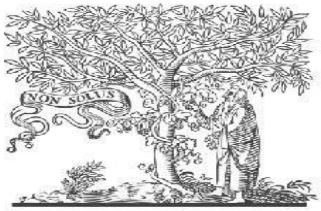
International Journal for Innovative Engineering and Management Research
PEER REVIEWED OPEN ACCESS INTERNATIONAL JOURNAL
www.ijiemr.org

COPY RIGHT



ELSEVIER SSRN

IJIEMR Transactions, online available on 26th Dec 2022. Link :http://www.ijiemr.org/downloads.php?vol=Volume-11&issue=Issue 12

10.48047/IJIEMR/V11/ISSUE 12/88

Title TO STUDY THE NUTRITIONAL STATUS OF PRE SCHOOL CHILDREN

Volume 11, ISSUE 12, Pages: 685-690

Paper Authors **ARCHANA SHUKLA, DR. ANITA VERMA**

USE THIS BARCODE TO ACCESS YOUR ONLINE PAPER

To Secure Your Paper As Per UGC Guidelines We Are Providing A Electronic Bar Code

International Journal for Innovative Engineering and Management Research
PEER REVIEWED OPEN ACCESS INTERNATIONAL JOURNAL
www.ijiemr.org

TO STUDY THE NUTRITIONAL STATUS OF PRE SCHOOL CHILDREN

ARCHANA SHUKLA

Research Scholar, Department of Home Science, Maharaja Agrasen Himalayan Garhwal University, Pauri Garhwal , Uttarakhand

DR. ANITA VERMA

Associate Professor, Department of Home Science, Maharaja Agrasen Himalayan Garhwal University, Pauri Garhwal, Uttarakhand

ABSTRACT

The nutritional status of preschool children is a critical indicator of their overall health and well-being. This abstract outlines a comprehensive study aimed at assessing the nutritional status of preschool-aged children, with the primary objective of identifying potential nutritional deficiencies and understanding the factors that influence their dietary intake. The study aims to contribute to the existing body of knowledge on preschool children's nutritional status, shedding light on the importance of early nutrition for long-term health and development. The findings of this study are expected to provide valuable insights for policymakers, healthcare professionals, and parents in developing targeted interventions to improve the nutritional status of preschool children. Ultimately, this research seeks to promote better nutritional practices and enhance the well-being of this vulnerable age group, thus contributing to building a healthier and more productive society**.**

KEYWORDS:- Nutritional, Children, Balance Diet, Malnutrition.

INTRODUCTION:

Nutrition has become a main problem of health in many countries, whether in developing or developed countries is a well occurrence of nutritional deficiency problem in preschool children which is associated with mother's knowledge and management of food. Lack of knowledge about balanced diet and nutritional needs of mothers lead to poor nutritional status of their children. The preschool children are extremely vulnerable , their poor diet quality and quantity effect their growth and development .

National nutritional report 2018 reported that malnutrition in India is 44% of children under the age of 5 are under weight. In preschool children malnutrition is very prominent. According to WHO malnutrition is defined as "pathological state resulting from a relative or absolute deficiency or excess of one or more essential nutrient"

The WHO recommends that a z-score cut off point of -2 is necessary for the diagnosis of global malnutrition (severe and moderate). Therefore, acute malnutrition was defined as weight to height z score <-2. Underweight was defined as weight for age z-score <-2.

International Journal for Innovative Engineering and Management Research
PEER REVIEWED OPEN ACCESS INTERNATIONAL JOURNAL
www.ijiemr.org

NUTRITIONAL REQUIREMENT OF PRE SCHOOL CHILDREN :

Recommended dietary allowances according to ICMR 2010 for preschool children

Nutrient	4-6 year
Energy	1350Kcal/day
Protein	20.1gm/day
Fat	25gm/day
Calcium	600gm/day
Iron	13gm/day

THE EXPECTED AVERAGE WEIGHT AND HEIGHT OF INDIAN CHILDREN AT DIFFERENT AGES IS GIVEN BELOW:

