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Programme: M.A., Gender Studies

Course Title : GENDER HEALTH AND NUTRITION
Code : CC – III

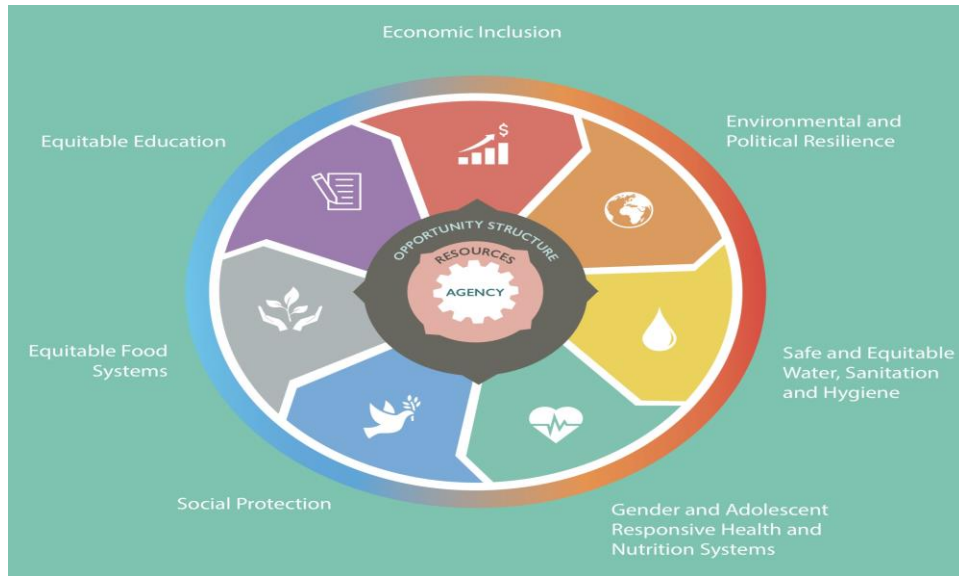
Unit II: Understanding Food and Nutrition from Gender Perspective

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Introduction

Definition of Nutrition

Essential for health and well-being across life stages.



Gender and Nutrition Linkages:

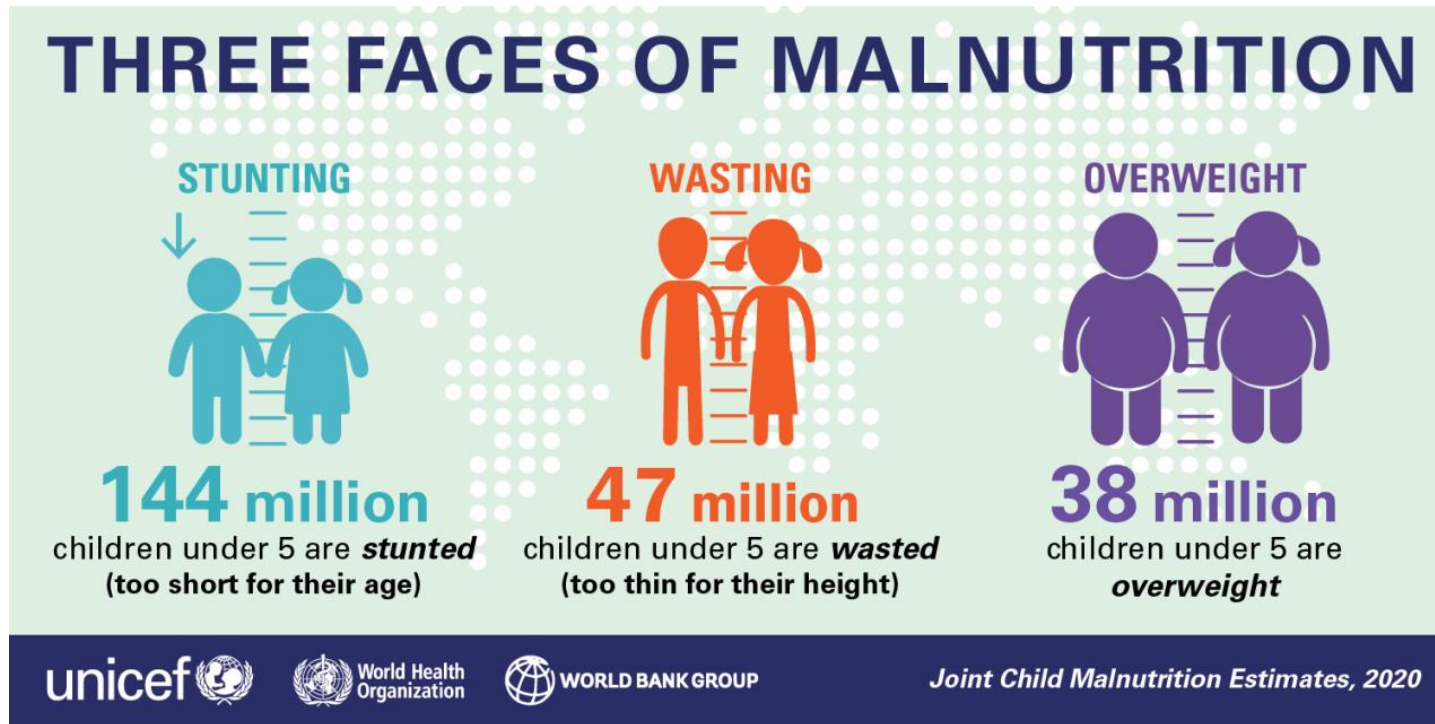
- Social roles and responsibilities impact food access and consumption.
- Women and girls are often disproportionately affected by malnutrition.
- Importance of addressing gender in nutrition for equitable outcomes.

