

Study of Malnutrition among Under Five Children Attending Anganwadi at Keragundanahalli –Bangalore 90

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I. INTRODUCTION

India has among the highest levels of child malnutrition in the world, and the persistence of this problem has led to the formation of this problem has led to the formation of the National nutrition policy by the government of India, UNICEF reports such programmes through strategies promote breast feeding and to timely introduction of complementary foods, encouraging a clean environment with potable water, and tackling diarrhoeal and other infections.

Hunger and malnutrition are problems everywhere and have harassed mankind and threatened peace throughout history. It is no wonder that the growing incidence of hunger and malnutrition.

Should have come to the forefront of international causes.

Malnutrition will affect the children's at the most crucial period of time of growth and development, which can lead to permanent impairment in later life of the children's. Protein energy malnutrition is measured in terms of underweight (low weight for age), stunting (low height for age) and wasting (low weight for height). The prevalence of stunting among under five is 48% and wasting is 19.8% and with an underweight prevalence of 42.5%, it is the highest in the world.

The incidence of PEM in preschool children's age children is 1-2 percent. The majority of cases of PEM, nearly 80 %, are mild and moderate cases and usually unrecognized.

Community based participatory research was carried out to assess and observe incidence and prevalence of malnutrition among under-five children at the community field practice area of keragundahalli Bangalore-Karnataka by the Department of Community Health Nursing, Smt. Nagarathamma college of Nursing was conducted.

The assessment of nutritional status by which malnutrition both under and over nutrition is an predicted in an individual analyzing its detailed personal history, health history, socio economical history is obtained from each children's, It's an evaluation of information obtained from diet history, anthropometric measurements to assess the degree of malnutrition.

➤ *Purpose of this study*

- To assess the growth of the children's
- To monitor the impact of nutritional programme
- To analyze the reason for malnutrition
- To suggest ways of overcoming over nutrition and under nutrition in the community

Total study subjects age group 0-5 yrs were 63 Total malnutrition cases were 35 children's. Here malnutrition was more common in male children's than female children's. Author observed that 54.4% children were Malnourished 44.4% children normal and healthy as per the analysis. Malnutrition was more prevalent in 4-5 age group children and was found statistically significant. In conclusion, high percentage of malnutrition was found in 4-5 male children. Generally percentage of malnutrition increases, as age increases among fewer than five rural children.

Keywords:- malnutrition, children.

II. RESULTS

S	Age in yrs	Males (%)	Females (%)	Total (%)
1	2-3 YRS	7	4	17.4
2	3-4 YRS	6	6	19.1
3	4-5 YRS	13	13	41.3
4	5-6 YRS	9	5	22.2
		35(55.5)	28(44.4)	100

