



**NUTRITIONAL ASSESSMENT & EDUCATION FOR THE BANK
EMPLOYEES OF UNION BANK & NKGSB BANK, KODIALBAIL,
MANGALORE**

INTRODUCTION:

The nutritional survey was conducted for the 15 employees of Union Bank & NKGSB Bank located in Kodialbail, Mangalore by Kavya Girishkumar Acharya, Nireeksha Shetty M and Sana Begum of 2nd M.Sc Food Science & Nutrition. The survey population belonged to the age group 20-55 years. The anthropometric assessment was done on the 30th of January. Anthropometric measurements like height, weight, neck circumference, hip circumference mid-upper arm circumference, and body fat percentage were taken to analyze the nutritional status of the survey population. Along with the anthropometric assessment, even the dietary assessment was taken of the survey population in which the 24-hour dietary recall and the food frequency was collected of each person in order to know their eating pattern and how it is effected by the work circumstances.

OBJECTIVES:

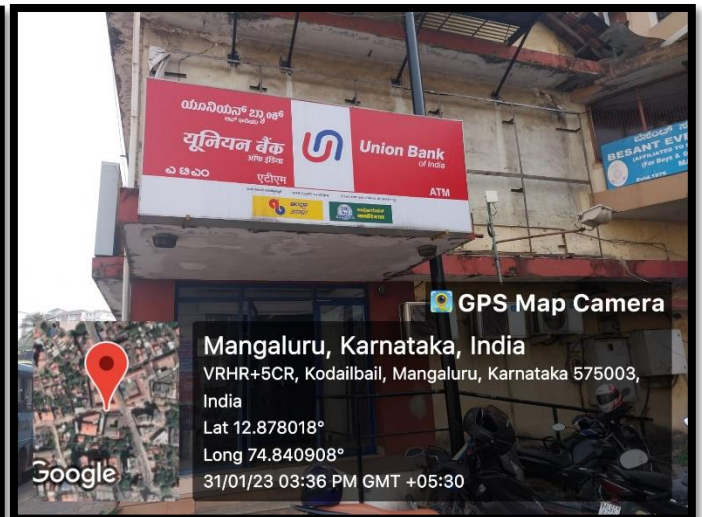
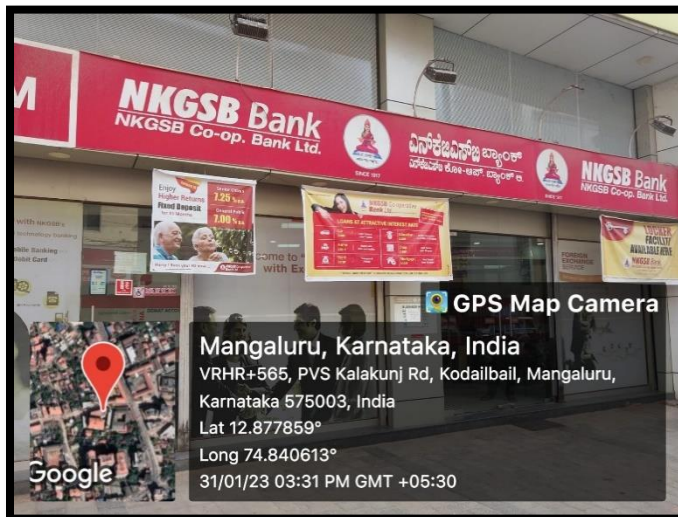
- To know the nutritional status of the survey population at the community level.
- To know the dietary pattern of the survey population at the community level.
- To create awareness about nutrition and its benefits.

