

# Assessment of Nutritional Status of Students of Government Primary School

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## ABSTRACT

The purpose of this study is to determine and compare the nutritional status of children aged 6-11 years attending primary schools .200 Primary school students, from 4 schools of Shankargarh Block, Districts of Allahabad. Were randomly selected. Anthropometry method was used in the study. Two basic, variables (height and weight) and a single derived variable (body mass index-BMI) were utilized. All the anthropometric measurements were taken following standard techniques, 50% boys student were suffering from malnutrition age 6-7 yrs, 42% girls suffering from malnutrition under the age (8-9yrs ).14% girls suffering from malnutrition .suggested to make aware the parents and MDMS centers to provide nutritious meal to the children.

**KEYWORDS:** Nutritional Status, BMI, Underweight, Normal and Overweight, Primary school Students.

## INTRODUCTION:

As today's children are the citizen of tomorrow's world, their Survival, Protection and Development are Perquisite for the future development of Humanity. Nutritional is Fundamental pillar of Human life, Health, and development across the entire lifespan. For the earliest stages of fetal development, at birth, though infancy, childhood, adolescence, and adulthood and old age, proper food and good nutrition are essential for survival, physical growth, mental development, Performance and productivity, health and well- being. Physical growth and cognitive development in children are faster during the early years of life, and that by the age of 5 years. Nutrition refers to the availability of energy and nutrients to the body's cell in relation requirement.

## SIGNIFICANCE OF STUDY:

Nutritional status is the most important to every person. Nutrition is the intake of food, Considered in relation to the body's dietary needs. Good Nutrition and adequate, well balance combined with regular Physical activity is a cornerstone to reduced immunity, increased susceptibility to disease, impaired physical and mental development, and reduced productivity.

every student has the potential to do well in school failing to provide good nutrition puts them at risk for missing out meeting that potential however taking action today to provide health their choices in school can help to set students up for a successful future full of possibilities with Batra nutrition students are better able to learn actions and students behavior improves cousin disruption in the classroom.

5 years of ego are most susceptible to malnutrition

The children in a school represent a vital segment of our population and as we observe they are variable human beings and will contribute to the work force by the proof that their health, nutrition status and functions will to a considerable extent determine the quality of our nation in the year to come.

Poor health and low nutrition status do not allow children to remain in school for 5 to 6 years and many events compare them to miss the class.

### **OBJECTIVES:**

To assess the prevalence of underweight, Overweight and Normal in students of 6-11 years.

To assess the nutritional status of primary school students.

### **RESEARCH METHOD:**

Descriptive cross-Sectional Survey study.

### **SAMPLE:**

Present study was conducted on randomly selected 4 schools from Shankargadh Block, District of Allahabad. 200 students were randomly selected.

### **TOOL USED:**

Anthropometric Measurements (weighing Machine).

Height Measurements charts (stadiometer).

Height, weight measurements were taken by the researcher following the standard techniques.

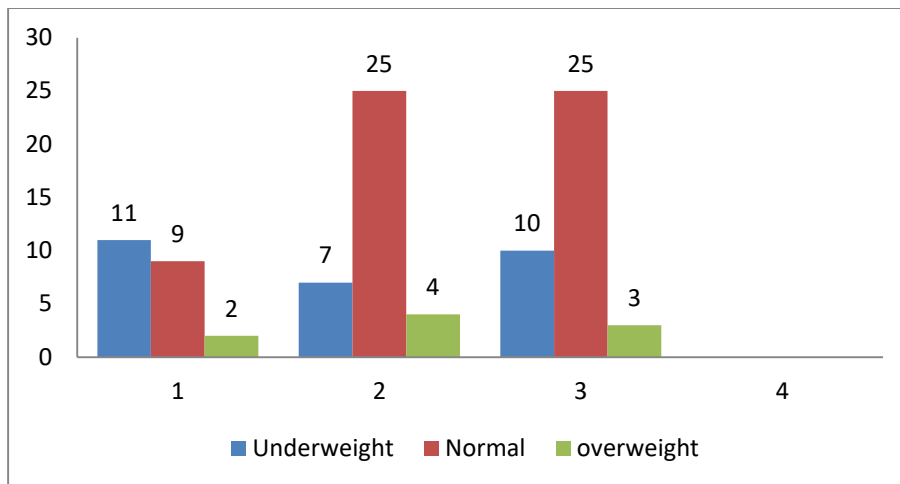
### **ANALYSIS AND INTERPRETATION:**

The researcher personally visited the schools and three commonly used under nutrition indicators, i.e., Underweight, Normal and Overweight were used to evaluate the nutritional status of the subjects. The nutritional status of children does not only directly reflect the socioeconomic status of the family and social wellbeing of the community, but also the efficiency of the health care system, and the influence of the surrounding environment.