Linkages Between Gender and Nutrition



- ▶ Gender impacts food allocation, dietary choices, and health outcomes.
- ▶ Social norms often disadvantage women and girls in access to nutritious food.
- ▶ Women's nutrition is critical for maternal health and child development.

Nutrition Across Life Stages - Childhood



- ▶ **Key Concerns:** Malnutrition, stunting, and anemia.
- ▶ **Gender Issues:** Girls often receive less food and medical care.
- ▶ **Impact:** Reduced growth, learning difficulties, and lifelong health issues.

Nutrition Across Life Stages - Adolescence



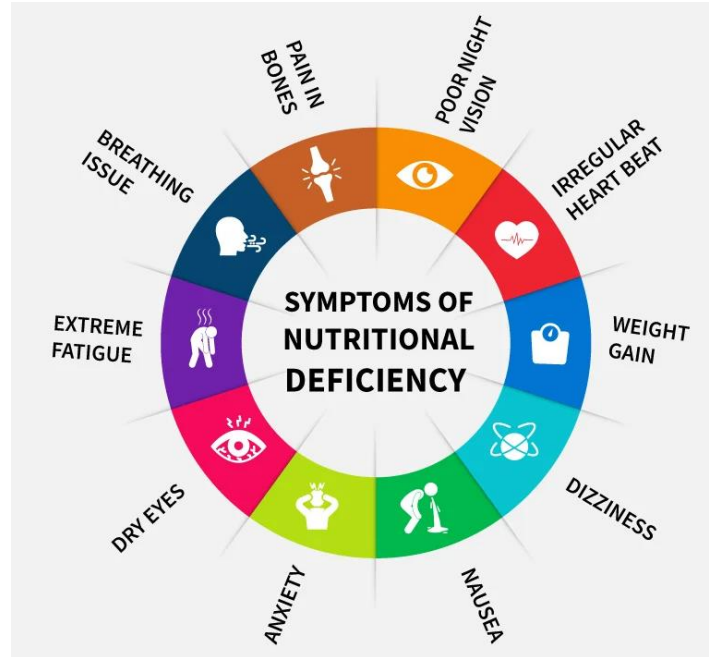
- ▶ **Nutritional Needs:** Increased due to growth spurts and menstruation.
- ▶ **Challenges:**
 - ▶ Gender stereotypes restrict access to nutritious food.
 - ▶ Early marriage and pregnancy worsen nutritional deficiencies.

Nutrition Across Life Stages - Adulthood



- ▶ **Key Phases:** Pregnancy, lactation, and aging.
- ▶ **Gender Issues:**
 - ▶ Women often prioritize family needs over their own.
 - ▶ Limited access to healthcare and nutrient-rich food.

Nutrition Deficiencies in Women



- ▶ **Iron Deficiency Anemia:** Common among adolescent girls and pregnant women.
- ▶ **Calcium Deficiency:** Affects bone health, leading to osteoporosis.
- ▶ **Vitamin A Deficiency:** Leads to vision problems and weak immunity.
- ▶ **Consequences:** Poor maternal health, infant mortality, and intergenerational malnutrition.