Table 1. Distritubion of children on the basis of Age and gender

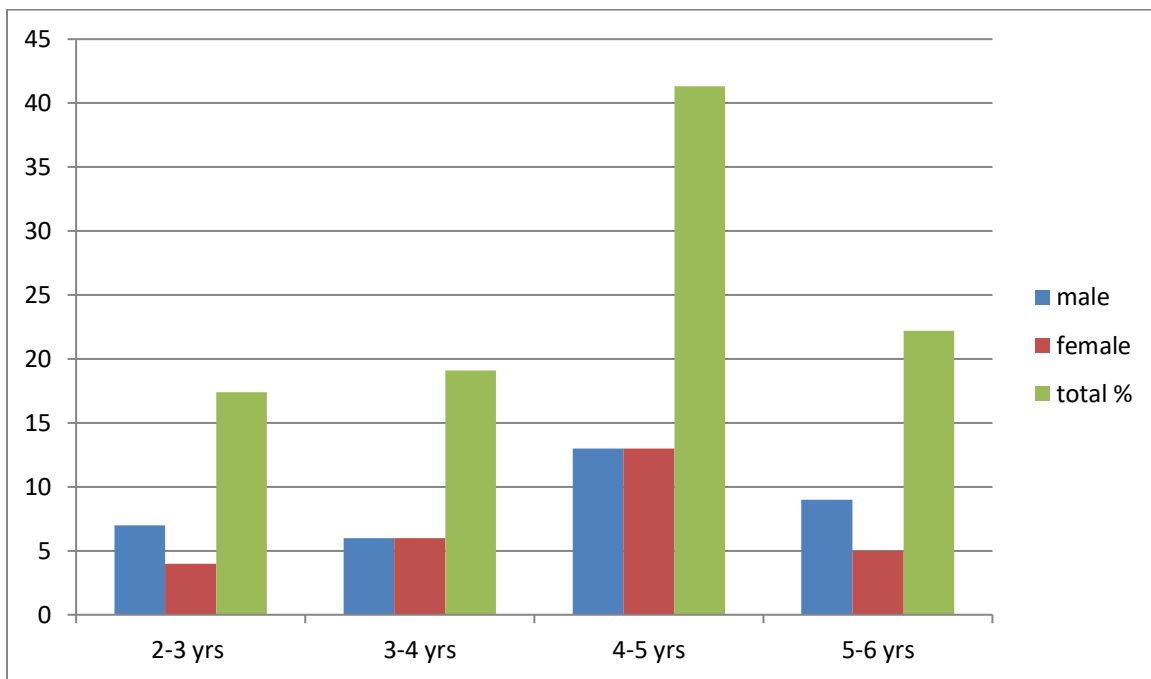


Table 1 Distritubion of children on the basis of Age and gender . It was observed that out of total 63 children’s 35 (55.5%) children’s are belongs to male and 28(44.4%)belongs to female children’s in that majority of the childrens were in the age group between4-5 yrs (41.3%)

Sl. NO	Degree of malnutrition	Males (%)	Females (%)	Total (%)
1	NORMAL	9	19	44.4
2	GRADE-I	11	14	40.00
3	GRADE-II	6	3	14.1
4	GRADE-III	01	00	1.5
		27	36	100

Table 2. Distritubion of children on the basis of degree of malnutrition (n=516)