OUTCOME:

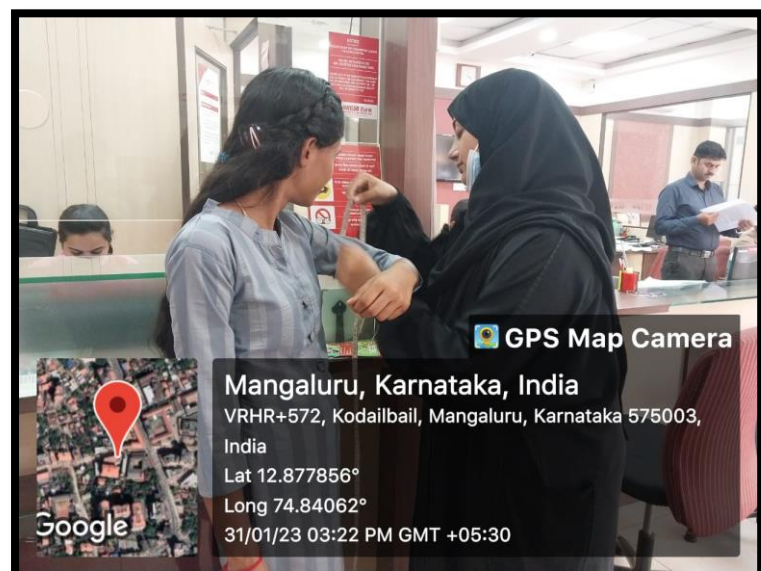
The collected data were analyzed and based on the results obtained it was seen that out of 15 employees, 33.3% were healthy with ideal health parameters, 33.3% were over nourished and 33.3% were at risk of developing health disorders due to high body fat percentage. There was diversity in the body parameters due to differences in age and high-fat percentage was due to the sedentary lifestyle. Taking into consideration of their anthropometric results it is advisable that the survey population need to increase their daily physical activity level by exercise, walking, light sports and so on. The analysis of dietary assessment depicted that all the individuals consumed more food than their calorie & protein requirement and were consuming all the food groups on regular basis.

Based on the survey results the survey population was given nutritional education on the concept of balanced diet with portion size, food pyramid, nutritional classification of foods, antioxidant rich foods, importance of fibre in the form of flip chart, flash card, flannel chart, overlay chart and so on.

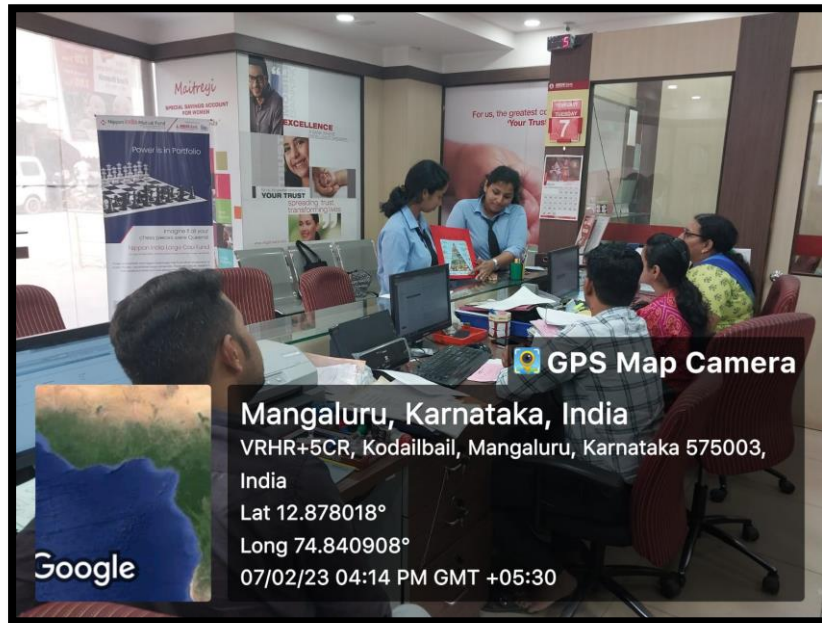
Location of the nutritional assessment



Anthropometric assessment - neck circumference & hip circumference



Nutritional education for the bank employees



KAVYA GIRISHKUMAR ACHARYA NIREEKSHA SHETTY M
P05BW21S0007 P05BW21S0008

SANA BEGUM
P05BW21S0012