Gender-Transformative Approaches



- ▶ **Definition:** Interventions addressing gender inequalities in nutrition.
- ▶ **Examples:**
 - ▶ Promoting shared household responsibilities.
 - ▶ Nutrition awareness campaigns targeting men and boys.
- ▶ **Impact:** Empowers women and improves family nutrition.

Strategies to Enhance Gender Equality in Nutrition



► Education and Awareness:

- Community-based training on balanced diets.
- School programs focusing on gender and nutrition.

► Economic Empowerment:

- Microfinance for women in agriculture.
- Skill development for food production and marketing.

Role of Policies and Programs



▶ National Programs:

- ▶ **Integrated Child Development Services (ICDS):** Provides food and health support to mothers and children.
- ▶ **POSHAN Abhiyaan:** Focus on malnutrition reduction.

▶ International Initiatives:

- ▶ **Scaling Up Nutrition (SUN):** Multisectoral approach.
- ▶ **World Food Programme (WFP):** Focus on vulnerable populations.

International Policy Frameworks

- ▶ **Convention on the Elimination of Discrimination Against Women (CEDAW):**
Advocates for equal rights in food security.
- ▶ **Sustainable Development Goals (SDGs):**
 - ▶ Goal 2: End hunger and malnutrition.
 - ▶ Goal 5: Achieve gender equality.



Need for Gender Mainstreaming in Nutrition Programs



- ▶ **Definition:** Integrating gender perspectives in policy and planning.
- ▶ **Benefits:**
 - ▶ Addresses root causes of malnutrition.
 - ▶ Ensures equity in resource allocation.

Importance of Gender-Sensitive Monitoring



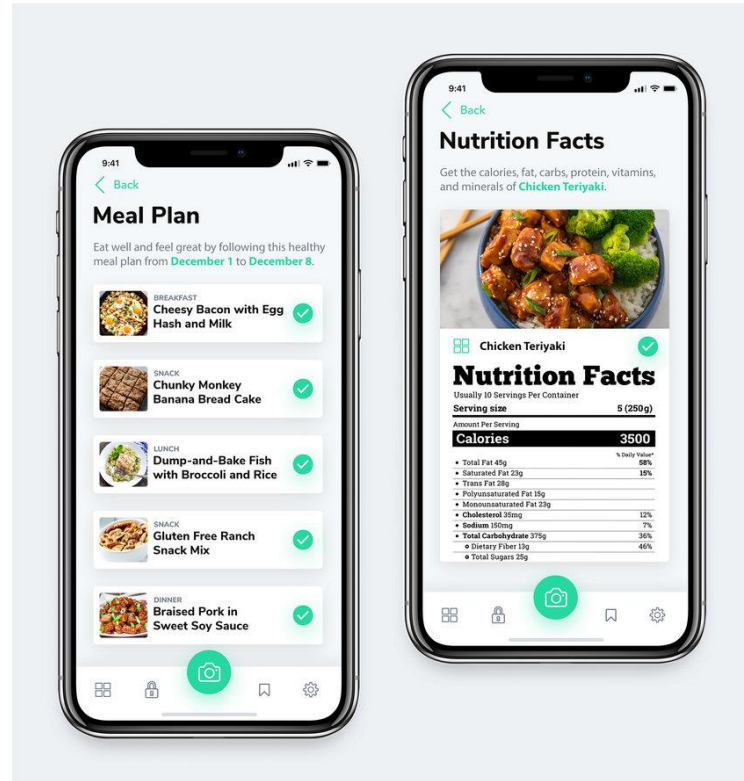
- ▶ Regularly assess gender impacts in nutrition programs.
- ▶ Use gender-disaggregated data to track progress.
- ▶ Include women in decision-making roles.

Community-Based Nutrition Interventions



- ▶ Engage women in leadership roles in local food systems.
- ▶ Encourage male participation in family nutrition planning.
- ▶ Promote local solutions like kitchen gardening and food preservation.

Role of Technology in Gender and Nutrition



- ▶ **Digital Awareness Campaigns:** Nutrition education via mobile apps.
- ▶ **Agri-Tech Solutions:** Empower women farmers with tools for better yields.
- ▶ **Health Tracking Apps:** Monitor nutrition during pregnancy and lactation.

Examples of Successful Gender-Based Nutrition Programs

- ▶ **Self-Employed Women's Association (SEWA), India:**

- ▶ Trains women in agriculture and nutrition.