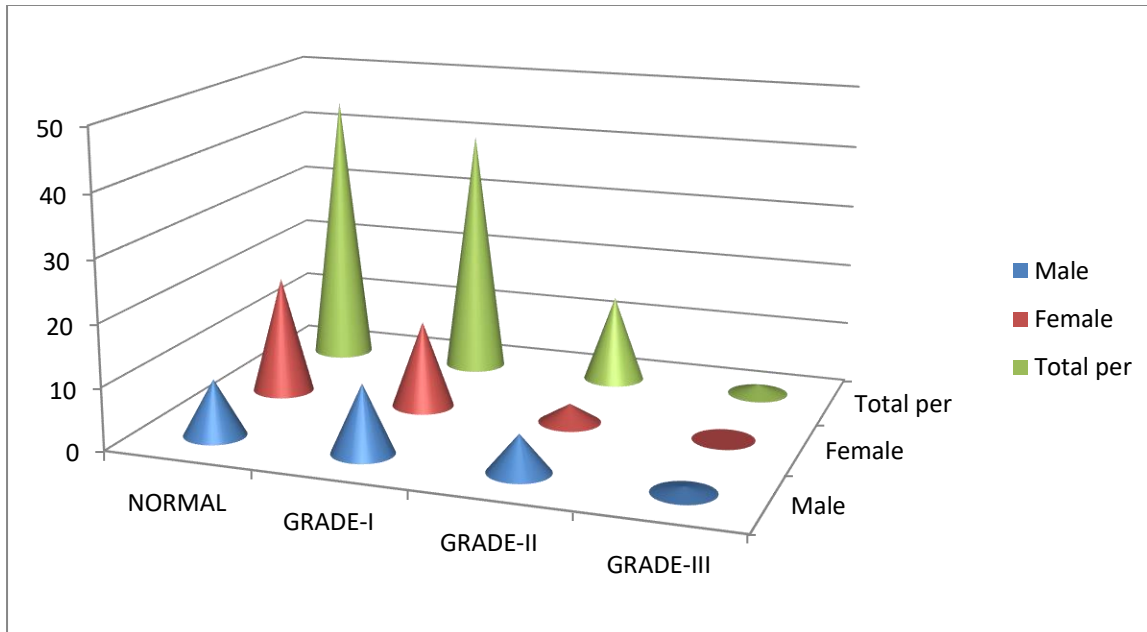


Table 2 shows that 9(44.4)children were normal weight ,11(40%) were mild malnutrition as per Gomez classification 9(14.1) were falls on the category of second degree of malnutrition Nearly 1.5% study subjects were severe malnutrition Males were comparatively more malnourished than females.

Class	Malnourished (%)	Normal (%)	Total (%)
Class I (Upper)	0	0	0
Class III (Middle)	0	0	0
Class IV (Lower Middle)	0	0	0
Class V (Lower)	28(44.4)	35(55.5)	63(100)
Total			

Table 3. Socio economic status wise distribution of malnutrition among study subjects

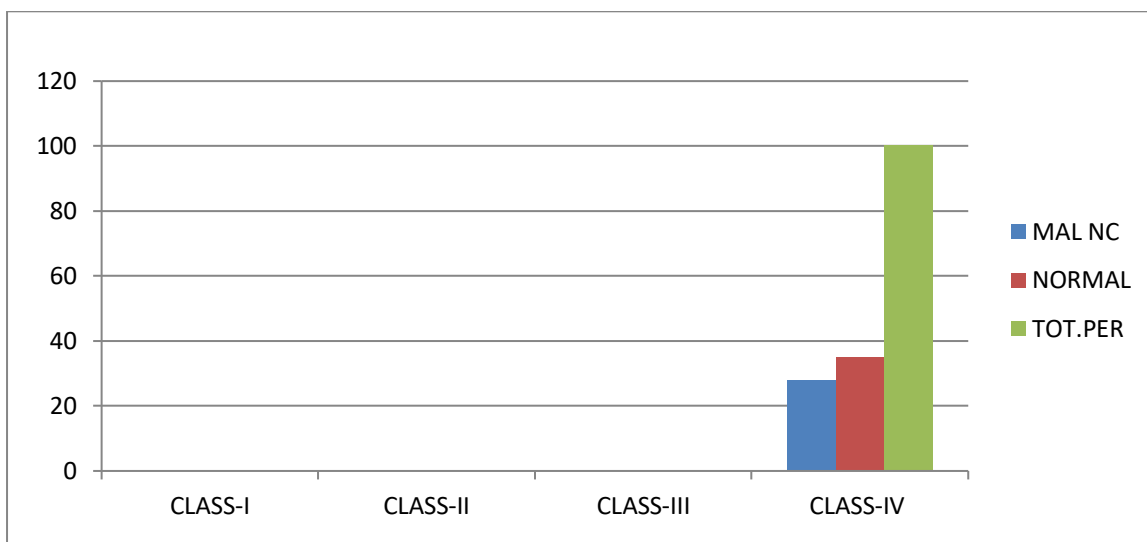


Table 3. Modified B.G. Prasad’s classification was used to classify the socioeconomic status. Majority of Children from the socioeconomic status v were malnourished

III. DISCUSSION

The present study in kuraghndahalli, Bangalore leads to the conclusion is that, effects of malnutrition in terms of undernourishments was visible in childers among both the gender, how ever, at the community levels all the three indices of weight ,height for a age is significant were wasted . The nutritional problems are more among the poor section of society due to the restriction of diet imposed upon them by their poverty .The high rate of IMR and MMR are chiefly from malnutrition ,most of the nutritional problem are preventable ..

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