

## **Assessment of health parameters in school going children**

Assessment of health parameters in school going children was done by the students of III semester of Department of P.G. Studies in Food Science and Nutrition on 12<sup>th</sup> September 2019 .The activity was conducted in Besant Kannada Medium School, Mangaluru. Children of age 9-12 years were chosen for the study.

The nutritional assessment of the school going children was done by using direct method of assessment that included anthropometric measurement, clinical analysis along with dietary assessment. The anthropometric measurements that were used are:

- Height measurement
- Weight measurement
- Mid upper arm circumference

The clinical analysis was done by identifying and analysing the deficiency symptoms in various parts of the body such as head size, hair, face, skin, eyes, lips, tongue, teeth and gums.

The dietary assessment of the kids was conducted by 24-hour diet recall method where the kids were asked about what they ate on a regular basis. Based on the calculations their nutritional intake was interpreted.

The results obtained after the assessment were statistically analysed. It was found that the whole of the population was deficient in calorie intake, especially girls were at higher range of deficiency than boys. It was observed that, none of them were consuming adequate calories and whole group was calorie deficient. About 1 child in every 20 children was mildly malnourished whereas 30% of the population was moderately malnourished and 70% of the population was severely malnourished. It was observed that girls were more malnourished than boys. The data collected from 24-hour diet recall revealed that the diet pattern of kids showed deficiencies in major nutrients.

### **Objectives:**

- To get a general understanding of the state of health in the target population
- To evaluate the nutritional status of the population

### **Outcome**

The study conducted showed that due to unavailability of resources the school kids lacked in all the nutrients and also the diet consumed was imbalanced.

## Assessment of health parameters in adolescents

Assessment of health parameters in adolescents was done by the students of III semester of Department of P.G. Studies in Food Science and Nutrition on 12<sup>th</sup> September 2019. The activity was conducted in Besant PU College , Mangaluru. The target age group selected was 16-18 years.

The nutritional assessment of the adolescents of age group 16-18 years was done by anthropometric measurements, clinical signs detection and dietary assessment. The anthropometric measurements that were used are:

- Height measurement
- Weight measurement
- Hip and waist measurement

In clinical sign analysis the parts of the body such as hair, face, eyes, lips, tongue, teeth, gums, were examined to see if any abnormalities were present. In order to interpret the physical activity level of the individuals, their daily physical activity was recorded and they were categorized into sedentary, moderate or heavy workers.

The dietary assessment was carried out by obtaining details about their dietary intake pattern using frequency of the food groups consumed and 24-hour diet recall. Based on the calculations their nutritional intake was interpreted.

The results obtained after the assessment were statistically analysed. It was found that of adolescents only 10% of population was consuming adequate diet whereas majority of population i.e., about 90% were facing inadequacy. 20% of the adolescents were getting adequate calories whereas 80% had inadequacy. It was observed that girls were more malnourished than boys. Though the nutrient was intact, the eating pattern was different in boys and girls. The diet of girls had more of fat and carbohydrates whereas protein was less, it was vice-versa in case of boys.

### List of students undertaking the extension activity

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### Objectives

- To get a general understanding of the state of health in the target population
- To evaluate the nutritional status of the population

### Outcome

The study conducted showed that the adolescents due to consumption of junk foods were at deficiency of nutrients and consumed imbalanced diet.

