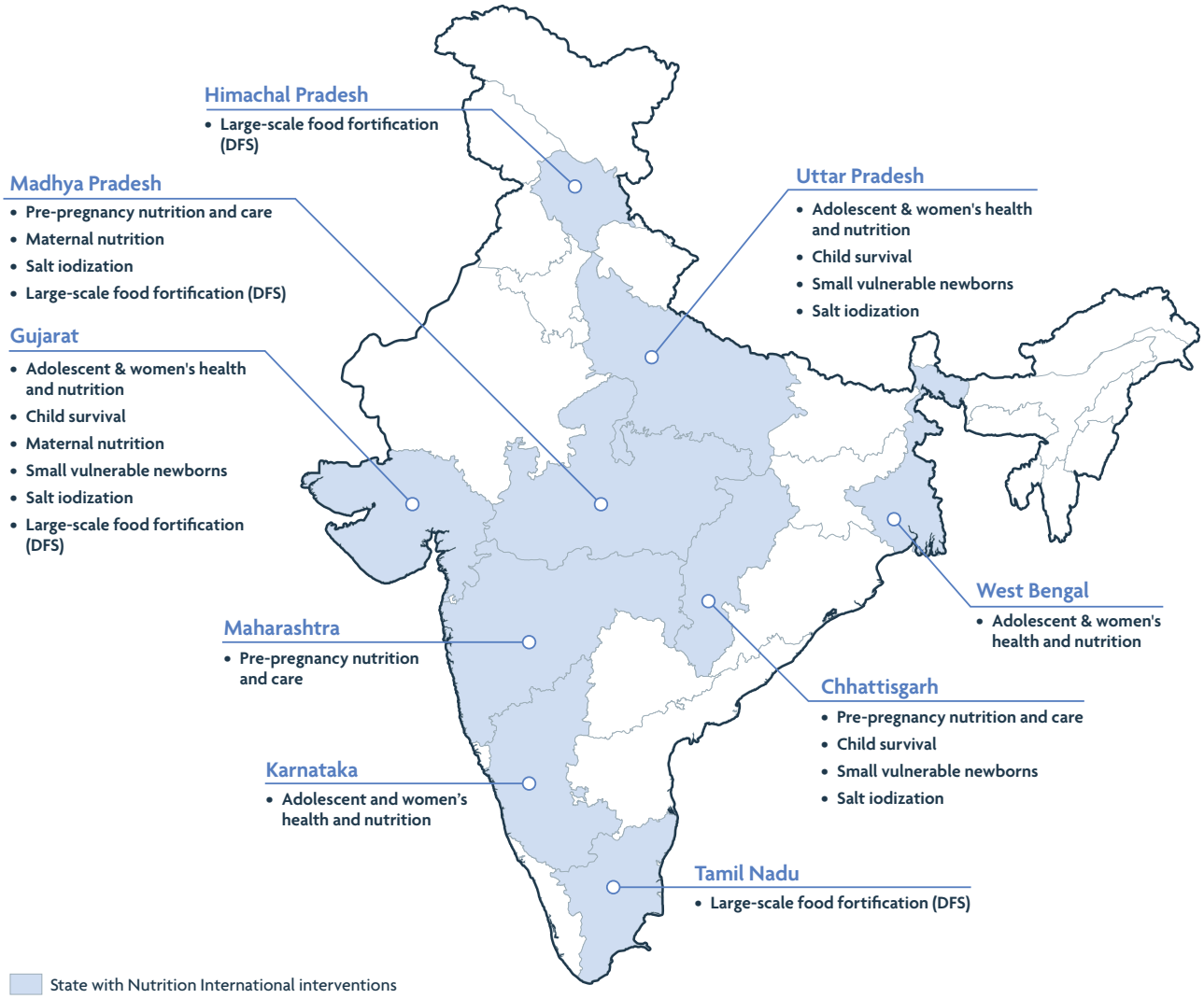
Working in partnership with national and state governments, Nutrition International supports the following strategic priorities:

- Advancing child survival by strengthening the delivery of high-impact nutrition and health interventions for children under five.
- Strengthening maternal nutrition and care across the continuum from pre-pregnancy through pregnancy, childbirth and the postnatal period to improve the health and nutrition of women and newborns.
- Improving adolescent health and nutrition, particularly among girls, by strengthening the implementation of weekly iron and folic acid supplementation, nutrition education and behaviour change interventions.
- Reducing micronutrient deficiencies and improving dietary adequacy through large-scale food fortification.

