



A STUDY TO EVALUATE THE INCIDENCE OF MALNUTRITION AMONG PRE-SCHOOLER AND SCHOOL GOING CHILDREN AND TO CREATE AWARENESS ON IMPORTANCE OF BALANCED DIET

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ABSTRACT

Malnutrition, with its 2 constituents of protein – energy malnutrition and micronutrient deficiencies, continues to be a major health burden in developing countries. It is globally the most important risk factor for illness and deaths, with hundreds of millions of young children particularly affected. It also weakens the immune system and causes significant growth and cognitive delay. Malnutrition is more due to poverty lack of knowledge and awareness about proper nutrition, lack of nutritious food, inadequate food and improper infant and child feeding. Nutrition during the childhood years has an impact not only on growth and morbidity during childhood, but also acts as a determinant of nutritional status in adolescent and adult life. The present study was conducted with objective to study the protein energy malnutrition (PEM) in children (4-9years) in various public primary schools of Hyderabad city of Telangana state. The study is carried out by asking close end-end question's with the parents of children, they were called and a brief health status, of their children was accounted depending upon the health status, family background, financial status of the family, dietary habits of the child, a data established in which 100 samples were collected out of which (50) were the female (50) male. The conclusion made out of the study frame, among 100 sample (29%) is with grade II malnourishment (35%) was with grade III and (20%) with grade I malnourishment, and only (16%) were normal. The estimated incident of malnourishment is more among the female when compared to the males, this may be due to lack of

awareness, concentration towards females child less then compare to males, apart from this it may be due to unsanitary environment, low birth weight, insufficient breast feeding, infections etc. The awareness is created among the parents regarding the symptoms, causes grades, of PEM, by conducting seminar. A broacher consisting of food list (i.e.) which helps in combating malnutrition is distributed.

KEYWORDS: *Malnutrition, micronutrient deficiencies, morbidity, unsanitary environment, infections, Poverty, low birth weight, female child, cognitive delay.*
