



**ANTHROPOMETRIC ASSESSMENT OF THE SCHOOL-GOING
CHILDREN AT GOVERNMENT SCHOOL, MANNAGUDDA,
BALLALBAGH, MANGALORE**

INTRODUCTION:

The anthropometric assessment was conducted for the 6th standards students of Government School, Ballalbagh, Mangalore by Anusha Moger, Neha Jainab and Munawara Banu of 2nd M.Sc Food Science & Nutrition. The survey population belonged to the age group 10-12 years and were 59 in number out of which 27 were boys and 32 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 59 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 53 students, 51 of them were having normal growth whereas 02 of them were stunted. When the data for weight for age was considered it was seen that out of 53 students, 02 were underweight and the rest 51 students had normal weight. On analyzing the weight for height data it was seen that out of 59 students 05 had wasting and 03 conserved where as other 51 students were at the normal range with no signs of wasting or conserving. And out of the 59 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 whereas the ones who had malnutrition need 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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