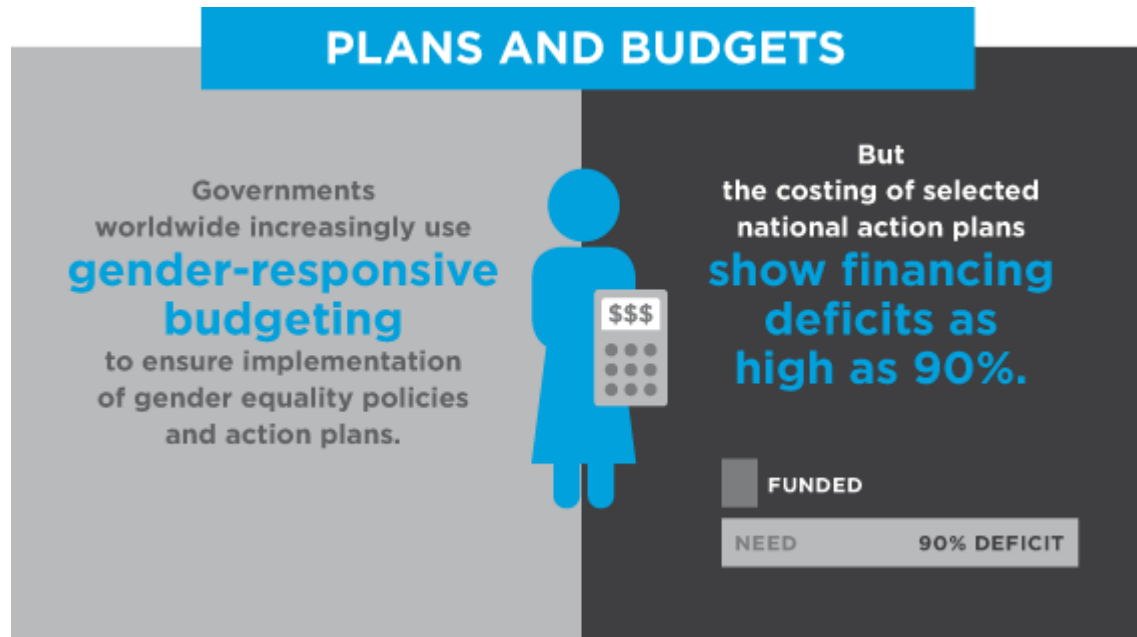


- ▶ **Bangladesh Rural Advancement Committee (BRAC):**

- ▶ Combats malnutrition through women's empowerment.

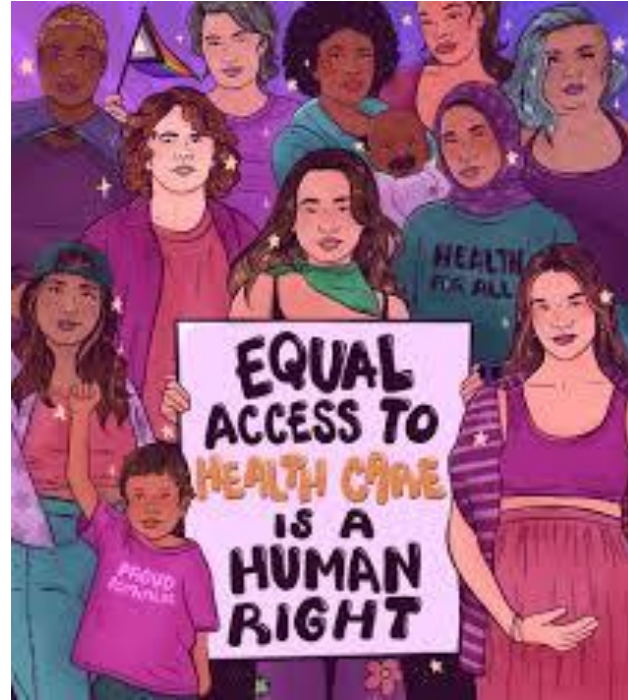


Challenges in Achieving Gender Equality in Nutrition



- ▶ Deep-rooted cultural norms.
- ▶ Insufficient funding for gender-sensitive programs.
- ▶ Lack of policy implementation and monitoring.

Conclusion



► Key Takeaways:

- Gender plays a critical role in nutrition access and outcomes.
- Addressing barriers requires targeted, transformative strategies.
- **Vision:** A future where everyone, regardless of gender, enjoys equal access to nutrition.



Thank
you!