



NUTRITIONAL ASSESSMENT & EDUCATION FOR THE
NURSING STUDENTS OF COLACO NURSING COLLEGE,
KANKANADY, MANGALORE

INTRODUCTION:

The nutritional survey was conducted for the 21 students of Colaco Nursing College located in Kankanady, Mangalore by Neha Jainab, Nishitha K, and Shaima Saeed of 2nd M.Sc Food Science & Nutrition. The survey population belonged to the age group 21-27 years. 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. The anthropometric assessment was done on the 30th of January. 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 daily study routine.

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 21 individuals, majority were well nourished and few had had signs of undernutrition. The reason for malnourishment was evident from their body fat percentage and their body mass index. The analysis of dietary assessment depicted that all the individuals consumed less food than the requirement and had low intakes of plant sources and were consuming processed foods often.

Based on the survey results the survey population was given nutritional education on the concept of balanced diet, healthy food choices, nutritional classification of foods, calcium rich foods, iron rich foods in the form of flip chart, flash card, flannel chart, overlay chart and so on.

Anthropometric assessment - neck circumference & weight



Dietary assessment -24 hour dietary recall



Nutritional education for the nursing students



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