Programs supported by Nutrition International

Nutrition International also supports the Government of India's following platforms and programs:

- Anemia Mukt Bharat Abhiyaan (AMB)
- SUMAN Roadmap 2030
- POSHAN Abhiyaan
- Pradhan Mantri Garib Kalyan Anna Yojana (PM-GKAY)
- Pradhan Mantri Poshan Shakti Nirman (PM-POSHAN)
- School Health and Wellness Program
- National Quality Assurance Standards in public health facilities, including the Labour Room Quality Improvement Initiative (LaQshya)
- STOP Diarrhea campaign
- National Vitamin A Supplementation Program
- National Iodine Deficiency Disorders Control Program (NIDDCP)

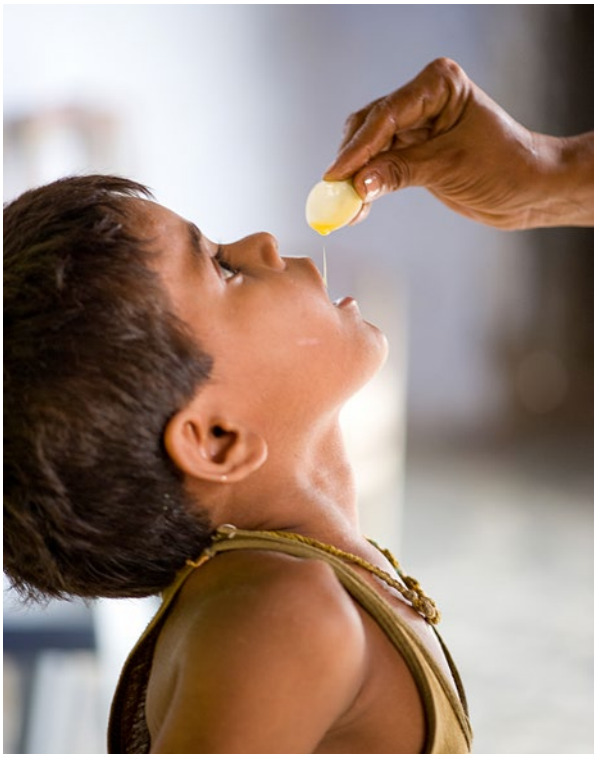


This map is for illustrative purposes and boundaries do not imply endorsement by Nutrition International. Island territories not shown.

Child survival

Improving child survival remains central to India's efforts to ensure that every child can survive, grow and thrive. While the country has made significant progress in reducing child mortality, preventable illness and death continue to affect many children, particularly during the critical early years of life.

Nutrition International partners with national and state governments to strengthen the delivery of high-impact child survival interventions in Uttar Pradesh, Gujarat and Chhattisgarh. This includes providing technical assistance to support the planning, implementation and monitoring of essential child health and nutrition services, including vitamin A supplementation, iron and folic acid syrup supplementation and the treatment of childhood diarrhea with zinc and low-osmolarity oral rehydration salts.



Adolescent and women's health and nutrition

Adolescence is a critical period for establishing healthy nutrition behaviours that support lifelong health and wellbeing. Investments during this stage contribute to improved nutrition and educational outcomes, reduced anaemia, increased productivity and healthier pregnancies later in life.

For more than 15 years, Nutrition International has partnered with the Government of India to strengthen adolescent nutrition, beginning with a pilot program in Chhattisgarh in 2011. As a key technical partner to the AMB initiative, Nutrition International supports the delivery of high-quality weekly iron and folic acid supplementation, nutrition education and behaviour change interventions, with a particular focus on improving the health and nutrition of adolescent girls.

Today, Nutrition International supports adolescent nutrition programming in 58 districts across Gujarat, Karnataka, Uttar Pradesh and West Bengal. Working through both school- and community-based platforms, the organization also strengthens gender-responsive nutrition, health and education interventions that empower adolescents with the knowledge, skills and confidence to make informed decisions about their own health and nutrition.





Maternal and newborn health and nutrition

Good maternal nutrition and quality care before, during and after pregnancy are essential for the health and survival of women and newborns. Strengthening services across this continuum helps improve outcomes for mothers, newborns and families.

Maternal nutrition

Since 2015, Nutrition International has partnered with state governments in Chhattisgarh, Gujarat and Madhya Pradesh to enhance maternal nutrition services by increasing access and adherence to calcium, and iron and folic acid supplementation (IFAS) during pregnancy and lactation. Building on implementation research conducted between 2021 and 2024 in Gujarat and Madhya Pradesh, Nutrition International is helping integrate evidence-based approaches into routine health systems across six districts in each state to increase the quality and uptake of maternal nutrition services.

Small and vulnerable newborns

Reducing preventable newborn deaths and improving the quality of care for mothers and newborns are key priorities for the Government of India. Babies born preterm, small for gestational age or with low birthweight — collectively known as small and vulnerable newborns — face a significantly higher risk of illness and death.

