ANTHROPOMETRIC ASSESSMENT OF THE SCHOOL-GOING CHILDREN AT CANARA SCHOOL, KODIALBAIL, MANGALORE

INTRODUCTION:

The anthropometric assessment was conducted for the 6th standards students of Canara School, Kodialbail, Mangalore by Kavya Girishkumar Acharya, Ramya DM and Sushma J of 2nd M.Sc Food Science & Nutrition. The survey population belonged to the age group 10-12 years and were 42 in number. The anthropometric measurement was taken in order to assess the degree of malnutrition in the growing children. Anthropometric measurements like height for age, weight for age, height for weight, head circumference, chest circumference and mid-upper arm circumference were analyzed.

OBJECTIVES:

- To know the nutritional status of the school going population at the community level.
- To assess the degree of malnourishment of the survey population at the community level.
- To interpret the outcomes of malnutrition on growth and development of the children.

OUTCOME:

The collected data were analyzed and based on the results obtained it was seen that out of 42 students, none of them has signs of malnutrition when mid-upper arm circumference was taken and all fell into the range of no-acute malnutrition. However when height for age was analyzed it was seen that out of 42 students, 97.7% of them were having normal growth whereas 2.3% had stunted growth. When the data for weight for age was considered it was seen that out of 40 students, 2.3% were underweight, 2.3% were overnourished and the rest 95% of students had normal weight. On analyzing the weight for height data it was seen that out of 42 students 05 had wasting and 01 conserved where as other 95% students were at the normal range with 2.5% with signs of wasting & conserving respectively. And out of the 42 students, none had the risk of protein–energy malnutrition when their head and neck circumference ratio was analyzed as it was within the standard value.

Based on the survey results it can be concluded that majority of the students had good nutritional status where as the ones who had malnutrition needs to change their dietary pattern to prevent onset of complications in the later stages of their life which might hinder their growth and development.

Anthropometric assessment – head circumference and mid-upper arm circumference

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P05BW21S0002   05BW21S0008   P05BW21S0012