

Assessment Of Health Parameters In Government Hostel Girls

Assessment of health parameters in government hostel girls was done by the students of 3rd semester of department of PG studies in Food Science and nutrition on 29th December 2021. The activity was conducted in BCM government hostel Ashok Nagara Mangalore. The target age group selected was 18 to 23 years.

The nutritional assessment of the hostel girls of age group 18 to 23 years was done by anthropometric measures clinical signs detection and dietary assessment the anthropometric measurement that were used are :

- Height measurement
- Weight measurement
- Hip and waist measurement
- BMI

In clinical signs analysis of part of the body such as hair, face, eyes, tongue, teeth and gums were examine to see any sort of abnormalities present. In order to interpret the physical activity level of the individuals, their daily physical activity and workout were recorded and they were categorised into sedentary moderate and heavy workers.

The dietary assessment was carried out by obtaining details about their dietary intake pattern using frequency of food groups consumed based on the calculations their nutritional intake was interpreted statistically.

The result obtained after the assessment were statistically analysed. The whole targeted age group of 18 to 23 year girls of government hostel have no ailments, even though eating pattern of the individuals is different. It was observed that all of them were consuming adequate calories. About 87.1% of them were physically fit without any disease. 98% of them are well nourished.

List of students undertaking extension activity

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Objective

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

Outcome :

- The study conducted showed that the 18 to 22 year hostel girls where provided all sorts of nutrients and the diet given to them was balanced.



Waist measurement –
Anthropometric measurement



Dietary assessment – food
frequency questionnaire