

WRAP Exams · wrapexams.com

Prelims PYQ, Mains model answers, and copy evaluation. Write to the desk for this paper, a doubt, or the AI waitlist.

ask@wrapexams.com · +91 85951 84903 · wrapexams.com

Q7

Poverty and malnutrition create a vicious cycle, adversely affecting human capital formation. What steps can be taken to break the cycle?

UPSC Civil Services Mains 2024 · GS II · 10 marks · Poverty and Hunger

Issues relating to poverty and hunger.

Core demand of the question

- Show how poverty and malnutrition lock each other and cut human capital formation
- Give steps that can break the cycle
- Use food, care, water-sanitation, women's income and health as the logic, not a scheme catalogue

Revision summary

Poverty and malnutrition reinforce each other and show up as stunting, wasting, anaemia and lost learning.

The loop is intergenerational through low birth weight and adolescent anaemia.

Infection and dirty water turn a calorie into a wasted calorie.

- **Breaks:** diverse PDS, ICDS and POSHAN, mid-day meals, toilets and tap water, MGNREGA and women's income, National Health Mission.

Convergence at the panchayat beats siloed schemes.

The first thousand days are the human-capital investment.

Article 47 already names nutrition as a primary duty of the State.

Introduction

- **A child who is stunted at two is already paying an adult tax:** weaker cognition, more illness, lower wages. A household that is poor feeds that child too little and too poorly. The child then grows into a low-productivity adult, which is human capital lost. Poverty and malnutrition are not two files. They are a loop.

Body

The vicious cycle

Poverty and malnutrition reproduce each other in the same body and then in the next.

- **Peg:** Poverty means low dietary diversity, early marriage, unpaid women's labour, and a house without a toilet.
- **Peg:** Malnutrition - calorie, protein, micronutrient, and the double burden of obesity with anaemia - raises health spend and cuts school attendance.
- **Peg:** **National Family Health Survey** findings of stunting, wasting and women's anaemia, and Annual Status of Education Report learning gaps, sit on the same bodies: height-for-age is a

wage forecast.

- **Peg:** Infection eats nutrients; the loop is intergenerational when an anaemic adolescent girl becomes a low-birth-weight mother.

Steps that break it

The break is several pipes into the same household, not a new scheme name each year.

- **Peg:** Food: a public distribution system that issues pulses and millets, not only grain; ICDS and **POSHAN Abhiyaan** that reach the third trimester; PM POSHAN as an attendance and protein tool.
- **Peg:** Care: ASHA and ANM, iron-folic acid, deworming, exclusive breastfeeding windows.
- **Peg:** Water and sanitation: toilets that are used, tap water, drains - because diarrhoea is a nutrition policy.
- **Peg:** Income and health: MGNREGA in drought months, women's groups, maternity cash that arrives before birth, and National Health Mission work on tuberculosis and sickle cell, because a wasting child is often a sick child.

Governance of the break

Schemes fail when they do not meet in the same child.

- **Peg:** Convergence of women-and-child, health and rural development at the Gram Panchayat beats siloed photographs.
- **Peg:** Growth monitoring that is not a forged register, and State nutrition gaps used as a political KPI, are how the first thousand days become infrastructure equal to a highway.

Flow diagram

Poverty -> Poor diet and WASH
 Poor diet and WASH -> Malnutrition
 Malnutrition -> Low human capital
 Low human capital -> Poverty
 PDS ICDS NHM MGNREGA -> Poor diet and WASH
 PDS ICDS NHM MGNREGA -> Malnutrition

Conclusion

Poverty feeds malnutrition; malnutrition reproduces poverty in the next body. The break is food diversity, care, sanitation and women's income in the same household, not a new scheme name each year.

Facts & figures

National Family Health Survey (NFHS-5)

National snapshot of stunting, wasting, underweight and anaemia - the empirical face of the cycle.

POSHAN Abhiyaan

Union nutrition mission aimed at convergence and the first thousand days, with mixed State delivery.

Article 47 of the Constitution

Directive principle: the State shall regard nutrition and living standards as among its primary duties.

Mahatma Gandhi National Rural Employment Guarantee Act, 2005

A drought-month wage is also a nutrition budget when food prices jump.

Integrated Child Development Services

Anganwadi platform for supplementary nutrition and growth monitoring - effective only if it reaches pregnancy, not only the photo.

WRAP Exams · Write. Read. Analyse. Practice. · <https://wrapexams.com/upsc/mains-answers/gs-2/2024/poverty-and-malnutrition-create-a-vicious-cycle-adversely-affecting-human-capital-formation-what-steps-can-be-taken-to-break-the-cycle/> · ask@wrapexams.com · wrapexams.com