

**Glass of Water:
A Self-Monitoring Chart for Anganwadi Centers (AWC) for Care of Young Children
(India)**

Purpose:

- To observe the progress each month towards achieving the coverage targets which were set at the beginning of the year.
- To determine whether the target population is being reached or left out with the first of the series of interventions (e.g., DPT1, TT1, IFA1-p, IFA1-c, vitamin A1).
- To determine whether the target population is completing the series of intervention (e.g., DPT3, TT2, IFA3-p, IFA3-c, vitamin A2) or dropping out.

Level of Use:

- Anganwadi workers (AWW) at the Anganwadi Centers (AWC)
- Supervisors at monthly sector visits
- Community groups (women's groups, village leaders, etc.)

Frequency of use: Quarterly

Some of the interventions which can be monitored:

- DPT1 compared to DPT3 in infants
- TT1 to TT2 in pregnant women
- Distribution of first packet of IFA tablets to pregnant women (and children 12-23 months of age) compared to third packet of IFA tablets (IFA is included on the chart only if tablets are handed out three times. If all tablets are handed out at the same time, do not include IFA on the chart.)
- First dose of vitamin A compared to second dose of vitamin A to children 9 – 21 months of age

How to Prepare the Self-Monitoring Chart for AWC:

- One chart is used for pregnant women and another chart is used for children.
- The chart shows a pair of glasses that are pre-labeled for each of the interventions (e.g., DPT1 versus DPT3, TT1 versus TT2, etc.). The glasses also show 12 monthly markings (gradations) on the "y" axis, with the quarterly and bi-annual markings shown more prominently.
- Complete the name of the AWC, AWW and year, and fill in the population of pregnant women, children 0-1 years old, and children 1-2 years old, based on the annual survey completed in March.
- At the start of each year, label (with help from staff from CARE and ICDS [Integrated Child Development Scheme, the program for which anganwadi work]) the "y" axis of the glasses based on the annual surveyed population of pregnant women, children less than 12 months of age and children 1-2 years old. Starting from the bottom of the glass and moving upwards, each line represents the annual target divided by 12 (as there are 12 months in a year). Round off to the nearest whole number. So if the annual target is 36, the bottom line is labeled 3 for the first month's target, the next line is labeled 6 (the cumulative target for the first two months), the next 9, and so on until the top line is labeled 36.

How to Use the Self-Monitoring Chart for AWC

- Identify the current month and each time the intervention is given to a person at the Nutrition and Health Day (e.g., DPT 1 or DPT3, TT1 or TT2, etc.), tick the circle indicating one person receiving the service.
- At the end of the first quarter in June, count the tick marks for April, May and June. Write the number in the box. Find the number on the “y” axis of the glass and fill the glass to that level. In September at the end of the second quarter, count all the tick marks from the start of the year up to that point. Write the number in the box. Find the number on the “y” axis of the glass and fill the glass to that level. Continue each month to tick the number of interventions given and, at the end of each quarter, count the number of interventions since the start of the year. Fill the glass of water to reflect the level of accomplishment at the end of each quarter.

Interpretation and action:

At the end of each quarter, the AWW, women’s groups, village leaders, supervisors and others will be able to see whether the glass is filling at the rate required to reach the annual performance targets. Very quickly you will see if your coverage achievements are above, below, or close to the target for that quarter. If the level is below the quarterly marking on the “y” axis, then you are not on track to reach 100% of the target population. In that case, the difference between the quarterly marking on the “y” axis and the lower level in the glass represents the left-out target population. The difference between the lines in the left and right glasses represents the dropout. Quarterly analysis of the data at each level should lead to action. To reinforce the daily use of the chart as a tally sheet and its quarterly use to depict performance, supervisors should ask to see the chart on each visit and provide encouragement for its continued use.

Glossary

AWW	Anganwadi worker (day care worker)
AWC	Anganwadi Center
ICDS	Integrated Child Development Scheme
DPT1	1 st diphtheria, pertussis, tetanus immunization
TT1	1 st tetanus toxoid immunization
IFA1-p	1 st iron and folic acid tablet, pregnant women
IFA1-c	1 st iron and folic acid tablet, children