NOTE: WEIGHT IS IN KG

BOYS			GIRLS		
Age	Weight	Height (in cms)	Age	Weight	Height (in cms)
Birth	2.6	47.1	Birth	2.6	46.7
3 mts	5.3	59.1	3 mts	5.0	58.4
6 mts	6.7	64.7	6 mts	6.2	63.7
9 mts	7.4	68.2	9 mts	6.9	67.0
1 yr	8.4	73.9	1 yr	7.8	72.5
2 yrs	10.1	81.6	2 yrs	9.6	80.1
3 yrs	11.8	88.9	3 yrs	11.2	87.2
4 yrs	13.5	96.0	4 yrs	12.9	94.5
5 yrs	14.8	102.1	5 yrs	14.5	101.4
6 yrs	16.3	108.5	6 yrs	16.0	107.4
7 yrs	18.0	113.9	7 yrs	17.6	112.8
8 yrs	19.7	119.3	8 yrs	19.4	118.2
9 yrs	21.5	123.7	9 yrs	21.3	122.9
10 yrs	23.5	124.4	10 yrs	23.6	123.4

REVIEW OF LITERATURE :

Agrawal KH, Bhatta B, Agrawal NH(2016) :- conducted a survey which reveals that children of tribes are malnourished. There is a need for area specific, geo-social mapping and inclusion sensitive microplanning to ensure the goal of reducing malnutrition.

Balarajan, Y (2016) An important policy intervention to improve child nutrition in India, the long-standing Integrated Child Development Services (ICDS) programme, has waned in recent years due to a failure of national policymakers to maintain their focus on the issue. We adapt and apply Kington's theory of agenda setting to examine this decline. There were a number of wasted chances to advance the reform process ahead despite the fact that beneficial conditions were present in the issue, policy, and political streams to support transformation. A closer look at the political economics of policymaking might serve to

improve the political viability of future ICDS policy reform attempts, as well as provide lessons for complementing efforts to increase child nutrition in India.

Arun Kumar Yadav (2021) The cornerstone for a healthy adulthood is a good childhood. Children attending public elementary rural s have been shown to have a wide range of health problems, including malnutrition. In order to better understand the health and nutrition of children attending a government primary rural in the field practice area of a rural health training center in Pune, Western Maharashtra, the current research was conducted. January–February 2019 saw a Government Primary Rural doing cross-sectional research. Medical examinations, dental examinations, and hemoglobin estimations were performed on 134 rural children in grades 1st through 7th to identify the most prevalent rural -related illnesses. In order to determine the prevalence of absence among the participants of the study and see whether there was any correlation between absenteeism and undernutrition, researchers examined rural data from the past six months of the academic year 2018–19. 26 (19.4%) of the 134 children were underweight, 51 (38.54%) were stunted, and just 2 (1.49%) were obese. Most of the children had dental caries, which was discovered in 73 (54.48 percent) of them. Anemia was found in 64.18 percent of the children that were tested. Ear, skin, and refractive defects were detected in 35 (26.12%) of the patients, whereas Tachycardia was observed in 2 (1.49%) of the patients. P = 0.02 revealed a link between absents and being underweight. Children at a rural government rural are nonetheless undernourished, despite the rural 's mid-day food programme, according to new research. As more research is done on children who are undernourished, targeted treatments to enhance their nutritional condition may be developed.

Rao V.G et al (2004) :- carried out a study to assess the nutritional status of preschool children of crone tribal community in Madhya Pradesh. In the study anthropometric measurements were taken, various indices of nutritional status were expressed in standard deviation units(Z scores) from the references median. said by Rao micro and macro nutrient deficiency were common in the tribal children. The study revealed the widespread prevalence of under nutrition among preschool tribal children and highlights a need for an integrated approach improving the child health as well as nutritional status in tribal community.

N.S Tekale (2005):- Worked with aim to reduce the malnutrition and disease burden of Warli tribal children who have high mortality rate. The study was conducted in 49 helmeted in three talukas of Thane. The study includes 5600 children aged zero to five years. The survey shows that health and nutrition status of tribal children is very poor. It was due to lack of nutritional awareness and unavailability of health services.

RATIONAL: To study the growth and development of preschool children in reference to their nutritional status; their mother’s knowledge about nutrition, balance diet and the requirement of their age.

OBJECTIVES:

- To assess the nutritional status of preschool children.
- To interpret the dietary intake of preschool children.