### **RESULTS :**

Table no. 1 and 2 shows the results of Nutritional status in boys and girls of primary schools

#### **Table No.=1 Nutritional Status of Boys of Primary school**

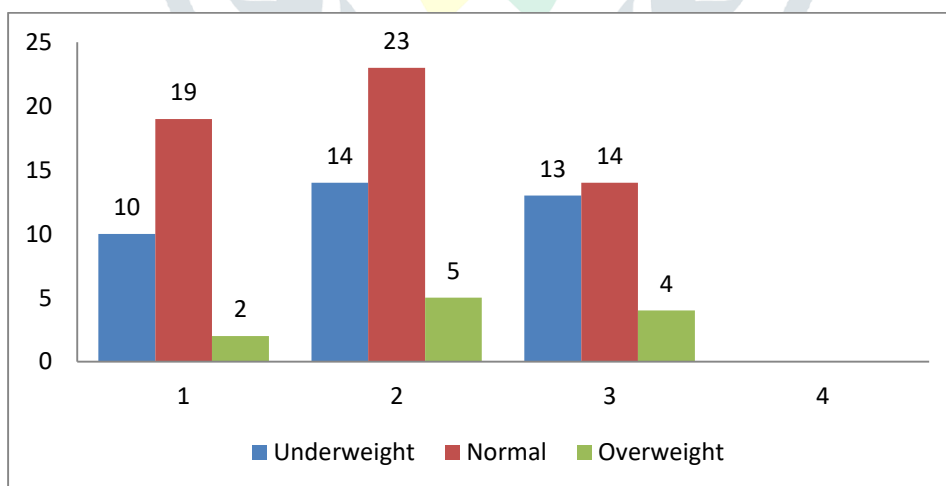


1.(6-7 yrs), 2.(8-9 yrs) ,3.(10-11 yrs)

Reveals’ the Nutritional status of Boys of primary school, Students under age( 6-7yrs) 50% of boys were underweight and under normal category 40% and 9.09 % were in overweight category , under age 8-9 19.44% were underweight, under normal 69.44% and 11.11% were in overweight categories, under age 10-11 26.16% were underweight,65.78% under normal, 7.89% in overweight categories.

Overall boys 29.16% were underweight, normal 61.45 and overweight 9.37% we can concluded from the above observation in the school children there was prevalence of mal nutrition .

**Table 2 .Nutritional status of Girls of Primary school**



1.(6-7 yrs), 2.(8-9 yrs) ,3.(10-11 yrs)

Reveals the nutritional status of girls of primary school, under age( 6-7yrs) 32.25% girls were underweight and under normal category 61.29% and 6.45% were in overweight category. Under age( 8-9) 33.33% were underweight, under normal 54.76% and 11.90% were in overweight categories, under age( 10-11 yrs) 41.93% were underweight, under normal 45.16% and 12.90% were in overweight categories.

Overall girls 35.57% were underweight, normal 53.84% and overweight 10.57% .from above observation researcher conclude that in the primary school children there was prevalence of malnutrition.

## CONCLUSION AND SUGGESTIONS:

Nutrition is the intake of food considered in relation to the body's dietary needs. Good Nutrition – an adequate, well balanced diet combined with regular physical activity is a cornerstone of good health. Poor nutrition can lead to reduced immunity, increased susceptibility to disease, impaired physical and mental development and productivity.

The condition of health of a person that is influenced by the intake and utilization of nutrients is called nutritional status. Whenever the nutrition provided in the diet is inadequate or not utilized properly, it results in a state of imbalance in the body. If this continues for some time it may develop into a severe problem which may even prove fatal.

There are two types of malnutrition. The condition of health of a person that results due to the lack of one or more nutrients is called under nutrition. When there is an excess intake of nutrients. It results in over nutrition.

Poor nutrition status is one of the major causes of low academic performance and productivity in primary and secondary education which may affect the physical and cognitive development in children during their early years of life. Identifying the variables that influence the achievement of school children.

You know that we need food to grow. The food that you eat is digested and absorbed in your body. The nutrients pervade parts of the body. These nutrients that good nutrition is the basic component of good health. You have read about balanced diet. Did you remember that it is of utmost importance in achieving normal growth and development and for maintaining good health throughout life. When your diet provides the nutrients in incorrect amounts, either very less or in excess of what is required, it results in an imbalance of nutrients in your body. This condition is responsible for various diseases, slow or no growth of body and it can even lead to death.

You know that young children, pregnant women and lactating mothers commonly suffer from health arising due to inadequate nutrition. There are several nutritional programmes prevailing in our country in order to solve this problem.

### Essential Nutrients And Their Functions

An essential nutrient is a nutrient that the body cannot synthesize on its own or not to an adequate amount and must be provided by the diet. These nutrients are necessary for the body to function properly. The body uses nutrients for growth, maintenance, and repair and needs to take in about 40 varieties to function properly. Nutrients can be grouped into six categories. Carbohydrate, Protein, Fat (Lipid), Water, Vitamins and minerals.

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