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## **ANTHROPOMETRIC ASSESSMENT OF THE SCHOOL-GOING CHILDREN AT BESANT ENGLISH SCHOOL, KODIALBAIL, MANGALORE**

### **INTRODUCTION:**

The anthropometric assessment was conducted for the 6<sup>th</sup> standards students of Besant English School, Kodialbail, Mangalore by Nandana B Nair, Nireeksha Shetty M and Sumayya of 2<sup>nd</sup> M.Sc Food Science & Nutrition. The survey population belonged to the age group 10-12 years and were 46 in number out of which 25 were boys and 21 girls. 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 46 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 4 out of 46 students were stunted and rest were normal. When the data for weight for age was considered it was seen that out of 46 students, 1 student was overweight and 3 belonged to the underweight category. On analyzing the weight for height data it was seen that 3 students had wasting and 1 student fell into the conserving category. And none of the students had risk on protein –energy malnutrition when their head and neck circumference ratio was analyzed.

Based on the survey results it can be concluded that majority of the students had good nutritional status were 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 – mid upper arm circumference



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