International Journal for Innovative Engineering and Management Research
PEER REVIEWED OPEN ACCESS INTERNATIONAL JOURNAL
www.ijiemr.org

SAMPLE DESIGN:

Preschool children aged 3-5 years along with their mother were selected from anganwadi of Sitapur district.

Data collection tools and techniques:

A) Physical measurement **:**

1. Weight
2. Height
3. Mid upper Arm circumference

B) Diet survey

1. Questionnaire
2. 24 hour dietary recall

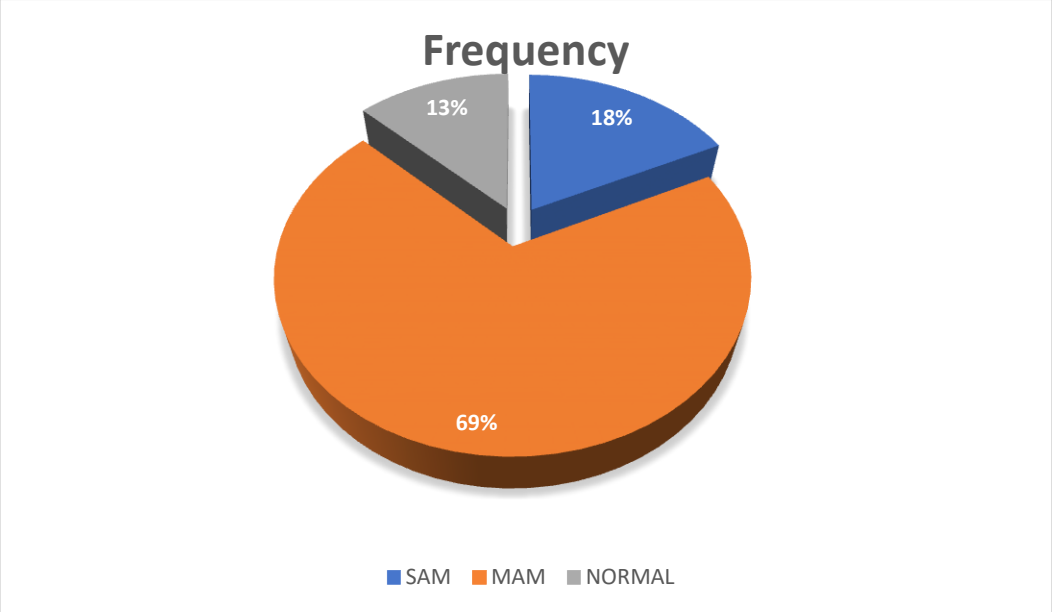
3. Mother's interview

C) Nutritional counselling and group discussion

RESULT:

DATA BEFORE NUTRITIONAL COUNSELLING

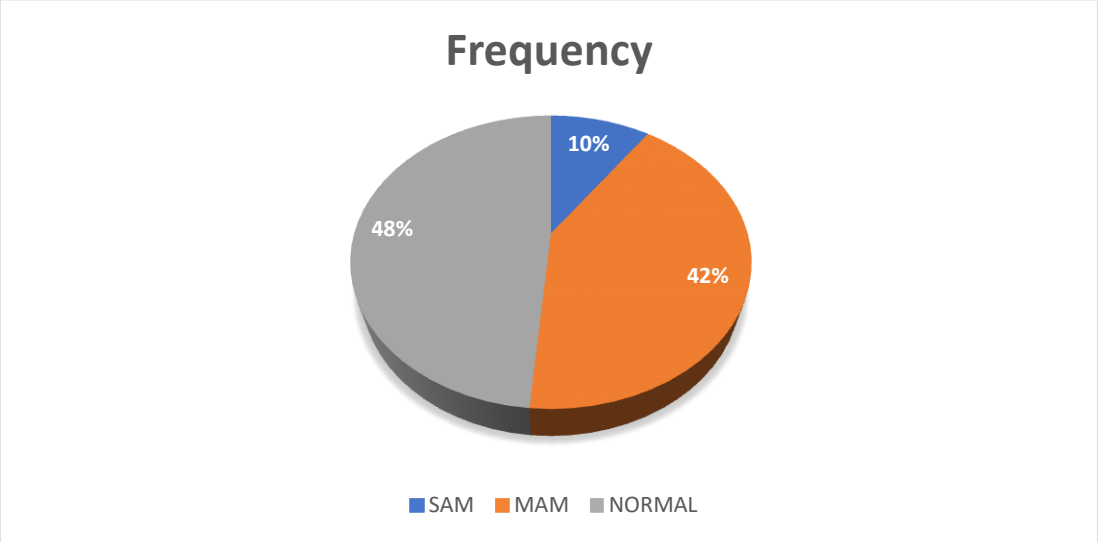
NO.	RANK	FREQUENCY
1	SAM	18
2	MAM	69
3	NORMAL	13
TOTAL	-	100



