

Nutritional status and participation in extra curricular activities of Lambani school children

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■ **ABSTRACT** : The study was conducted in Hoovinahadagali taluka, Bellary district during 2012-13 on 135 Lambani school children of 9-11 years of age selected from 5 government primary schools. The results revealed that there was highly significant difference in mean height and weight of children with respect to their NCHS standard norms in both group's age and gender. It was also highlighted that among 135 children, 48.2 per cent Lambani school children belonged to normal category followed by 40.74 per cent stunted, 8.2 per cent wasted and stunted and 2.96 per cent wasted category of nutritional status. Children with lower middle socio-economic status (61.33%) indicated medium level of participation followed by 16 per cent low level of participation and 14.66 per cent high level of participation in extracurricular activities. Whereas, children from poor middle socio - economic status group, 4 per cent children indicated medium level, 2.66 per cent high level only 1.33 per cent low level of participation in extracurricular activities. On the whole, most of children indicated medium level of participation (65.4%) and equal proportion of children indicated low as well as high level of participation in extracurricular activities. There was positive and significant difference found between nutritional status with level of participation in extracurricular activities, socio-economic status. Hence, a good nutritional status improves the level of participation.

■ **KEY WORDS**: Nutritional status, Extracurricular activities, NCHS standards, Anthropometric measurements

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