In partnership with the governments of Gujarat, Uttar Pradesh and Chhattisgarh, Nutrition International is implementing a comprehensive package of interventions across six districts to strengthen the early identification and management of at-risk pregnancies and improve outcomes for mothers and newborns. The program promotes essential newborn care practices, kangaroo mother care, the principle of zero separation between mothers and newborns, and stronger linkages between health facilities and community-based services to ensure continuity of care.

Pre-pregnancy nutrition and care

Improving women's nutrition and health before pregnancy is increasingly recognized as a critical strategy for improving maternal and newborn outcomes and breaking intergeneration cycles of malnutrition.

Nutrition International is developing and implementing an evidence-based, gender-responsive pre-pregnancy nutrition and care package that integrates nutrition services, health screening, counselling and community engagement through existing government platforms. The approach prioritizes newly married women and women between pregnancies, while engaging husbands and family members to create supportive environments for healthy nutrition and care-seeking practices.

Building on lessons from earlier maternal nutrition implementation research, Nutrition International is currently supporting pre-pregnancy nutrition initiatives in one district each of Chhattisgarh, Madhya Pradesh and Maharashtra.



Large-scale food fortification

Large-scale food fortification (LSFF) is a proven, cost-effective strategy for reducing micronutrient deficiencies and improving population health. In India, Nutrition International partners with national and state governments to strengthen the quality, scale and sustainability of food fortification programs, increasing access to the vitamins and minerals through commonly consumed staple foods.

Salt iodization

Salt iodization remains one of India's most successful public health interventions and continues to play a key role in preventing iodine deficiency disorders.

For more than three decades, Nutrition international has partnered with the Government of India to implement the National Iodine Deficiency Disorders Control Programme (NIDDCP). This includes working with salt producers to improve production quality, strengthening regulatory monitoring systems and building capacity for program delivery at national and state levels.

Current efforts focus on sustaining progress by integrating salt iodization within broader LSFF initiatives, while supporting public health efforts to reduce salt consumption without compromising iodine intake. Nutrition International currently supports salt iodization efforts though the NIDDCP in Chhattisgarh, Gujarat, Madhya Pradesh and Uttar Pradesh.

Double-fortified salt

Double-fortified salt (DFS), fortified with both iron and iodine, is an innovative technology developed by researchers at the University of Toronto in collaboration with Nutrition International and approved by the Food Safety and Standards Authority of India in 2014.

Nutrition International supports the Government of India's efforts to introduce and scale up DFS through major social safety net programs, including PM-GKAY,[2] Saksham Anganwadi, POSHAN 2.0,[3] and PM-POSHAN.[4] The organization provides technical and programmatic support for implementation in Madhya Pradesh, Gujarat and Himachal Pradesh, while working with industry, academic and research partners to improve product quality and optimize DFS formulations.

Rice fortification[5]

In partnership with state governments in Gujarat, Madhya Pradesh, Telangana and West Bengal, Nutrition International strengthens the introduction, quality and delivery of fortified rice through key government social safety net programs, helping expand access to fortified food among populations living in vulnerable situations.



Research and development

Nutrition International has strong capabilities in implementation research, program evaluation, health economics and technical studies across a range of nutrition priorities. Working closely with governments and partners, the organization generates evidence to address emerging policy and programmatic priorities, helping identify practical solutions that strengthen program design, implementation and scale-up.

Health economics and nutrition financing

Drawing on its global expertise in health economics and innovative analytical tools,[6] Nutrition International supports governments to understand the costs of malnutrition and assess the value of investing in nutrition. These analyses expand the evidence base for policy, resource allocation and investments decisions, helping governments prioritize high-impact nutrition interventions.

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REFERENCES

1 Shekar, M., Shibata Okamura, K., Vilar-Compte, M., & Dell'Aira, C. (Eds.). (2024). *Investment framework for nutrition 2024*. World Bank. https://doi.org/10.1596/42164

2 The Pradhan Mantri Garib Kalyan Anna Yojana (PMGKAY) is a flagship Government of India food security welfare scheme.

3 The Government of India's integrated nutrition support program

4 Pradhan Mantri Poshan Shakti Nirman (PM-POSHAN) is the Government of India's school meal program providing hot, cooked midday meals to children in primary and upper primary classes across government and government-aided schools.

5 The rice fortification program has been temporarily discontinued by the Government of India since February 2026 until further notice.

6 These include Nutrition International's Cost of Inaction Tool – an online, evidence-based and user-friendly analytical tool built for country-level policymakers and advocates, and the Outcome Modelling for Nutrition Impact (OMNI) Tool which estimates nutrition and non-health impacts due to nutrition interventions, thereby empowering decision-makers to maximize future program impact.



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