The data collected through anthropometric measurements of pre school children and their dietary recall. The weight to height with their age and mid arm circumference was assessed which shows that 18% children were severe acute malnourished and 69% were moderately acute malnourished . The questionnaire and interview of the pre school children were taken regarding children's nutritional needs and their dietary intake.

DATA AFTER ONE YEAR OF NUTRITIONAL COUNSELLING

NO.	RANK	FREQUENCY
1	SAM	10
2	MAM	42
3	NORMAL	48
TOTAL	-	100



The data collected after one year of pre school children shows improvement in the rate of malnutrition as compaired with the data one year before. The counselling group discussion and awareness of policy related to nutrition by government of India has made significant changes to lower the malnutrition in children who are the future of country. The severely malnourished were 10%, 42% were moderately malnourished. The data shows a great change and improving health of pre-school children**.**

CONCLUSION:

The earlier data of pre school children show more severely malnutrition. Lack of knowledge and awareness about the nutritional requirement of their mother was a big fact behind the malnutrition. Counselling was done of preschool children and their mothers. Awareness programmes were organised for mothers to avail policies implement by government of India. All these sessions made great impact on the ratio of malnutrition which the data taken after one year shows significantly**.**

SUGGESTION:

- Nutritional awareness programmes must be organised at all geographical locations.
- The regular monitoring of nutritional assessment should be done in preschool children.
- Education of Nutritional importance and nutritional deficiency diseases should be given to mother.

REFERENCES:

1. Anganawadi Workers: A Profile. (n.d.). Retrieved June 07, 2017 from http://shodhganga.inflibnet.ac.in/bitstream/10603/37010/11/10_chapter%203.pdf

2. Parmar, M., Patel, S., Rathod, S., Patel, N. and Ninama, K. (2015). Knowledge of Anganwadi Worker about Integrated Child Development Services (ICDS): A Study of Urban Blocks in Ahmedabad District of Gujarat. International Journal of Multidisciplinary Research and Development, 2(8): 170-174
3. Integrated Child Development Services (ICDS) Scheme. [Internet]. Ministry of women and child Development, 2013. Available at: http://wcd.nic.in/icds.htm (last accessed October 1, 2013).
4. Arun Kumar Yadav (2021). Study of profile, knowledge and problems of Anganwadi workers in ICDS blocks: A cross sectional study. Online Journal of Health and Allied Sciences, 12(2).
5. Kabeer, N. (2012). Women's economic empowerment and inclusive growth: labour markets and enterprise development. International Development Research Centre.
6. Thakare, M.M. Kuril B.M. Doibale M.K. and Goel N.K. 2011. Knowledge of Anganwadi Workers and their problems in an urban ICDS block. Journal of Medical College Chandigarh.1(1):15-19
7. Goudet, S.M., Faiz, S., Bogin, B.A. and Griffiths, P.L. (2011). Pregnant women's and community health workers' perceptions of root causes of malnutrition among infants and young children in the slums of Dhaka, Bangladesh. American Journal of Public Health, 101(7), 1225.
8. Parikh, P. and Sharma, K. (2011). Knowledge and Perceptions of ICDS Anganwadi Workers with Reference to Promotion of Complementary Feeding Practices in Semi Tribal Gujarat. National Journal *o*f Community Medicine, 2 (3):457.
9. Balarajan, Y and M R Reich (2016). Political Economy of Child Nutrition Policy: A Qualitative Study of India's Integrated Child Development Services (ICDS) Scheme. Food Policy, 62: 88-98.